



Join us at **Pharmacie Dufresne** on Tuesday July 22nd from 12–7pm for our **FREE Blood Pressure Clinic!**



Get your blood pressure checked



Get advice on managing hypertension



Learn about high blood pressure and how medications help manage it.



Call (204) 878-4122 to book an appointment – walk-ins welcome!

CHILDHOOD IMMUNIZATIONS: KEY FACTS FOR PARENTS

Why should I vaccinate my child?

Some key reasons why vaccinations are important is that:

- 1) It protects them and others from serious illness.
- 2) It keeps vulnerable family members safe like babies and elders.
- 3) It builds long-term community immunity!

HOW TO PREPARE BEFORE & AFTER

A few days before:

- Be honest and talk with your children about how to manage their pain and distress.
- Ask children over 10 if they want you to be there for the needle.

30–60 minutes before the needle:

- Apply numbing creams to the area your child will be receiving the vaccine. These are available for purchase from the Lorette Pharmacy without a prescription.

During the needle:

- For children 2 to 17, hold upright or skin-to-skin.
- Use neutral language like “Ready?” or “Here we go!” and avoid saying phrases like “You’re okay” or “It’ll be over soon”.
- Distract with videos, music, toys, or conversations.

For those who feel faint when getting needles:

- Try muscle tension! Have them lie down and alternating between tensing and relaxing muscle(s) in the body like the stomach and legs (not the arms).

DID YOU KNOW:

The vaccines listed below are free for many Manitobans! To find out if you or your child is eligible or to schedule an appointment, call us at **(204) 878-4122**

What vaccines can my pharmacist give my child?

Ages 2 and up:

- ✓ COVID-19 vaccine
- ✓ Influenza (flu) vaccine

Ages 7 and up:

- ✓ Above, plus:
- ✓ Td (Tetanus & Diphtheria) vaccine
- ✓ Tdap (Tetanus, Diphtheria, and Pertussis) vaccine
- ✓ HPV (Human Papillomavirus) vaccine
- ✓ Pneumococcal vaccine

*Pharmacists in Manitoba can also give many other vaccines and injections with a prescription. If you are curious if your vaccine or injection can be administered by a Pharmacist, call us!

COMMON MYTHS ABOUT VACCINES

MYTH #1: Vaccines aren’t safe.

Vaccines are very safe and effective. Health Canada regulates the safety and effectiveness of vaccines and makes sure all vaccines go through a series of steps before being approved for public use!

MYTH #2: Vaccines contain toxic ingredients.

Vaccines are safe and thoroughly tested. They contain a small, dead, or weakened part of a germ or toxoid that won’t cause disease but helps build immunity. They also have tiny amounts of other ingredients to keep them effective and free from contamination.

MYTH #3: The flu shot (or other shots) causes the flu.

The flu spreads by coughing and sneezing. The flu shot can’t give you the flu because it contains inactivated (killed) flu viruses that cannot cause infection. Side effects are mild, like a sore arm or slight fever that usually last 1–2 days.

For more info,
visit us at:
**10-1321 Dawson
Rd, Lorette, MB**



Brought to you by your local
**Pharmacy Student,
Allanah Climaco**

