



Protect Your Health, One Vaccine at a Time!

A Practical Guide to Vaccination for Adults Aged 65 and Older

Vaccination is important because it:

- helps prevent several infectious diseases
- reduces the risk of complications and hospitalization
- helps maintain independence and quality of life
- enables you to keep enjoying the activities that matter to you
- helps protect your loved ones by limiting the spread of certain infections

Main recommended vaccines:

- flu vaccine
- COVID-19 vaccine
- pneumococcal vaccine
- diphtheria and tetanus vaccine
- herpes zoster vaccine (free from age 71)

Depending on your medical history, other vaccines may be recommended, such as the respiratory syncytial virus (RSV) vaccine.



Where to get information:

Don't let infectious diseases affect your quality of life. For additional information, consult:

- your healthcare professional
- your pharmacy
- quebec.ca/sante/en/health/advice-and-prevention/vaccination



Make an appointment:

Vaccination is a simple, safe and **free** way to help protect your health and maintain your independence. Book an appointment today:

Online:

Go to clicsante.ca

- Select the desired vaccination service
- Choose the date, time and location that works for you
- Confirm your appointment

By phone:

- Call **1-844-776-6116**
- An agent will help you make an appointment

**CLIC
SANTÉ**

Online: **clicsante.ca**
By phone: **1-844-776-6116**





Flu

More than a common cold: get vaccinated

- The flu is a respiratory infection caused by a virus that circulates widely from fall to spring.
- It is transmitted when an infected person coughs or sneezes near us, or from contact with contaminated surfaces or objects.
- Flu symptoms include:



fever



coughing



headache



muscle pain



fatigue

Flu is more than just a cold, it can lead to serious complications.

Vaccination is the best protection against complications from the flu.

It helps:

- reduce the risk of pneumonia and hospitalization
- maintain independence and quality of life

It is recommended that you get the flu vaccine **every fall** if you:

- are aged 65 and older
- have diabetes
- have heart, lung, kidney or liver disease
- are significantly obese
- have cancer or a weakened immune system

Vaccination is also recommended for people living with or caring for someone at high risk of complications at home (caregivers).

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COVID-19

Protect your health, get vaccinated!

- COVID-19 is a respiratory infection caused by a coronavirus.
- It is transmitted when an infected person coughs or sneezes near us, or from contact with contaminated surfaces or objects.
- Symptoms of COVID-19 include:



fever



coughing



sore throat



fatigue



muscle pain

Vaccination is the best protection against the serious complications from COVID-19.

- it prevents hospitalizations and deaths
- it helps protect your health and independence

It is recommended that you get vaccinated against COVID-19 **every year** if you:

- are aged 65 and older
- have diabetes
- have heart, lung, kidney or liver disease
- have cancer or a weakened immune system

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Protect yourself against
**pneumococcal
infections**

What is pneumococcus?

- It is a bacteria that can cause serious infections such as pneumonia.
- It occurs through contact with secretions from the nose or throat of an infected person.



Did you know that

- Pneumococcal pneumonia can occur as a result of the flu.
- Some diseases increase the risk of pneumococcal infection, including:
 - heart, lung, liver or kidney disease
 - diabetes
 - a weakened immune system
- Pneumococcal vaccination is recommended for **all individuals aged 65 and older**.
- Vaccination is free and involves a single dose.

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Keep your protection up to date against **tetanus and diphtheria**

What are tetanus and diphtheria?

- **Tetanus:** may cause severe muscle stiffness and spasms.
- **Diphtheria:** may cause respiratory tract or skin infections.
- These infections are rare but serious diseases that can sometimes lead to death. With age, the risk of complications increases.



Did you know that

- Tetanus is not transmitted from person to person. It can enter the body through a contaminated wound (e.g. cutting yourself while gardening).
 - Even if you have been vaccinated in the past, the protection afforded by this vaccine decreases over time.
-
- 1 booster dose against tetanus and diphtheria is recommended from age 50.
 - Vaccination is free

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Protect yourself from **shingles**

What is shingles?

- Shingles is caused by the reactivation of the varicella virus.
- It manifests itself as a painful rash.



Did you know that

- 1 in 3 people will have an episode of shingles in their lifetime
- 1 in 5 people will have persistent pain after an episode of shingles that can last several months

Vaccination reduces the risk of shingles by 90%

Vaccination is recommended for the following individuals at risk of shingles and complications:

- Immunocompromised individuals aged 18 and older (**free vaccine**)
- 71+ (**free vaccine**)
- People aged 50 to 70 (vaccine not free)

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Respiratory syncytial virus (RSV)

A simple way to **protect your respiratory health**

- RSV is a virus that infects the respiratory tract and lungs. It circulates more during the cold months of the year.
- It is transmitted when an infected person coughs or sneezes near us, or from contact with contaminated surfaces or objects.
- Symptoms of RSV include:



fever



coughing



sore throat



fatigue



nasal
congestion

RSV may cause serious complications, such as pneumonia.

A dose of RSV vaccine is recommended for those at higher risk of complications, including if you:

- are aged 18 years and older and had a stem cell or lung transplant
- are aged 60 and older and live in a long-term care facility
- are aged 75 and older

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