



Consumers Can Help Prevent Harmful Medication Incidents

## SafeMedicationUse.ca Newsletter

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### Keep Your Vaccinations Up to Date

Vaccines protect you and those around you from certain diseases, so it is important to keep your vaccinations up to date. Check your immunization record or ask your healthcare provider to make sure you and your family members have received the recommended vaccines. For some vaccines, even if you received it in the past, an extra dose (called a “booster”) may be needed to keep you protected.

In most Canadian provinces, pharmacists can now receive special training to give some vaccines. Because you don’t need an appointment to talk to your pharmacist, it has become easier than ever to keep your vaccinations up to date. Be sure to ask your pharmacist any questions you have so you can decide if the vaccine is right for you.

Your pharmacist may be able to give you the following vaccines:

- flu (or influenza) vaccine
- travel vaccines (e.g., typhoid, yellow fever, hepatitis A and B [liver disease])
- other vaccines (e.g., shingles, tetanus, HPV [*human papillomavirus*])

The cost of some, though not all, vaccines may be covered by the government or by your insurance company. Before you get a vaccine, ask your healthcare provider to explain any costs that you will have to pay directly.

Remember to ask a healthcare provider about vaccines you may need before travelling—and get the flu shot yearly!

For more information on Health Canada’s vaccine recommendations, visit <https://www.canada.ca/en/public-health/topics/immunization-vaccines.html>

Download the CANImmunize app at [www.canimmunize.ca](http://www.canimmunize.ca) to keep track of your vaccines!



#### Medication safety bulletins contribute to Global Patient Safety Alerts.

This newsletter was developed in collaboration with Best Medicines Coalition and Patients for Patient Safety Canada.

Recommendations are shared with healthcare providers, through the ISMP Canada Safety Bulletin, so that changes can be made together.

This newsletter shares information about safe medication practices, is noncommercial, and is therefore exempt from Canadian anti-spam legislation.