

Nova Scotia Respiratory Vaccine Information for Adults 65 Years and Older - 2025-2026

Stay protected. Stay connected. Stay independent. Vaccines are an important part of healthy aging. They help protect you from serious illness, so you can:

- Preserve your health and independence.
- Stay connected with family and friends, and active in your community or hobbies.
- Avoid hospital stays and long recoveries.

For more information, visit www.nshealth.ca/seasonalvaccines or talk to your healthcare provider.

Why are these vaccines important?

Respiratory infections such as influenza (the flu), COVID-19, respiratory syncytial virus (RSV), and pneumococcal disease can be harder on older adults, sometimes causing trouble breathing or worsening other health issues. Choosing to be vaccinated protects your health by lowering your risk of severe illness, hospitalization, and long recovery times. It also protects those around you, like young grandchildren, who can get very sick with the flu, RSV, and pneumonia.

Which vaccines are recommended for older adults this season?

These vaccines are free and recommended for older adults:

- **Influenza vaccine:** Recommended every year. Adults 65 years and older are recommended to get the seniors' influenza vaccine, which provides stronger protection.
 - *When you book a flu vaccine, you will be automatically booked for a seniors vaccine if you are 65 or older. Bookings for multiple people may be impacted by the availability of different vaccines at the clinic location.*
- **COVID-19 vaccine:** Recommended for everyone this fall, especially for people 65 years of age and older.
- **Pneumococcal vaccine:** Recommended for adults 65 years and older, and for many individuals younger than 65 years of age who have high-risk medical conditions or lifestyle factors, like smoking. Usually, only one lifetime dose is needed. Talk to your healthcare provider or local Public Health office to see if you're eligible.
- **RSV vaccine:** Recommended for adults 75 years and older, and adults 60 years and older living in long-term care. Currently, only one lifetime dose is needed.

It is also recommended to make sure you are up to date on other non-seasonal routine immunizations, like the tetanus and shingles vaccines.



Public Health

Can I get more than one vaccine at the same time?

Yes. The vaccines listed above can be given at the same time.

Where can I get vaccinated?

You can get vaccinated at most pharmacies, your primary care provider's office, or by Public Health.

How can I book an appointment?

You can book an appointment with your primary care provider or local Public Health office directly. You can also book through your pharmacy or Public Health Mobile Unit appointment online at novascotia.ca/vaccination or by calling 1-833-797-7772 (toll-free).

What if I'm not sure which vaccines I've had?

Ask your healthcare provider to check your records and recommend what you are eligible for. You can also check your vaccine record online through [VaxRecordNS](#) or in the 'records' section of the [YourHealthNS](#) App.

When should I get vaccinated?

The best time to get vaccinated is in the fall, before respiratory viruses start spreading.

What if I am homebound and not able to go to a clinic or pharmacy?

Continuing Care offers some in-home vaccination options for clients who are homebound. The toll-free number for information for Continuing Care is 1-800-225-7225. You can call to learn more about what options may be available for you. Please note that while COVID-19 in-home vaccinations are available to all who meet screening criteria, in-home influenza vaccines are limited to people already receiving other Continuing Care services.

Can I get a vaccine privately if I'm not eligible for the free program?

The free provincial program is designed to protect those at highest risk and to support the health of the whole community. Eligibility for publicly funded (free) vaccines, like the RSV vaccine, is based on providing the vaccine when people are expected to benefit most from protection.

Some people who are not eligible for the publicly funded vaccines may still choose to get vaccinated. Some vaccines can be purchased privately or covered by personal health insurance, while others cannot. For more information, talk with your healthcare provider or pharmacist about whether it's a good choice for you and if you can buy the vaccine privately.