

## VACCINATION CAMPAIGN AGAINST RESPIRATORY VIRUSES

**Baie-Comeau, October 2, 2023** – The fall vaccination campaign against respiratory viruses (COVID-19 and influenza) will start on October 10<sup>th</sup>, in the vaccination clinics of the Centre intégré de santé et de services sociaux (CISSS) de la Côte-Nord and in Indigenous health centres.

Vaccination is available **by appointment only**, and you can make one on [Clic Santé](#) or by telephone at 1 844 407-0967. Vaccines against COVID-19 and influenza can be received at the same time. To do so, you must choose an appointment reserved for that purpose on Clic Santé or mention it when making an appointment by telephone. On Clic Santé, there is an option to make an appointment to receive both vaccines during the same visit.

Both vaccines are strongly recommended for the follow people, who are part of groups at risk of complications, and for those who are around them and who care for them:

- People living in a residential and long-term care centre (CHSLD), a private seniors' residence or other environments with a high proportion of seniors and vulnerable people;
- People aged 60 years and over (COVID-19);
- People aged 75 years and over (influenza);
- Immunocompromised people, people on dialysis and people with a chronic disease;
- Pregnant women;
- Health care workers;
- People who are around children under 6 months of age;
- People living in remote and isolated communities (Minganie, Lower North Shore, Fermont, Schefferville, Kawawachikamach), with priority to those with high risk of complications.

Both vaccines are offered free of charge to everyone who wants to be protected.

### **New COVID-19 vaccine**

This fall, a new COVID-19 vaccine that provides better protection against infections and serious diseases caused by new variants is available. The Direction de santé publique de la Côte-Nord **particularly** urges people over 6 months of age suffering from chronic diseases (such as diabetes, heart, lung, kidney or liver diseases, asthma, cancer, or weak immune system) to get vaccinated, because they are more at risk of complications (hospitalization and death). Vaccination is the safest and most effective way to protect yourself against the complications of a respiratory virus.

Moreover, people who never had COVID-19 should be vaccinated, because protection provided by their previous vaccination is less effective.

To find out the schedule of the vaccination clinics, the population is invited to consult the [website](#) and the Facebook page of the CISSS de la Côte-Nord.

### **Vaccine against pneumococcus**

The vaccine against pneumococcus is also recommended and offered free of charge to people aged 65 years and over, as well as to those suffering from certain chronic diseases.

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**Avoid spreading respiratory viruses**

Given the increased presence of respiratory viruses in the population, it is important to follow these measures to prevent their transmission:

- Wash your hands frequently, for 20 seconds, using soap and water, or use an alcohol-based solution;
- Avoid contact with other people if you have symptoms;
- Stay home if you have fever;
- Wear a mask if you have a cough, a sore throat or nasal congestion.

For more information about the vaccination campaign against respiratory viruses, visit [Quebec.ca](http://Quebec.ca).

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