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For Immediate Release

## **COVID-19 booster shot improves protection against Omicron variant**

The Nunatsiavut Government is calling on all residents of the five Labrador Inuit communities to remain vigilant and continue following public health protocols to help prevent exposure and potential spread of the highly-contagious coronavirus variant Omicron.

Omicron is more easily transmitted from person to person than the Delta variant, which is currently the predominant strain of COVID-19 in the country. While existing vaccines offer some level of defense against Omicron, studies indicate those who get a booster shot, or a third dose of a COVID-19 vaccine, may be better protected.

Those who have yet to receive a COVID-19 vaccine booster, or third shot of the vaccine, are being encouraged to do so as soon as they are eligible. A third dose can be administered six months after the second dose.

Parents and guardians are also being encouraged to take steps to ensure their children, between 5 and 11 years of age, get their first dose of a COVID-19 vaccine. Arrangements for COVID-19 immunization and boosters can be made by contacting your local Public Health Office.

In addition to ensuring that you have received all of the COVID-19 vaccinations that you are eligible for, remember to continue to wear your mask, social distance and keep your number of contacts low.