



Dr. Tim Li
Family Physician

Why should I get a third dose? Are there long-term effects?

Evidence shows that immunity to Omicron requires three doses. Two doses aren't adequate to protect against infection. Anyone who is 18 and over can schedule a third dose vaccine appointment at least three months (84 days) after their second dose. A third dose provides an extra layer of protection against COVID-19.

COVID-19 vaccines have been tested and carefully reviewed by Health Canada. The vaccine is safe and cannot give you COVID-19 because it doesn't contain the live virus that causes it.

Will the vaccine stay in my body forever?

No. Spike protein generated by the vaccine only lasts a few days, much like other proteins made by your body. Our immune system quickly identifies, attacks and destroys the spike proteins because it recognizes them as not part of you. Once the immune system recognizes this protein, it will protect against the COVID-19 virus too.

When is the best time to get the vaccine while pregnant? Will it pose a risk to my baby?

The best time to get vaccinated is as soon as possible. It is safe to get the vaccine in any stage of pregnancy. There is no science-based reason why the vaccine would lead to infertility or miscarriage. COVID-19 infection can be especially risky for those who are pregnant. Studies show that pregnant people infected with COVID-19 are more likely to be hospitalized. The risks from getting COVID-19 far outweigh any risks associated with the vaccine. Getting your vaccine during pregnancy will help protect both you and your newborn baby.

If Omicron is considered mild in many cases, why do I need the vaccine?

While Omicron has shown to be mild in those who are fully vaccinated against COVID-19, it can lead to severe illness and death among unvaccinated individuals or those who are immunocompromised. There is also high community spread which means it is much easier to become infected and spread the virus. More widespread transmission also means a higher number of hospitalizations across Ontario. It is recommended everyone get three doses of the vaccine to protect against Omicron.

Visit nygh.on.ca/covidquestions for more information.



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If I have COVID-19, when should I book my next (or third) dose?

A recent infection will give you some natural immunity for a period of time (months) but it's recommended to wait at least three months after your infection before booking your next or third dose vaccine appointment to get the most protection. If you had two doses of the vaccine before becoming infected, you are at higher risk of becoming re-infected if you do not have a third dose.

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