

Influenza, COVID-19 and Pneumococcal vaccines are now available

- These vaccines are strongly recommended and free for eligible people.
- They are safe and effective in adults when given at the same clinic visit, and do not result in more side effects than when given separately.
- They do not have live virus particles and cannot cause disease.
- At this time, children age 5 to 11 years should receive COVID-19 vaccine at a clinic visit. Influenza vaccine should be given at a separate visit.

INFLUENZA VACCINE is recommended for everyone, to prevent disease and prevent infecting other vulnerable people. High dose vaccine is now available for people 65 years and older.

COVID-19 VACCINE is recommended for **everyone 5 years and older** for two doses. Third doses are also recommended for specific groups.

PNEUMOCOCCAL VACCINE is recommended for:

- Everyone 65 years of age and older
- Adults 18 years and older with chronic conditions
- Adults 18 years and older who take medications or have conditions that weaken their immune systems

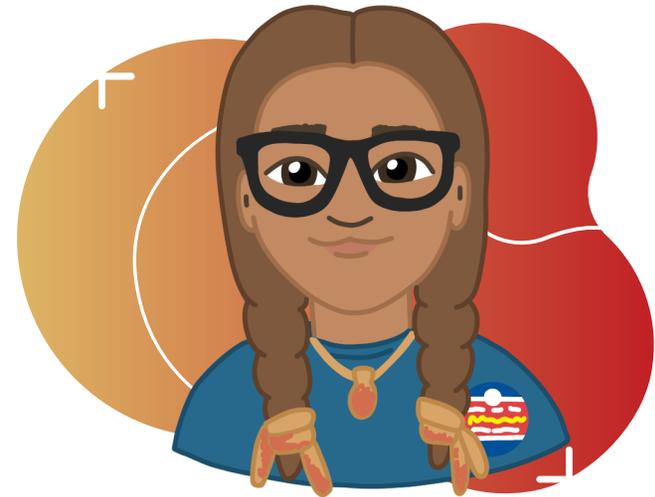
All three diseases can be severe and can result in hospitalization.

All three vaccines are strongly recommended for older people, people with chronic conditions, or those who are pregnant or breastfeeding.

IMMUNIZATION INFORMATION



Influenza, COVID-19 and Pneumococcal vaccines



Ok! Thank you for protecting our community!

For more information:

Visit our website | www.siksikahealth.com/covid-19-home

Call the COVID-19 Call Line | 403-734-5706

Like and follow us on Facebook | @SHWCsiksika

Listen to us on the radio | 104.7FM the Nation's Station

HOW DO THESE VACCINES WORK?

None of these vaccines have live particles that can cause disease. All three vaccines are safe and effective when given to adults on the same day.

Influenza vaccine contains specific parts of the influenza virus that make your immune system create antibodies and other immunity against the types of influenza disease expected this winter. **High dose vaccine works well in older people to provide extra protection.**

COVID-19 vaccine contains the instructions for your body to make specific parts of the virus that your immune system recognizes and makes antibodies and other types of immunity against. A third dose may be recommended over time to strengthen or boost your protection.

Pneumococcal vaccines prevent the most common types of **pneumonia and meningitis** in adults. This disease is worse in people over 65 years and those who have chronic conditions.

You should not have these vaccines if you:

- Have an allergy to parts of these vaccines (allergies to products such as laxatives, skin creams, antibiotics, gelatin)
- Had a severe allergic reaction after a previous dose of these vaccines
- You should not have the vaccines now if you are sick with fever or other symptoms of COVID-19 disease, or have been told to isolate, or
- Are preparing to receive or have received a transplant (follow your doctors' directions for immunizations)

Side Effects after Influenza, COVID-19 or Pneumococcal Vaccines

Side effects after these vaccines are expected. They may last for 1 to 3 days. For some people, side effects may interfere with normal activities.

VERY COMMON: Most people will have some of these:

- Soreness and redness where the needles were given
- Feeling tired
- Body aches or sore joints
- Fever or chills
- Nausea or vomiting
- Headache

UNCOMMON: This side effect may occur in fewer than 1 in 100 people:

- Swollen, sore lymph nodes in the armpit

Stay near your immunizer for 15 minutes after your immunization, in case you have a rare, severe allergic reaction.

Managing Vaccine Side Effects

- To reduce soreness and swelling, put a cool, wet cloth on the sore arm
- If needed, you can take medication for pain or fever

Call 403-734-5616 to talk to a nurse if you develop:

- A severe reaction that lasts more than 3 days, or
- A high fever (over 39C), or
- Any other unusual reaction

After the vaccine, keep yourself and your community safe: wash your hands, practice physical distancing, wear a mask, and stay home if you are sick.