

You've Got the Power

To Protect Your Health

FLU VACCINE

WHO?

- All individuals aged 6 months and older. Especially important for seniors 65+, children under 5, people with chronic conditions, and health-care workers.

WHERE?

- Participating pharmacies (2 years and older)
- Check with your family doctor or nurse practitioner
- HPE Public Health

WHY?

- Reduces risk of severe flu/hospitalization, protects vulnerable family members, and keeps communities safe.



COVID-19 VACCINE

WHO?

- All individuals aged 6 months and older, especially those with underlying conditions, seniors, and health-care workers.

WHERE?

- Participating pharmacies
- Check with your family doctor or nurse practitioner
- HPE Public Health

WHY?

- Helps prevent severe illness, hospitalization, and death, especially important as new variants emerge.



RSV VACCINE

WHO?

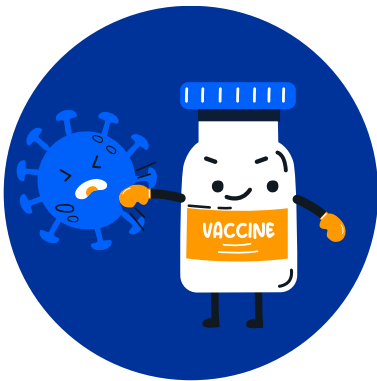
- Infants up to 12 months of age and high-risk toddlers up to 24 months of age, pregnant individuals, and certain high-risk adults aged 60 years and older.

WHERE?

- HPE Public Health
- Hospital, at time of birth
- Check with your family doctor or nurse practitioner

WHY?

- Protects from severe respiratory illness.



Visit: hpePublicHealth.ca



WASH YOUR
HANDS OFTEN



CLEAN HIGH-
TOUCH SURFACES



STAY HOME WHEN
YOU ARE SICK



COVER YOUR
COUGHS & SNEEZES

