

Living Well with AIMGA

VOL. 4: IMMUNIZATION AWARENESS!



OVERVIEW

Immunization is one of the most crucial prevention and intervention strategies on a global scale. Historically, vaccines have been so effective that many diseases that were once prevalent and feared are now either eradicated or easily manageable. Join AIMGA in celebrating National Immunization Week on April 24-30th, 2023 by reading this newsletter compiled by AIMGA's Health and Wellness Team. Do your part today and make sure you have all your vaccinations up to date to protect yourself and your loved ones.



HEALTH REMINDERS!

- **Are you going to be travelling outside of Canada?**

Contagious diseases vary by geographic region and population, and they change over time as well. When travelling from one area to another, people are exposed to a variety of potential pathogens, which may put you at risk for a number of vaccine-preventable diseases. Consult a healthcare provider or travel clinic preferably six weeks before you travel so you can get the required vaccination based on your destination. Depending on your destination, you may need: Yellow Fever, Hepatitis A, Malaria, Influenza, Rabies, Polio, Measles, Meningococcal diseases, Hepatitis B, COVID-19, Cholera, Travelers diarrhea, Typhoid, or Schistosomiasis. Water, street food, and seafood precautions should also be considered when you travel.

- **Not sure whether you are up to date with all of your vaccines?** Check out this list of recommended vaccines by age that the CDC released. Talk to your doctor about it!

- **Protection from COVID-19 vaccines wanes over time, but boosters can help to restore your body's line of defense, including against new virus variants.**

Book your appointment with a clinic or doctor today. You are recommended to get a booster at least 6 months after your last dose or 3 months after previous SARS-CoV-2 infection.

Sources: [CDC, 2022](#); [Healthline 2022](#); [NACI, 2023](#); [Traveler's Health, CDC, 2023](#);

WANT THE FACTS AROUND COVID-19?

Scan this QR code or click on the link to learn more.

<https://www.alberta.ca/covid19-vaccine-myths-and-facts.aspx>

Check out AIMGA's revamped Health Hub for more information on COVID-19!



RED FLAGS

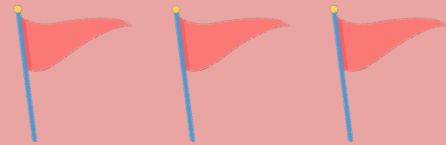
Active immunization is the safest and most effective way to prevent serious illness in children and adults. However, there are some warning signs, or red flags to consider:

- 1 Vaccines like other common medications can cause mild side effects temporarily as a sign of immune response which are low-grade fever, tenderness, and localized redness.** Occasionally, they can produce “serum sickness-type reactions” which consist of fever, rash, and/ or joint pain. This condition resolves spontaneously after a few days. Parents can talk to the healthcare provider or public health clinic for further management.
- 2 In rare cases, severe allergic reactions or anaphylaxis can occur** and we need to respond by calling 911 immediately. Observation at the clinic is mandatory for 15 minutes routinely to identify and treat such reactions.
- 3 Sometimes children are allergic to specific components of the vaccine which might be unknown to parents.** For instance, the

Sources: [Public Health Agency of Canada, 2022](#)

yellow fever vaccine cannot be given to those who are allergic to egg or egg protein. Ask your doctor if you are concerned, but questionnaires are given to patients prior to these types of vaccines to catch this.

- 4 Live vaccines** such as MMR (Measles Mumps and Rubella), Varicella, and live Intranasal Influenza vaccine are not suggested for children who are immunodeficient or pregnant women.
- 5 COVID-19 vaccines** are also safe. On rare occasions, myocarditis, thrombosis with thrombocytopenia, and Guillain-Barre Syndrome can occur. After getting a vaccine, be vigilant of the possible signs of petechiae, bruises, shortness of breath, chest pain, abdominal pain, and severe neurological symptoms; seek immediate care if concerned.



DID YOU KNOW?



AIMGA experts are available to speak to your organization on this topic.

Book your presentation today by emailing drew@aimga.ca

For more information, check out the full version of the “Living Well With AIMGA” Newsletter by scanning the QR code below with your phone!



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