

PROTECT YOUR LOVED ONE FROM RESPIRATORY ILLNESS THIS SEASON

This time of year, viruses like the flu, COVID-19 and RSV make their way into our communities. While anyone can get sick from these illnesses, older adults and those who live in long-term care homes and retirement homes are at much higher risk of serious illness, hospitalization and lasting complications. Safe and effective vaccines are available this Fall to help protect your loved one and support their health, independence and quality of life.

Why Vaccinate?



1. OLDER ADULTS FACE HIGHER RISK

Older adults and residents of long-term care homes and retirement homes are more vulnerable to severe complications from COVID-19, influenza and RSV.



2. INFECTION CAN HAVE LONG-LASTING EFFECTS

Respiratory infections can cause long-term impacts for older adults, including:

- Weakness and difficulty breathing
- Loss of independence and mobility
- Worsening of chronic conditions such as heart disease and diabetes
- Greater risk of falls and future hospitalizations



3. VACCINATION OFFERS PROTECTION

Prevent infection with vaccination: annual Covid-19 and flu vaccine, as well as an RSV vaccine (if not previously vaccinated) is the best protection from circulating virus strains. It is convenient **and safe to receive these vaccines at the same time**. It is strongly recommended to get vaccinated as soon as the vaccines are available. By choosing vaccination, you are helping to:

- Keep your loved one out of the hospital
- Preserve their independence and daily functioning
- Reduce disruptions to their care and routines
- Protect both them and those around them

PUBLIC HEALTH

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york.ca/VirusSeason



Did You Know?

Homes with higher vaccination rates have smaller and shorter outbreaks compared to those with lower vaccine uptake.

Getting Vaccinated

Please ensure consent has been provided for your loved one to receive the COVID-19, flu and/or RSV vaccines. If consent has not yet been given or you need help, please speak with the home's care team. When families and care teams work together, vaccination becomes a powerful tool to protect residents and strengthen the entire community.

Vaccines will be available to residents, you and other family members (if eligible) at:

- Long-term care homes
- Some retirement homes – either onsite or through partnership with a pharmacy or physician
- [Participating pharmacies](#)
- Participating doctor or nurse practitioner offices
- Participating walk-in medical clinics

If you have questions about vaccine availability, please speak with the care team at your loved one's home.

Your decision to support vaccination makes a meaningful difference. Thank you for helping us keep your loved one safe, healthy and thriving this season!

For more information, visit york.ca/VirusSeason.