



# COVID-19 Vaccine

## What you need to know

### Growing risk of Omicron

- There are four cases of the Omicron variant in Waterloo Region.
- The cases are in sports teams.
- The cases have many high-risk contacts.
- Omicron is likely to spread fast and make many people sick.
- Public Health will follow up cases in care homes and schools.
- Schools, workplaces and sports groups will contact the people who need to get tested and self-isolate.
- High-risk contacts of Omicron cases must self-isolate. This is the same if you are vaccinated or not vaccinated.
- The best defense is to get a third dose of the vaccine.
- Adults 18 and older can get a third dose 84 days after a second dose.
- Reduce your contact with people outside your household.
- Work from home if you can.
- Sports and other activities should be paused until the new year.
- Third doses are available at:
  - Participating pharmacies
  - Regional vaccination clinics
  - Some doctor's offices (for patients)
- Check your vaccine receipt to find out when you got your second dose.
- To book an appointment visit: [regionofwaterloo.ca/GetaVaccine](https://regionofwaterloo.ca/GetaVaccine)



Talk to a real person 24/7 in over 200 languages: 519-514-1499  
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