

# Facts About SARS-CoV-2 (the Virus That Causes COVID-19)

- **SARS-CoV-2 is carried through the air on tiny droplets** that leave your mouth and nose when you breath, cough, and sneeze. The droplets spread through the air to other people, who breathe or touch them and get infected with the virus.
- **People may show symptoms 2-14 days after being infected**, or they may not have any symptoms at all.
- Like all other viruses, **SARS-CoV-2 is always changing into new variants, or strains**. Delta and Omicron are strains of SARS-CoV-2.

## Facts About COVID-19 Vaccines

- **COVID-19 vaccines are tested, safe, and effective** and are continually monitored to make sure they stay that way. Hundreds of millions of Americans have gotten vaccinated.
- **Side effects of the vaccines are overwhelmingly mild, temporary, and much less dangerous than COVID-19 illness** for both adults and children.
- **The vaccines lower your chances of becoming seriously ill, being hospitalized, and dying from COVID-19**, including COVID-19 caused by the Delta and Omicron variants.



Find a vaccine near you:

- Scan the code
- Visit [MeckNC.gov/COVID-19](https://MeckNC.gov/COVID-19)
- Call 980-314-9400, Option 3 (English) or Option 8 (Spanish)



**MECKLENBURG COUNTY**  
North Carolina

Public Health

# Which COVID-19 Vaccine Booster Should I Get, and When?

Which vaccine did you get?

Pfizer BioNTech  
(primary series = 2 doses 21 days apart, some get a third)

Moderna  
(primary series = 2 doses 28 days apart, some get a third)

Johnson & Johnson  
(primary series = single dose)

You should get your booster if:

It has been 5+ months since you got your last shot AND you are:

It has been 5+ months since you got your last shot AND you are:

It has been 2+ months since you got your shot AND you are:

Age 5-17

Age 18+

Age 18+

Age 18+

If eligible, you should get a booster of:

Pfizer-BioNTech for all

- Pfizer-BioNTech or Moderna recommended for most.
- Johnson & Johnson not recommended except for some.

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You should get a second booster if:

- It has been 4+ months since you got your last shot AND you are any of the following:
- Age 50+
  - Age 12+ AND immunocompromised
  - Age 18+ AND got the Johnson & Johnson primary series and first booster