



Canadians Know How to Protect Themselves Against a Cold Winter

But what about pneumococcal disease? Seniors deserve to be protected.

CANADIANS ARE EXPERTS AT BRAVING COLD and harsh winters. From warm parkas to durable boots, we've mastered the art of staying safe and warm.

But when it comes to protecting ourselves against serious illnesses like pneumococcal disease, are we doing enough?

Pneumococcal disease, which includes pneumonia, can be very dangerous, especially for older people. Each year, too many seniors are hospitalized or pass away because of this illness. In Canada, pneumonia and influenza are the eighth leading cause of death.

The good news? Vaccination can drastically reduce the risk of this disease. Just as you wouldn't step out into the cold without your toque and boots, you shouldn't have to face serious diseases like pneumococcal disease without the life-saving protection of the latest vaccines.

Unlike vaccinations for COVID or seasonal flu, which must be updated annually, a single pneumococcal

vaccine can provide many years of protection. Due to advancements in vaccine technology, newer options for the pneumococcal vaccine now offer broader protection.

This is where provincial governments need to step up quickly and invest to make the latest pneumococcal vaccines available to all older Canadians. Unfortunately, provinces can drag their feet when it comes to updating adult vaccination programs, and we need to make sure this doesn't happen.

IT'S IMPORTANT THAT ALL CANADIAN SENIORS HAVE ACCESS TO UPDATED VERSIONS OF THESE KEY VACCINES SO THEY CAN HAVE MAXIMUM PROTECTION

"It's important that all Canadian seniors have access to updated versions of these key vaccines so they can have maximum protection to avoid serious illness and burdens on our health system," said Bill VanGorder, Chief Advocacy and Education Officer of CARP. "Getting the best vaccines to as many Canadian seniors as possible should be one of our top healthcare priorities."

We all need to do our part to stay protected. Take action by contacting your provincial health minister on CARP's website: www.carp.ca/vaccine/action