

Why should I get my flu and COVID-19 vaccines?



Protecting yourself helps protect others, especially those more vulnerable to illness.



The flu virus changes every year – so does the vaccine.



The COVID vaccine needs to be boosted to be effective



You won't miss out on the fun this fall and winter



You are helping your healthcare system.

Respiratory
Illness Season



WEST HALDIMAND
GENERAL HOSPITAL

Flu

The [Government of Canada](#) states children from 6 months to less than 9 years of age who have never had a flu shot before should receive 2 doses. It's recommended that the interval between doses be at least 4 weeks apart during the current flu season.

Benefits of the flu shot:

- prevents you from getting very sick from flu-related complications
- protects people close to you because, when vaccinated, you're less likely to spread the virus to others
- reduces the overall burden on the health care system during respiratory virus season
- reduces your chances of being infected with the flu and other respiratory viruses at the same time, including COVID-19, which could lead to serious complications

The flu shot won't protect you against COVID-19, so it's also very important to be up-to-date with recommended COVID-19 vaccinations and any other recommended vaccines.

Please consult with your primary care provider or your pharmacist about getting the flu shot.

COVID-19

According to the [Government of Canada](#), evidence shows that vaccines used in Canada are very effective at preventing severe illness, hospitalization and death from COVID-19.

It's important to receive a primary series and a booster dose (or doses) when eligible for the best protection against COVID-19.

[Book a COVID-19 vaccination or booster dose here.](#)

Or check out the Haldimand Norfolk Health Unit's [COVID-19 Resources webpage](#) for more information.

RSV

[Government of Canada](#) states there are 2 medications (monoclonal antibodies) that are approved for use to prevent RSV disease.

- Palivizumab/Synagis (AstraZeneca) has been available in Canada for decades and is given monthly to prevent disease.
- Nirsevimab/Beyfortus (Sanofi) is a newly authorized product and 1 dose may protect infants for up to 6 months.
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These products cannot be used to treat infants who already have RSV disease. For older adults, Arexvy (GSK) is a newly authorized vaccine to prevent RSV disease for those 60 years and older.

Please consult with your primary care provider for eligibility of these medications or vaccines.