

To All Students

COVID-19 Vaccine Booster Shot (3rd dose)

COVID-19 vaccine booster shots have started in Japan in December, 2021. At present, the third dose vaccinations are in progress for health care workers and people aged 65 years and older who have received the first and second doses of vaccine earlier. Vaccinations for people aged 64 and younger have also started. As in the past, each individual's decision as to whether to be additionally vaccinated is respected. Please make sure that you understand the safety, efficacy, and side effects of the booster vaccine then decide whether to become vaccinated on your own. We request that there be no coercion of those around you to become vaccinated or discrimination against those who are unvaccinated.

Benefits of getting a booster shot (3rd dose)

To increase the effectiveness in preventing infection and the development of severe disease that has decreased with the passage of time after the primary (1st and 2nd doses) vaccination.

The vaccine used in a booster shot (3rd dose)

For booster vaccination, the use of a vaccine different from the primary vaccination is permitted. One of the following two types of messenger RNA (mRNA) vaccines will be used.

- ▷Pfizer's vaccine : For people 18 years and older.
- ▷Takeda/Moderna's vaccine : For people 18 years and older. For a booster shot, half the dose of the initial vaccination will be administered.

Eligibility for a booster shot (3rd dose)

- ▷Those who have passed a certain period since the day they completed their second vaccination. (※)
- ▷ People aged 18 years and older
- ▷Those who have received their primary vaccination (2 doses) of either Pfizer, Takeda/Moderna, or AstraZeneca vaccine.

※ The vaccination interval is 7 months for those under 64 years old. Please note that the schedule may be different depending on the municipalities.

- The following people are especially recommend to receive a booster shot;

People with a high risk of aggravation such as those with underlying diseases, people who have frequent contact with people with a high risk of aggravation, people with a high risk of virus exposure due to occupational reasons"

Side effects of a booster shot (3rd dose)

The major side effects of the vaccine are headache, joint and muscle aches, soreness of the injection site, fatigue, chills, fever, etc. In both cases of Pfizer and Takeda/Moderna, compare to after the second dose, it is confirmed that the incidence of adverse events is almost the same. However, swelling of the lymph nodes has been reported to be higher (about 5-20%) than at the primary (first and second doses) vaccination. In addition, very rare cases of myocarditis/pericarditis have been reported, therefore please also see the notice for males in their teens and twenties and their parents, "Myocarditis / Pericarditis after New Corona Vaccination" (October 15, 2021 edition).

Vaccination is highly effective in preventing the onset and aggravation of infection, but there is still the possibility of infection even after vaccination and the possibility of infecting others. Therefore, regardless of vaccination, it is necessary to continue taking appropriate infection control measures. Specifically, avoid the "three Cs"* , ventilate frequently, wear a mask (non-woven fabric recommended), wash your hands with soap, disinfect your fingers, and eat quietly. *crowded places, close contact, closed spaces

For more information on a booster shot at Waseda University, please check the vaccine website that is opened.

Reference

- COVID-19 Vaccine (MHLW) <https://www.mhlw.go.jp/stf/covid-19/booster.html>
- COVID-19 Vaccine Q&A (MHLW) <https://www.mhlw.go.jp/stf/covid-19/qa.html>
- Efficacy/Safety of the COVID-19 Vaccine (MHLW) https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/vaccine_yuukousei_anzensei.html (only in Japanese)

- COVID-19 Infection: Eliminating Discrimination and Bias (MOJ) http://www.moj.go.jp/JINKEN/jinken02_00022.html (only in Japanese)
- Novel Coronavirus Vaccines (Prime Minister and His Cabinet) <https://japan.kantei.go.jp/ongoingtopics/vaccine.html#vaccine08>