

# CSSS de Laval Users' Committee Informs You



CSSS de Laval  
Users' Committee

*To be vaccinated is to offer to your close relations and yourself the best protection available against certain diseases. Vaccines force our immune system to manufacture antibodies. Thanks to those, the vaccinated people are thus protected from the diseases caused by viruses.*

## Immunization: to protect your close relations' health and yours!

**D**id you know that if a child follows Québec's immunization calendar, he will be vaccinated against eleven different diseases before reaching two years-old?

### Flu

The seasonal flu and H1N1 virus are very contagious. Their principal symptoms are a high fever, cough, headaches, generalized muscular pain and fast exhaustion thus extreme tiredness and weakness.

In regards to the H1N1 virus, the vaccine is free

and will be available to all. On the other hand, it will be made available in priority to certain groups considered to be more vulnerable. The mass immunization campaign will start on November 5.

In regards to the seasonal flu, the vaccine is free for the people at high risk of complications, such as 60 year-olds and older, children ranging from 6 to 23 months-old along with people affected by a chronic disease, and their close relations. The immunization campaign is scheduled to

begin in January 2010.

### Pneumococcal infection

The pneumococcus is a bacteria frequently found in someone's airways. It can cause serious infections such as pneumonia, blood infection or meningitis. Its vaccine is also made available free of charge for people 65 years-old and older, along with people affected by a chronic disease. Only one shot is required



for a lifetime immunization. The vaccine is available at any time during the year. If you did not receive it yet, ask for it when receiving your seasonal flu shot!


**To know when and where the mass immunization against the H1N1 virus campaign is taking place, visit [www.sssslaval.qc.ca](http://www.sssslaval.qc.ca)**

This information capsule is brought to you by the CSSS de Laval Users' Committee whose representative in regards to public health promotion and prevention is:

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