

The Canadian Lung Association encourages you to

SHOW YOUR LUNGS SOME LOVE

Getting your recommended vaccines is a great way to show your lungs some love — and help protect the millions of Canadians living with lung disease who are at risk of serious illness from flu, pneumonia, respiratory syncytial virus (RSV) or COVID-19.



MY VACCINATION SCHEDULE

Bring this sheet with you when speaking to your family doctor, nurse practitioner or pharmacist. Use it to record which vaccinations are recommended for you, to remind yourself to make an appointment to get vaccinated, and to keep track of when you received each vaccination.

Your name _____			
Vaccine	Recommended for me?		Date received
Influenza vaccine (flu shot)	YES	NO	
COVID-19 booster	YES	NO	
Pneumococcal (pneumonia) vaccine	YES	NO	
Respiratory syncytial virus (RSV) vaccine	YES	NO	

If you, or someone you have frequent contact with, is high risk for serious illness, it is even more important to get the vaccines that are recommended for you. To find out more about who is at high risk, visit lung.ca/vaccinations or speak to your healthcare provider.

This document provides basic information only. It is not intended to provide or take the place of medical advice, diagnosis or treatment. Always discuss the benefits and risks of any vaccine with your family doctor, nurse practitioner or pharmacist. This document is NOT and should not be used as an official vaccination record.

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Canadian Lung Association

B R E A T H E

www.lung.ca