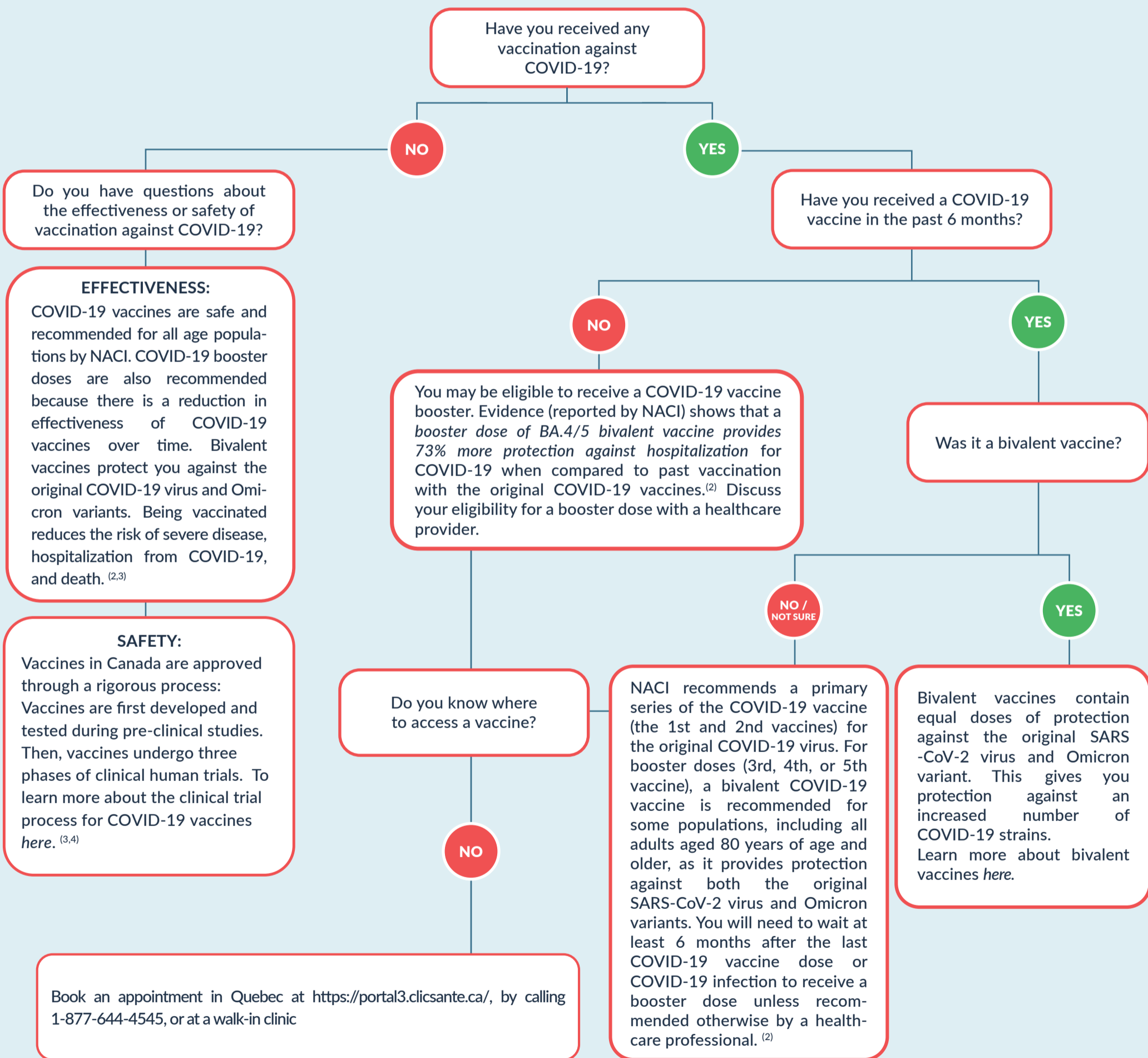


# Guide to COVID-19 VACCINATION in Quebec

COVID-19 remains prevalent in Canada as it does around the world. Evidence has shown that age, alongside chronic underlying conditions, are both risk factors for serious and life-threatening outcomes from COVID-19 infection. Only 24% of the Canadian population, many of whom are older adults, have completed their primary series of COVID-19 vaccinations or have received a booster dose in the past 6 months. <sup>(1)</sup> COVID-19 vaccines are effective at preventing severe disease, hospitalization, and death from infection. However, protection against mild and moderate disease may reduce over time, especially amongst at-risk populations including older adults. For the best protection, it is recommended to stay up-to-date with COVID-19 vaccinations including booster doses. The International Federation on Ageing (IFA) has created an easy-to-use guide to help you make an informed decision about COVID-19 vaccinations. This guide uses information from the Canadian National Advisory Committee on Immunization (NACI). <sup>(2)</sup>

Being vaccinated against COVID-19 is an individual decision. Bivalent vaccines provide protection against both the original SARS-CoV-2 virus as well as Omicron variants of the COVID-19 disease, therefore increasing the protection against severe outcomes from infection. <sup>(2)</sup> You can follow the guide below to help you make an informed decision about COVID-19 vaccination.



## REFERENCES

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3. Government of Canada. Vaccine development and approval in Canada [Internet]. 2022 [cited 2023 Feb 23]. Available from: <https://www.canada.ca/en/health-canada/sevices/drugs-health-products/covid19-industry/drugs-vaccines-treatments/vaccines/development-approval-infographic.html>
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