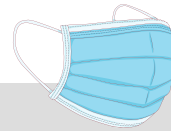


Current COVID-19 recommendations

Although it has been 4 years since the global COVID-19 pandemic, COVID-19 is still circulating and remains a leading cause of infectious disease hospitalization in Canada. While cases of COVID-19 are lower in the summer months, there tends to be resurgences in the fall/winter. COVID-19 vaccines remain effective at protecting against severe infection.



For the general population, an additional dose of the COVID-19 vaccine is recommended annually in the fall. Sometimes, an extra dose is recommended for those who are higher risk.



In general, we can also prevent the spread of infection through hand-washing, covering coughs, and staying home when ill.

For what populations are an additional dose of COVID-19 vaccine recommended in the spring?



Adults 65+



Long-Term Care Residents



People who are moderately or severely immunocompromised

Why are COVID-19 vaccines still important?

There is an ongoing risk of severe complications:

- Thousand of Canadians are hospitalized for COVID-19 every year
- Some people are at higher risk for **contracting severe illness** from COVID-19:
 - Those aged 65+
 - People who are immunocompromised
 - People living in congregate settings

Individuals experience declining resistance over time:

- **Immunity** from COVID-19 vaccines or prior infection **decreases over time**
- While these vaccines may not stop all infections, they still **greatly reduce the risk of severe illness**

(NACI)

Vaccination remains one of the best ways to safeguard yourself from preventable diseases, reduce the risk of serious illness and complications and prevent the spread of disease to others. Talk to your healthcare provider to learn more about how vaccination can support you and your families health and wellness.

For more information and resources please visit: [employerhealth.ca](https://www.employerhealth.ca)