

Wellness Articles

Attached are weekly health and wellness articles provided by Alberta Health Services. As a way to help all Albertans live a healthy life, we welcome and encourage weekly newspapers, community newsletters and other publications to reproduce this information free of charge. Credit to Alberta Health Services or the identified content provider would be appreciated.

If you would like to be added to the distribution list for these articles, please email: Rebecca.johnson2@albertahealthservices.ca. You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at <http://www.albertahealthservices.ca/9966.asp>

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Keep on top of your child's immunization schedule

As we continue to live through the COVID-19 pandemic, we are reminded of how important it is to use the immunizations that protect us against vaccine-preventable diseases such as measles and pertussis that are still present globally and locally.

Routine immunization programs are an essential service and remain available to all Albertans during Alberta Health Services' (AHS') response to the pandemic.

All routine childhood immunization appointments continue to proceed as booked, and new appointments continue to be taken. These appointments may be shorter in length, but will ensure all Albertan children continue to be protected. All appointments will be carried out with appropriate pre-screening and following physical and social distancing guidelines.

School immunizations

While there may be delays as staff and resources have been redeployed to support the COVID-19 response, school and routine childhood immunizations will proceed this year. Local Public health teams are working directly with schools to determine when immunizations can be offered.

What immunizations does my child need and when?

The goal of Alberta's routine immunization schedule is to keep you and your child as healthy as possible. By following this schedule, you and your child will be immunized against diseases at the safest and most effective ages and stages. Visit www.immunizealberta.ca to learn what immunizations are recommended for your child based on their age.