

Protect Yourself This Season: Adult Vaccines Matter

Simple steps to stay healthy and reduce your risk of serious illness



Why Vaccination Matters

- Vaccines help protect you from serious respiratory illnesses like **flu, COVID-19, RSV, and pneumonia**
- They reduce your risk of **hospitalization, complications, and long-term health effects**
- Getting vaccinated also helps **protect your family and community**



Did You Know?

- Many adults are **eligible for vaccines they haven't received yet**
- You may be able to **get more than one vaccine at the same visit**
- Your healthcare provider's recommendation is one of the **strongest predictors of staying protected**
- Immunity can decrease over time. **Staying up to date is important every year.**



Who Should Consider Vaccination?

① You may be eligible based on your age, health conditions, or risk factors.

Vaccine	Who Should Get It
Influenza (Flu)	✓ Everyone 6 months and older ✓ Especially important for adults 65+, chronic conditions, pregnancy
COVID-19	✓ Everyone 6 months and older ✓ Especially important for adults 65+, chronic conditions, pregnancy
Pneumococcal (Pneumonia)	✓ Most adults, with updated vaccines recommended ✓ Higher priority for older adults and those at higher risk
RSV (Respiratory Syncytial Virus)	✓ Adults 60+ (based on risk and discussion with provider) ✓ Strongly considered for adults 65+ or higher risk



Not sure if you're eligible? Ask your healthcare provider:

"Which vaccines are recommended for me this year?"



Other Resources



[Immunize Canada – Vaccine safety](#)



[Public Health Agency of Canada – Vaccine safety](#)



[Ontario.ca – Vaccines for Adults](#)



Important Facts

- ✓ You may be **eligible for more than one vaccine at the same time**
- ✓ It is **safe to receive multiple vaccines** in one visit
- ✓ Most side effects are **mild and short-lasting**
- ✓ **Vaccines are safe** and **carefully monitored** in Canada