

VACCINE FACT SHEET FOR RESIDENTS

Respiratory illnesses can be serious. Vaccines help protect you.

Why should I get vaccinated?

As you get older, it can be harder for your body to fight infections. Vaccines can help protect you from serious illness by:

- ✓ Lowering your chances of getting sick
- ✓ Protecting against severe illness, if you become infected
- ✓ Reducing your risk of needing to go to the hospital
- ✓ Helping to protect other residents and visitors in your long-term care (LTC) home

Family members, caregivers, and other visitors are encouraged to stay up to date on their recommended vaccines and can speak with your care team about visiting safely.

*Which vaccines should I get?

The following vaccines are recommended, as they can protect you from becoming seriously ill.

- ✓ **Flu:** Get an influenza (flu) vaccine every year.

- ✓ **COVID-19:** You may be offered a COVID-19 vaccine more than once a year. Staff can tell you when you are eligible.
- ✓ **RSV:** You can get the vaccine if you have not already received it. The RSV vaccine is available throughout the year and helps protect against RSV for multiple years.
- ✓ **Pneumococcal:** The pneumococcal vaccine is usually given once.

** Ask staff which vaccines are recommended for you.*

What should I know about vaccination?

Good to know: It is safe and convenient to get the flu, COVID-19, RSV and pneumococcal vaccines at the same time. Staff in your LTC home can explain which ones are available at your LTC home.

What is in a vaccine? Vaccines contain an active ingredient that teaches your body how to fight an illness. They may also contain small amounts of other ingredients such as fats, salts, sugars, and water, or ingredients that keep the vaccine stable.

What to expect after a vaccination? Your arm may feel sore. You may feel tired or experience headaches, muscle aches, or a mild fever. These effects are usually mild and do not last long. Tell staff if you feel unwell.

Do you have questions or need more information? Speak with a nurse, doctor, pharmacist, or another member of your care team.