

Vaccinations for the over 60 crowd

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Important Vaccines

- Shingles
- Covid boosters
- Flu this year
- RSV vaccine
- Pneumococcal pneumonia

Shingles

- If you have had chickpox, you can get shingles (Herpes Zoster)
- Old vaccine – Zostavax[®]; current vaccine Shingrix[®] 2-dose injection
- Shingrix[®] funded for **65-70 group** since 2020
- Until Dec 31, 2023, **group born 1949-52** also included unless you had Zostavax[®] covered by OHIP
 - Must be completed by Dec 31, and doses are 2-6 mo apart so do not delay!!!!
- You can pay for it if you aren't eligible
- For further information:
- <https://www.ontario.ca/page/get-free-shingles-vaccine>

COVID

- Uptick starting in US where schools opened earlier than Canada; numbers increasing in Canada now too
- NEVER really went away for older people
- COVID a dangerous disease of older people
 - About 85% of total deaths in Canada from covid were in over 65 yr group
 - About 75% of total deaths in USA from covid were in over 65 yr group

Link to Ontario waste-water covid analysis (updated weekly):

<https://www.publichealthontario.ca/en/Data-and-Analysis/Infectious-Disease/COVID-19-Data-Surveillance/Wastewater>

Link to Ontario Respiratory Virus Tool website (with some work, you can track hospitalizations/deaths by age on this site):

<https://www.publichealthontario.ca/en/Data-and-Analysis/Infectious-Disease/Respiratory-Virus-Tool>

COVID vaccine update

- Most widespread strain – EG5 (Eris) Omicron descendent XBB.1.9.2
- New strain of concern – BA.2.86 (Pirola) – many mutations
- Vaccine for this fall:
 - Target: XBB.1.5
 - Status:
 - FDA has approved both Moderna and Pfizer versions for USA
 - Health Canada: approved Moderna Sept 12, 2023. Pfizer under review.
- Both previous vaccinations and having covid increase your immunity, but 6 month interval viewed as time for booster this fall
- Only apprx 20% of Canadians >65yr have had covid shots in past 6 mo

Flu, RSV and pneumonia

- Flu - outlook based on southern hemisphere – should be available in October for 60+ group
 - Fluzone[®] High Dose (IIV4-HD) authorized for adults 65 years of age and older.
 - 2 Influenza-A (H1N1 & H3N2) & 2 Influenza-B
- RSV – Respiratory syncytial virus
 - Arexvy[®] (GSK) vaccine approved this year by Health Canada for individuals 60+
 - No information yet about where and when it will be available – longterm care will be first priority
- Pneumococcal Pneumonia Vaccines
 - In Ontario:
 - PPSV23 (Pneumovax[®]23) is publicly funded (free) for adults ages 65+*.
 - PCV13 (Prevnar[®]13) may be purchased on an individual basis for seniors 65+*.

Sources of information for Canada and Ontario

- <https://www.canada.ca/en/public-health/services/immunization-vaccines.html>
- Ontario flu information 2023:
<https://www.health.gov.on.ca/en/pro/programs/publichealth/flu/uiip>
- <https://www.toronto.ca/community-people/health-wellness-care/health-programs-advice/immunization/>

