

Respiratory Vaccines (to reduce chest infections)

VACCINE	PROTECTION	COST	FURTHER NOTES
PNEUMOVAX 23 A single injection given into a muscle (usually the upper arm).	Vaccinates against 23 strains of bacterial Pneumonia Most adults need only one dose. Certain high-risk individuals may need one more booster shot after 5 years.	Covered by MSP (no cost) for: <ul style="list-style-type: none"> • Anyone aged 65+ • Anyone younger than 65 with risk factors (eg. chronic heart, lung, or liver disease, diabetes, immunocompromising conditions) 	If you have had a Prevnar or CAPVAXIVE shot already, you need to wait at least 8 weeks before getting Pneumovax shot (otherwise effectiveness is reduced).
PREVNAR-13 OR CAPVAXIVE (both are also called PNEU-C) Both of these are a single injection given into a muscle (usually the upper arm).	These protect against different types of bacterial pneumonia than Pneumovax 23. <ul style="list-style-type: none"> • Prevnar-13 covers <u>13</u> different types of bacterial pneumonia • CAPVAXIVE covers <u>21</u> different types. <u>You only need to get one of these vaccines and not both.</u>	Prevnar-13 is covered by MSP (no cost) for: <ul style="list-style-type: none"> • Anyone aged 65+ • Anyone younger than 65 with risk factors (eg. chronic heart, lung, or liver disease, diabetes, immunocompromising conditions) CAPVAXIVE offers more protection but is self-pay only (about \$150*)	If you have had a Pneumovax shot already, you need to wait at least 1 year before getting your Prevnar or CAPVAXIVE shot (otherwise effectiveness is reduced). It is better to get Prevnar or CAPVAXIVE <u>BEFORE</u> Pneumovax as it primes the immune system.
AREXVY A single injection given into a muscle (usually the upper arm).	Vaccinates against Respiratory Syncytical Virus (RSV) - a common viral chest infection	Approved by Health Canada for adults age 60+ Self-pay only. Costs approximately \$285*	You can have this at the same time as any of the pneumonia shots above.

*All prices are subject to change over time and vary by pharmacy. Confirm with your local pharmacy before deciding.

Recommendation =

This is a basic overview for reference – it is advisable to read the individual product inserts for full information before deciding.

- 1) Get a prescription for Arexvy and CAPVAXIVE from your Doctor.
- 2) Book a Nurse appointment (for injection) and take both these shots with you to the appointment.
- 3) Book a Nurse appointment for 8 weeks later to get your Pneumovax shot (this is stored in clinic, and you do not need to bring it).