

Dear Patients:

Please understand that our office is currently overwhelmed with phone volumes and requests. There is a new variant of COVID-19, called Omicron, and we are expecting a surge of COVID cases in both Waterloo Region and in Ontario in the coming weeks. We are here to support you, but please be patient.

Immune response to the COVID-19 vaccine seems to decrease after the 6 month mark. We are encouraging all patients aged 18+ to consider getting their third booster when they are eligible, which is 3 months (84 days) after their second COVID vaccine. For many in our Region, you will now be eligible for your booster. We are asking you to make your third dose a priority when you are eligible.

Where Can I get my Vaccine?

1. Region of Waterloo sites such as the Boardwalk, Pinebush or Wellesley will have the greatest capacity and availability: <https://www.regionofwaterloo.ca/en/health-and-wellness/covid-19-vaccination-pre-registration.aspx>
2. For participating pharmacies: <https://covid-19.ontario.ca/vaccine-locations>
3. CFFM will be offering **very limited** appointments for the COVID-19 vaccine - this will be BY APPOINTMENT ONLY. We will NOT be offering the COVID Vaccine in the Treatment Room or during regular office visits at this time.

Who is Eligible for 3rd dose?

1. All adults over 18 years old – must be at least 84 days (3 months) from your 2nd dose
2. Click here for a detailed up to date list of all those who are eligible for their 3rd dose: <https://www.regionofwaterloo.ca/en/health-and-wellness/second-dose-information.aspx>

5-11 year Vaccine Information

1. This age group will receive a smaller dose and will be eligible for their 2nd dose after an 8 week interval.
2. Current NACI recommendations are for this age group to wait 14 days after receiving another vaccine before receiving the COVID 19 Vaccine and to wait another 14 days before getting another.
3. Questions about the vaccine? <https://www.regionofwaterloo.ca/en/health-and-wellness/covid-19-vaccines-for-children.aspx>
4. There are many locations listed on the Regions Website where patients can get their vaccine.

Please be gentle and kind to our staff, we are doing our best to support all of our patients and the Region in getting vaccines to all who want them!