

Influenza and COVID-19 Vaccines

For Long-Term Care and Retirement Home Residents

Annual vaccination is one of the most effective ways to protect your health:

- Getting your annual COVID-19 and influenza (flu) vaccines is one of the best ways to protect yourself from severe illness and complications from infection.
- Different strains of COVID-19 and influenza viruses circulate each year. Even when the vaccines are not an exact match, they still provide important protection and reduce the risk of severe illness.

When more people are vaccinated, everyone is safer:

In shared living settings:

- Viruses can spread more easily
- Residents may have underlying health conditions
- Outbreaks can occur quickly

Getting vaccinated helps to:

- Protect **you** by lowering the risk of hospitalization
- Protect your **loved ones and community**
- Reduce outbreaks and restrictions associated with them

Ontario recommends annual vaccination for older adults

COVID-19 Vaccine

- Protection from COVID-19 vaccines decreases over time
- New variants continue to circulate
- Updated COVID-19 vaccines improve protection against serious illness

Flu Vaccine

- The flu virus **changes every year**
- Ontario's flu vaccine is updated each fall
- Protection from last year's flu shot lowers over time

In Ontario, vaccines:

- Are approved by **Health Canada**
- Are carefully monitored for safety
- Are safe for seniors

Most side effects are mild and temporary:

- Pain or redness at the injection site
- Feeling tired
- Mild fever or body aches

These symptoms usually go away within a few days.

Can I get both vaccines at the same time?

- Yes, it is safe to receive the **flu and COVID-19 vaccines at the same time**. Your nurse or healthcare provider will review your health needs and answer any questions.

What if I already had COVID-19 or the flu?

Even if you have had one of these illnesses before:

- Vaccination provides **better and longer-lasting protection**
- It helps reduce the risk of **severe illness if you get sick again**