



# Flu & COVID-19 Vaccines

## Commonly Asked Questions



### How can I get a vaccine appointment?

You can find all the locations offering vaccines and how to contact them here:  
[www.nshealth.ca/seasonal-vaccines](http://www.nshealth.ca/seasonal-vaccines)



### How can I get a vaccine appointment for my child?

Parents/guardians can book their child's influenza and COVID-19 vaccine appointments through the same channels they book their own.



### Can I get both vaccines at the same time?

Yes! It's encouraged and more convenient.



### Can I get vaccinated if I don't have a health card?

Yes! If you don't have a valid Nova Scotia Health Card, call 1-833-797-7772 to book your appointment.



### What vaccines do I need to get?

It is recommended everyone 6 months and older get their COVID-19 and flu vaccines.

People 65 years and older should receive the enhanced seniors influenza vaccine because it works better in older adults. For people younger than 65, a standard dose vaccine will provide you with good protection.

TO LEARN MORE  
[nshealth.ca/seasonal-vaccines](http://nshealth.ca/seasonal-vaccines)