



Sioux Lookout
First Nations
Health Authority

Radio script: Keep your COVID boosters up to date

Developed: April 2022

Hello/Boozhoo. This is _____.

Today we are going to talk about COVID-19 booster shots. And why it's important to stay on track with your boosters.

Now I know some people have questions. You may be thinking 'hey, I'm fully vaccinated. Why do I need another dose of the vaccine? And why do I now need two boosters?'

The answer to that question is about risk. Omicron and its BA.2 variants continue to spread. We are seeing that vaccines are protecting people from the most severe outcomes of COVID-19. But these variants are still highly transmissible. We expect that they will continue to spread in the region for a while. We don't want to have to go back into lockdowns. We want to keep living our lives. So, we need to look at what measures can help us do that. Vaccines help keep us moving forward and towards the end of the pandemic. They help keep people out of hospitals and ICUs.

We continue to learn more about vaccines and how they work against new variants. We know they do protect us from severe illness. But this protection fades over time. This is a normal thing. We need boosters for other vaccine preventable diseases, like tetanus. The reason we have been getting more doses of the COVID-19 vaccine is because the virus continues to change. It continues to challenge us. And so, we don't want to be caught off guard. We want to be prepared.

When we get a vaccine, it sends a message to our immune system to make fighter cells called antibodies. These fighter cells help fight off an infection if we get sick. The number of fighter cells in our body can decrease over time. Getting a first and then a second booster can help restore our antibody count. This way, if we are infected, our immune system is better prepared to fight off the infection.



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Youth aged 12-17 are encouraged to get their booster shot about 6 months after getting their second dose. Anyone who is at least 18 years old can get a second booster. It is recommended to get a fourth dose about 5 months after getting your third dose.

You can get vaccinated at the nursing station. Just call and book an appointment with your community health nurse.

If you are travelling, you can get vaccinated out of the community. The Northwestern and Thunder Bay District health units are both running vaccine clinics. Some primary care clinics and pharmacies may also be offering vaccines.

If you are in Thunder Bay, the Mindimooyenh health clinic is giving out fourth doses to those that are eligible. You do not have to book an appointment. You can learn more by calling the clinic at 807-697-1753.

The choices we all make now, both as individuals and as communities, will decide when the pandemic ends. So, think about choosing vaccination. Make an informed choice. You can talk to a healthcare worker or email SLFNHA's public health department 'Approaches to Community Wellbeing' at acwinfo@slfnha.com for more information.

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