

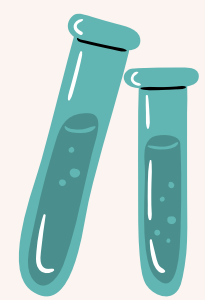
Frequently Asked Vaccination Questions

*Vaccinations are an important way to **AVOID frailty** by building up your body's resistance to infectious diseases. Vaccination against the flu is especially important during COVID-19.*

Read more below for frequently asked questions about vaccinations or visit avoidfrailty.ca for more information!

Can a vaccine give you the illness it aims to prevent?

No, vaccines cannot give you the illness they aim to prevent. Vaccines contain virus fragments, weakened viruses, or inactivated (i.e. killed) viruses that are too weak to result in disease, but cause an immune response that gives immunity against the disease.



Are the chemicals in vaccines safe?

Yes. Some chemicals are used in for development, preserving vaccines, or to enhance the body's immune response, but all chemicals are used in small quantities that are safe for humans. When vaccines are developed, they go through many trials to make sure they are safe for use.

If I was vaccinated as a child, do I need vaccines as an adult?

Yes. There are some vaccinations that are recommended, especially for those over age 60:

- Influenza (annually)
- Shingles (one-time vaccine)
- Pneumococcal (one-time vaccine)
- Tetanus (booster every 10 years)
- Diphtheria (booster every 10 years)
- Pertussis (one booster as an adult)

Check with your local health care professionals for provincial recommendations.

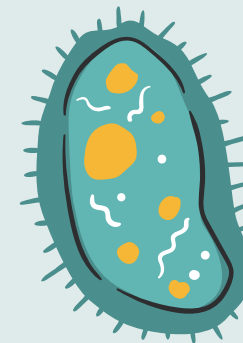
Where can I get my flu shot?

You can speak to your health care provider, public health unit, or local pharmacy to make an appointment, or visit myflushot.ca to find a location near you.



How do vaccinations help you stay healthy?

Vaccinations are important for reducing the risk of contracting infectious diseases like the flu, shingles, pneumonia, and more.



As our bodies age, it is more difficult to bounce back after stressors like the flu, which can contribute to frailty. By getting vaccinated, you protect yourself and those around you!

Why do some people get sick after the flu shot?

Some people experience mild symptoms after a flu shot, including a low fever and muscle aches, as a result of the immune system being activated.

Additionally, there are many viruses that circulate each year and the flu shot aims to protect against the most common influenza viruses that are predicted to be circulating. For this reason, even if you get the flu shot, there is still a chance of getting sick. But the flu shot greatly reduces your risk of getting the flu!

What is herd immunity?

Herd immunity means that when a high proportion of the population are protected against a disease (through vaccination or infection), the risk of infection is lowered for everyone.

What is a high dose flu shot and who should get it?



The high dose flu shot contains more of the virus material so that the immune system can better fight off the flu virus. The high dose flu shot is recommended for people over the age of 65.

For more information, visit avoidfrailty.ca

**AVOID
FRAILTY**

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