

Update on Health News: August 24., 2023

High-Dose Flu Vaccine

For the past four years the Seniors Advisory Council of Nova Scotia has been advocating that the Nova Scotia Department of Health and Wellness provide the High-Dose Trivalent vaccine for medically vulnerable seniors over age 65 free of charge.

Canada's National Advisory Committee on Immunization (NACI) recommends that persons aged 65 years and older receive the High-Dose influenza vaccine in preference to the standard dose vaccine because of evidence of better effectiveness.

In a study published on February 18, 2020 investigators in the United States studied the relative effectiveness of high-dose versus standard dose vaccine for the prevention of hospitalization due to influenza and found that the high-dose vaccine was 27% more effective than the standard dose.

On March 23, 2023 Nova Scotia's Minister of Finance, Allan MacMaster, stated in his budget address in the Nova Scotia Legislative the following:

“And this year, to help keep our seniors healthy, I'm pleased to announce that ALL Nova Scotians 65 years of age and older will have access to the high-dose flu vaccine for free”

This is a reminder to all RTO members age 65 and older to request the high-dose flu vaccine this fall when the government announces when the flu vaccines are available.