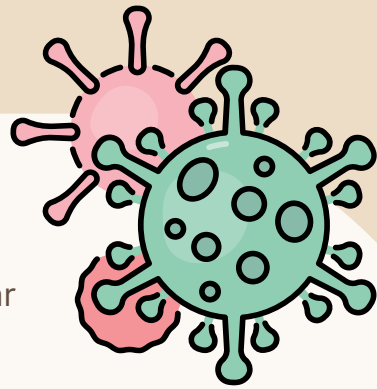


# Get ready for the fall cold and flu season!

Vaccines are the (second) easiest way to protect ourselves from serious complications from infections aside from washing our hands, but it can be confusing to know what vaccines you're eligible for! This simple guide can help you.



## Influenza (flu)

- **WHAT** does this protect you against?
  - The most common strains of the flu virus that are forecast for each year
- **WHO** can get this vaccine?
  - Anyone over the age of 6 mos
  - Children under 9 yrs getting the vaccine for the first time need 2 doses at least 4 wks apart!
- **WHEN** can you get the vaccine?
  - Starting **October 20, 2025**
- **WHERE** can you get the vaccine?
  - AHS immunization clinics - for families of children 6 mos - 5 yrs
  - Pharmacies - 5 yrs and older
  - At any Public Health Clinic on-Reserve
- Is the vaccine **FREE**?
  - Yes! Free to ALL Albertans!



## COVID-19 (SARS CoV-2)

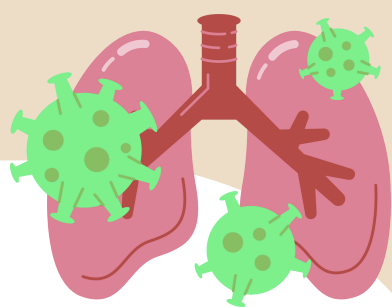
- **WHAT** does this protect you against?
  - The current “LP.8.1” vaccines provide protection against the most recent strains of COVID-19
- **WHO** can get this vaccine?
  - Anyone over the age of 6 mos
  - Anyone getting the vaccine for the first time will need 2 doses at least 4 wks apart!
- **WHEN** can you get the vaccine?
  - Starting **October 1, 2025** for high-risk individuals
  - Starting **October 20, 2025** for all other individuals
- **WHERE** can you get the vaccine?
  - At any Public Health Clinic on-Reserve will be offered to Indigenous people without charge according to the ISC
  - Other locations are available - call 811
- Is the vaccine **FREE**?
  - Free to **MANY** Albertans: Pregnant people, and those with chronic illnesses and disabilities (this list is broad and you do not need to provide proof); \$100 administrative fee for others

## Pneumococcal (PNEU-C)

- **WHAT** does this protect you against?
  - The bacteria *Streptococcus pneumoniae* that cause pneumococcal disease - lung, airway, blood, and middle-ear infections, as well as meningitis
- **WHO** should get this vaccine?
  - Children under the age of 5
  - Indigenous people
  - Adults over the age of 65
  - Immunocompromised individuals
- **WHEN** can you get the vaccine?
  - Available **year-round** with appointment
- **WHERE** can you get the vaccine?
  - At any Public Health Clinic or Community Health Centre by appointment
  - At any Public Health Clinic on-Reserve
- Is the vaccine **FREE**?
  - Free to eligible Albertans



**Alberta Indigenous  
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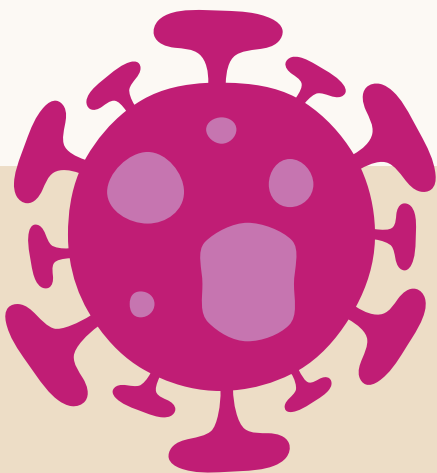


## Respiratory Syncytial Virus (RSV)

- **WHAT** does this protect you against?
  - A common infection that affects the lungs and airways in the late fall and spring, and can be serious in very young and older people
- **WHO** should get this vaccine?
  - Adults over the age of 70
  - Adults over the age of 60 who are Indigenous or live in a supportive living home
- **WHEN** can you get the vaccine?
  - Available **year-round** with appointment
- **WHERE** can you get the vaccine?
  - At any Public Health Clinic or Community Health Centre by appointment
  - At any Public Health Clinic on-Reserve
  - Some pharmacies also offer walk-in RSV vaccines
- Is the vaccine **FREE**?
  - Free to eligible Albertans

## Measles (MMR)

- **WHAT** does this protect you against?
- The measles virus, which is currently being actively transmitted in Alberta (bundled with mumps and rubella vaccine)
- **WHO** can get this vaccine?
  - Anyone over the age of 12 mos born after 1970
  - Must not have had blood products in last 11 mos
  - Must not have had another live vaccine in last 3 mos
  - Must not be pregnant
- **WHEN** can you get the vaccine?
  - Available **year-round** with appointment
- **WHERE** can you get the vaccine?
  - At any Public Health Clinic or Community Health Centre by appointment
  - At any Public Health Clinic on-Reserve
- Is the vaccine **FREE**?
- Free to eligible Albertans



Remember: the  
easiest way to  
prevent infection is to  
wash your hands!

Washing your hands with warm, soapy water for at least 20 seconds (about as long as it takes to sing “Happy Birthday” twice) is the best way to make sure that you don’t spread germs!



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