



Vaccines are one of the world's greatest achievements. They are safe, effective, and save lives. We know this because they go through careful testing before they are approved, and monitoring continues as long as they are used.

Nova Scotia offers routine vaccines for **free** to protect the people who live, work and play here.



Protect your family, community and yourself. Get vaccinated.

www.nshealth.ca/immunizations



Why is it important to get routine vaccines?

Vaccines protect against diseases that can cause serious illness and even death in the most severe cases. By getting vaccinated, you can protect yourself and your community by preventing the spread of illness, and lessening the severity if you do get sick.



What do routine vaccines protect against?

Routine vaccinations protect you from infectious diseases, like measles, that can spread quickly in groups of unvaccinated people. Several diseases prevented by routine vaccination are no longer common in Canada but are still common in other countries. Some can be serious, but are rare because vaccines have been very successful in preventing these diseases from spreading, like polio. Other diseases are more common, but can be equally as serious. Some may also cause long-term consequences, like cancers resulting from HPV or hepatitis B and C.



Where can you get routine vaccines for free?

Routine vaccines can be given by primary care providers (family doctors, nurse practitioners and family practice nurses), participating pharmacies and Public Health.



When should free routine vaccines be given?



Vaccines start at two months old and continue throughout a person's lifetime. They are given at different ages to protect against illnesses that are the greatest risk at that stage in life or to set up lifelong immunity.

Visit tinyurl.com/RoutineVaccinesNS for a complete list of routine vaccine schedules.

- ✓ Chickenpox (varicella)
- ✓ COVID-19
- ✓ Diphtheria
- ✓ Haemophilus influenzae type B
- ✓ Hepatitis B
- ✓ HPV (human papillomavirus)
- ✓ Influenza
- ✓ Measles
- ✓ Meningococcal A, C, W, and Y
- ✓ Meningococcal B
- ✓ Mumps
- ✓ Pneumococcal disease
- ✓ Polio
- ✓ Rotavirus
- ✓ Rubella
- ✓ Tetanus
- ✓ Whooping cough (pertussis)

Additional free vaccines are offered to people who are at higher risk for severe illness.

Not sure if you or your child need a vaccine? Check your vaccine records online at yourhealthns.ca/records or contact Public Health.



Public Health

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