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FOR IMMEDIATE RELEASE

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## HOW SOON CAN YOU GET VACCINATED AFTER RECOVERING FROM COVID-19?

WINNEMUCCA, Nev.— If you are unvaccinated and recovering from COVID-19—whether the case is mild or more severe—you might be wondering how soon before you can prevent a recurrence by getting vaccinated.

The risk of reinfection is not insignificant. The data show that unvaccinated adults are twice as likely to get COVID-19 a second time than those who get vaccinated after recovering.

What's more, a December 2021 [South African study](#) found the risk of reinfection from the Omicron coronavirus variant is three times higher than it is for previous strains of the virus.

Humboldt County Health Officer Charles Stringham, MD, said there are too many unknowns regarding the duration and reliability of natural immunity following a COVID infection.

“My very strong counsel is to get vaccinated, regardless of whether or not you have had COVID-19,” he said. “At this point, we cannot feel confident about the protection that COVID infection may offer.”

### COVID-19 Vaccine Primary Series

Everyone ages 5 and older can receive a COVID-19 vaccine. The number of vaccine doses depends on which vaccine you receive.

- Two doses of Pfizer-BioNTech vaccine should be given 3 weeks (21 days) apart.
- Two doses of Moderna vaccine should be given 4 weeks (28 days) apart.
- Only one dose of Johnson & Johnson's Janssen (J&J/Janssen) vaccine should be given.

If you receive a vaccine that requires two doses, you should get your second shot as close to the recommended interval as possible. You should not get the second dose earlier than the recommended interval.

COVID-19 vaccines are not interchangeable for your COVID-19 vaccine primary series. If you received a Pfizer-BioNTech or Moderna COVID-19 vaccine for your first shot, you should get the same product for your second shot.

Everyone ages 12 years and older can get a booster shot after they have completed their COVID-19 vaccine primary series. Currently, a booster shot is not recommended for children younger than 12 years old.

People ages 18 years and older have the option to either get the same COVID-19 vaccine product as their primary series, or to get a different COVID-19 vaccine. You may have a preference for the vaccine type that you originally received, or you may prefer to get a different booster.

The Centers for Disease Control and Prevention (CDC) now allow for this type of mix and match dosing for booster shots (Pfizer-BioNTech, Moderna, or J&J/Janssen) for people ages 18 years and older. You may consider the benefits and risks of each product and discuss with your healthcare provider which COVID-19 vaccine product is the most appropriate booster for you.

### **COVID-19 Vaccination Following Infection**

If you currently have COVID-19 and are ready to get vaccinated or are wondering when you can get your booster, here's what you need to know:

After testing positive for COVID-19, you will need to postpone getting vaccinated until your symptoms have resolved and you have met the criteria for discontinuing isolation. This timeline can vary by person, depending on the severity of your symptoms and the treatments you may have received.

The criteria for ending isolation varies from person to person, so consult with your healthcare provider to understand what your isolation timeline needs to look like.

“Someone with an asymptomatic COVID-19 case can get vaccinated as soon as their isolation ends,” said Dr. Stringham. “They don’t need a negative test before vaccination.”

He added, “Those with continuing symptoms—even if they are not as severe as the onset of the illness—should continue to wait.”

If you are fully vaccinated and had a COVID-19 breakthrough infection, you should get a COVID booster once your symptoms have resolved, you have met the criteria to end isolation, and the recommended time has elapsed since your primary series of either Pfizer (5 months), Moderna (6 months) or J&J (2 months).

Please note: If you received monoclonal antibodies or convalescent plasma, you will need to wait 90 days before getting the vaccine as the antibodies in the treatments may hinder you from developing a complete immune response towards the vaccine.

Talk to your doctor if you are unsure what treatments you received or if you have more questions about getting a COVID-19 vaccine.

For the most up-to-date vaccine information, please call the COVID-19 Recorded Information Line at (775) 375-3200. The line is updated with new information every Friday (not including holidays), or as needed.

For other COVID-19 vaccine questions, please email [vaccine@humboldtcountynv.gov](mailto:vaccine@humboldtcountynv.gov). Se habla español.

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