

MEDIA RELEASE

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Give Yourself a Boost!

Although public health restrictions are being lifted provincially, our local COVID-19 rates remain high. Northwestern Health Unit (NWHU) advises that a booster dose of the vaccine provides the best protection against infection, hospitalization, and death from the virus. The chance of being exposed to the virus will increase when the mandatory mask policy ends, and now is the time to get a booster dose if you haven't already. Data shows people with a booster dose are much less likely face severe outcomes from COVID-19 than those without it.

“Our region’s high rates of COVID-19 paired with the end of many public health measures increases the likelihood of exposure to the virus. Vaccinations are the best protection we have - if you are eligible, get your booster dose,” says Dr. Kit Young Hoon, Medical Officer of Health at NWHU. “Having a booster dose of the vaccine significantly reduces the chance of severe outcomes from a COVID-19 infection, and in turn protects our local health care system,” says Dr. Young Hoon.

Locally, our booster dose rates vary by age group, however, nearly 62% of residents aged 18 or older have been boosted. Booster doses are available from Northwestern Health Unit (NWHU), some local pharmacies and other health care providers.

For more information on getting your booster dose and for more information on current vaccination coverage rates, visit www.nwhu.on.ca/covid19.

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