

Community Health Ambassador Training

Praxus Health



Today's Agenda

Time	Topic	Lead
20 min	Welcome and Introductions	Madi
30 min	Community Health Ambassador Overview	Madi
10 Minute Break!		
90 min	Discussing Vaccines – The Role of CHAs + Role Play	Caitlin
10 Minute Break!		
10 min	Alberta Vaccine Schedule & Helpful Resources	Caitlin
10 min	Wrap up	All

Today's Objectives



Understand the role of CHAs and learn best practices



How to effectively discuss vaccines and leverage resources to educate the community



How to facilitate a CHA training and lead a CHA program

Meet our Team!



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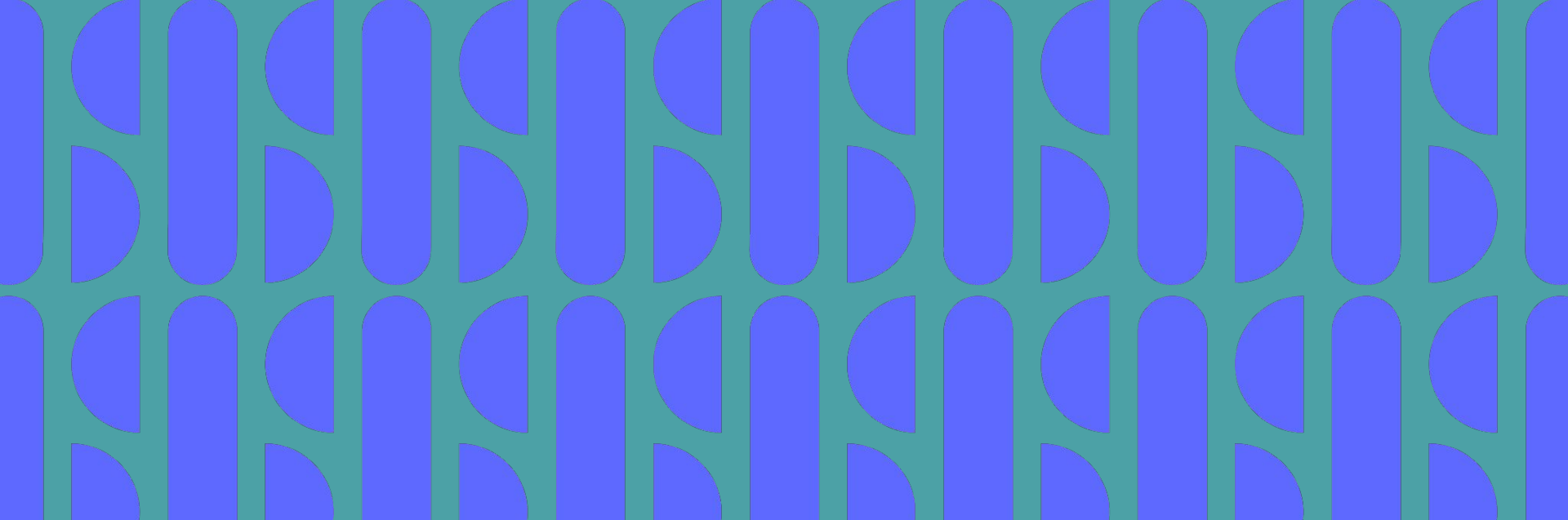
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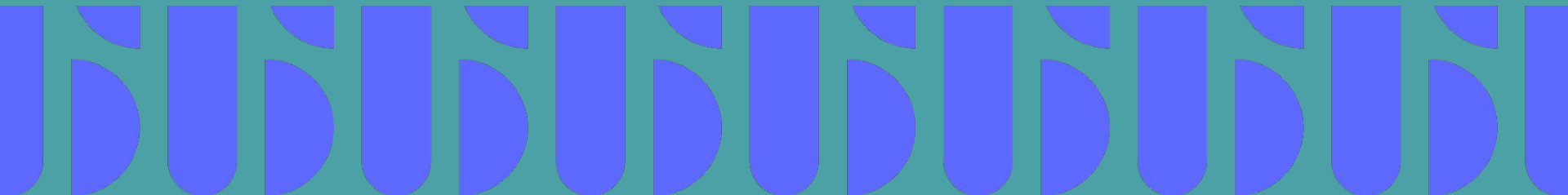


Caitlin Ford

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Introduction to Praxis Health



Praxus Health

A not-for-profit that collaborates with a diverse range of partners to drive meaningful change and improve the health of communities. By connecting diverse sectors, from public to private, we solve complex health problems and empower communities to take control of their health.

Mission: to unite communities to solve health challenges

Vision: a healthy future for all



Our Multimodal Approach to addressing health gaps & challenges

Actionable Insights

We conduct research to understand public perceptions and the current landscape across various health topics.



Advocacy

We advocate for equitable policies at all levels of the system that will improve the health outcomes for priority communities.

Community Partnerships

We are a trusted partner of community groups and organizations of all types. We work closely with community groups and organizations as trusted partners to ensure we meet the needs of these communities.



Education & Practice Change

We partner with healthcare providers and system leaders to co-create innovative tools, resources, and initiatives that elevate healthcare quality and promote effective care delivery.



Models of Care

We develop, implement, and evaluate new models of care that improve patient experiences and health outcomes.

Health Communication

We design, develop, and execute targeted and tailored educational and marketing interventions to drive healthy behaviours.

Some of our partners

We have partnered with **500+** organizations, allowing us to build relationships in communities across Canada.

HEALTH SYSTEM PARTNERS



ACADEMIC PARTNERS



COMMUNITY PARTNERS



INDUSTRY PARTNERS



GOVERNMENT PARTNERS



OTHER PARTNERS



Communities We have Engaged

- Newcomers
- 2SLGBTQIA+
- Schools
- Parents
- Homeless
- Young adults
- Rural communities
- Employers
- Patient groups
- Women
- Indigenous
- And more!



Some of our many community partners



REGIONAL MUNICIPALITY
OF WOOD BUFFALO



HEALTH
COMMONS
SOLUTIONS
LAB



AIMGA
Alberta International Medical Graduate Association



CCIS



Calgary Board
of Education



CIWA
Calgary Inclusive Women's Association



Queering
Cancer
Inclusive Cancer Care

HABITUS
Consulting Collective Inc.



Healthy Schools
Healthy Communities

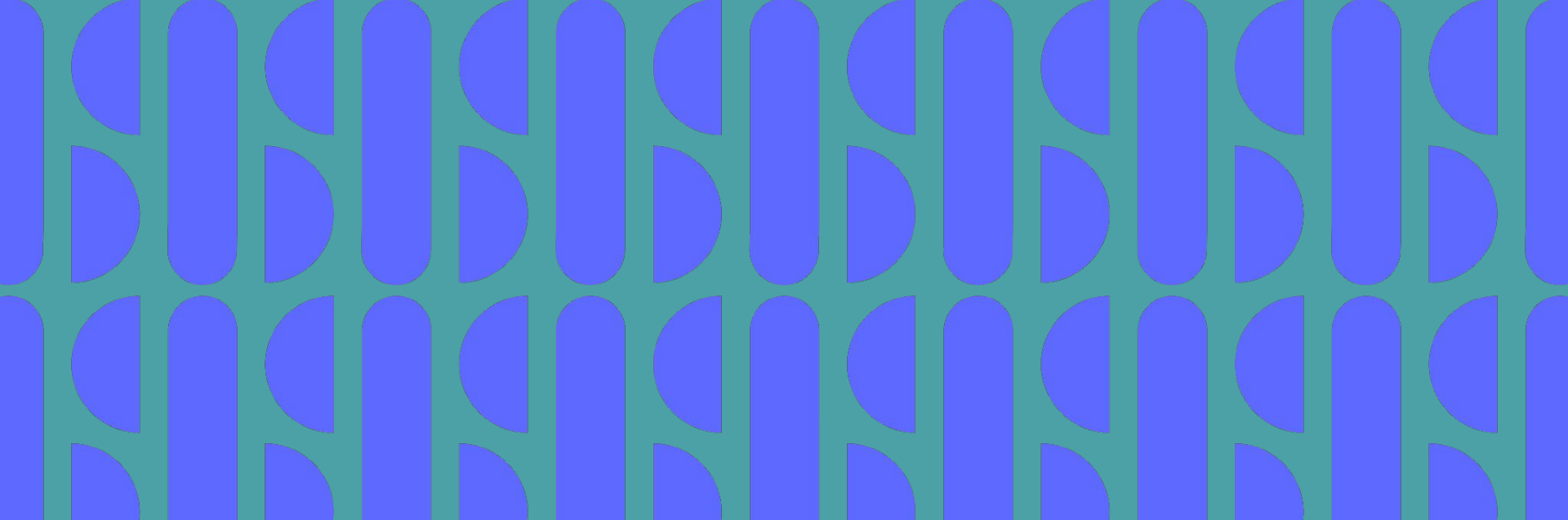


HEALTH
COMMONS
SOLUTIONS
LAB

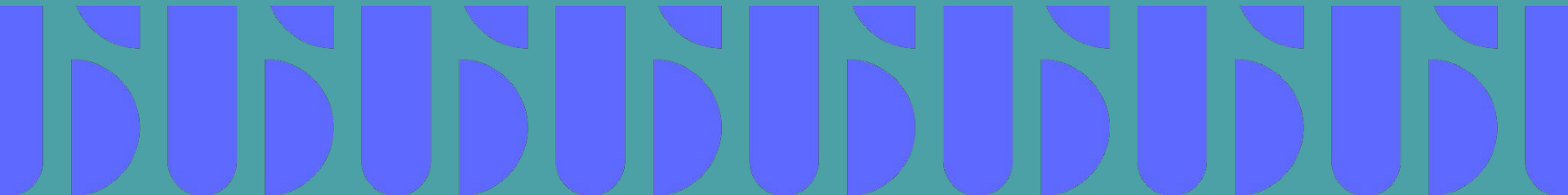
Centre
for Sexuality



@PMChosenFamily
Sexual and Gender Diversity in Cancer Care



Culture and Why it Matters



Culture



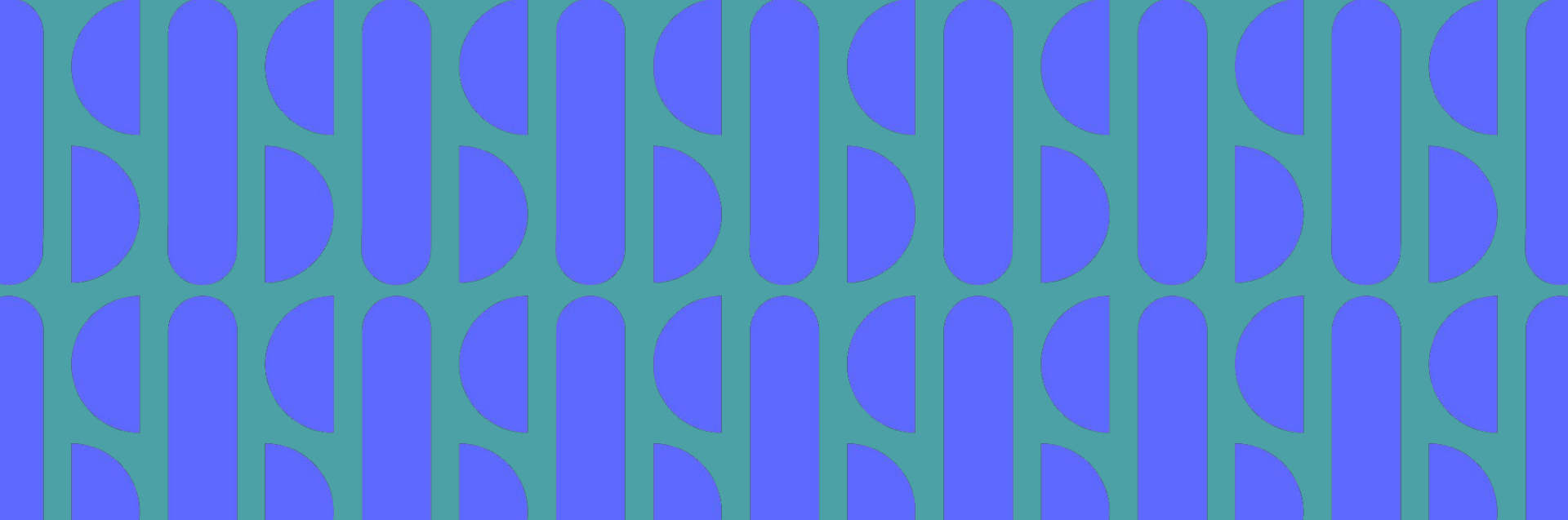
Culture is the shared set of beliefs, values, customs, and ways of life that a group of people learn and pass down through generations. It includes how people think, act, dress, speak, and celebrate, and it shapes how they see the world and live together.

WHY IT MATTERS

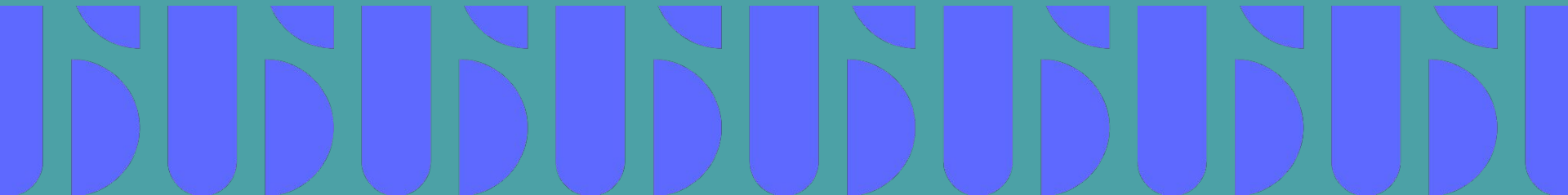
Culture & Health



- When culture is ignored, people do not get the support and services they need, resulting in **inequitable access and outcomes**.
- Culture influences health and illness, shaping how people ask for help, navigate the healthcare system, trust healthcare providers, and accept medical treatment.
- Culture influences everyday health habits, like diet, hygiene, exercise, and how people try to prevent illness and stay well.



Overview of Community Health Ambassadors



WHAT ARE THEY?

Community Health Ambassadors (CHAs)

Trusted voices who understand the culture, needs, and priorities of their community.

They help share important health information in ways that are meaningful and relevant to the people they live and work with.

Also known as Health Navigators, Health Ambassadors, Vaccine Navigators, Community Health Workers, etc.



Barriers faced by underserved communities

Our insights show that underserved communities face several barriers to accessing health services in Canada, including:



A word cloud of barriers to health services. The words are arranged in a non-linear fashion, with varying font sizes and colors. The largest words are 'Communication' (blue), 'Trust' (purple), 'Representation' (blue), and 'Navigation' (purple). Other prominent words include 'Engagement' (teal), 'Access' (orange), 'Technology' (yellow), 'Isolation' (teal), 'Cost' (orange), and 'Wait times' (yellow).

Access **Engagement** **Navigation**
Communication **Trust** **Isolation**
Cost **Wait times**
Technology **Representation**

How Community Health Ambassadors can help

Connect in the community

Engage directly with people through natural touch points such as community events and associations, faith-based organizations, and other familiar spaces.

Health system navigation

Guide people to the right support, like interpreters, service sign-up, or health information.

Tailored communication

Meet the needs of the community by understanding cultural nuances and communicating in first languages.

Service delivery

Bring services closer to people, for example through community programs, and support that fits their needs and culture.

Implementing Community Health Ambassadors

Community Engagement Strategy

Identify

We work with community partners to identify trusted voices, such as:

- ✓ Current CHAs / Health navigators
- ✓ International medical graduates
- ✓ Settlement counsellors etc.

Train & Co-Develop Resources

We train and equip CHAs with tools to support dialogue in the community:

- ✓ Host workshops & community events
- ✓ Tailor pre-existing resources and education

Deploy

We deploy CHAs in targeted areas within the community and leverage existing programs to provide:

- ✓ Tailored education
- ✓ Health system navigation
- ✓ First language and culturally responsive engagement

Praxus Health's CHA Program

Improving Access to Cervical Cancer Screening and HPV Vaccine Uptake

- **Goal:**
 - Provide culturally relevant health information in first languages
 - Support community to make informed health decisions
 - Connect community to health services (where appropriate)
- **Trained and deployed 10 CHAs representing diverse newcomer communities**
 - Women or person with a cervix
 - Lived experience as a newcomer in Canada
 - Volunteer or employee of partnering newcomer organization
 - Fluent in multiple first languages



Organized Diffusion:

Utilizing pre-existing programs & personal networks



Facebook
WhatsApp
Instagram

Social Media Channels

Genesis Centre

AIMGA

Filipinos Rising

Community Organizations

Cultural Community Associations

Latinas in Calgary



Public Libraries
Seton, Crowfoot, Central

Programs through Service Provider Organizations (SPOs)



Temporary
LINC & ESL
Foreign Workers
Parenting & Daycare
Refugee Accommodations
Employment & Skill Training

Faith-based Communities

Jum'ah prayer in Mosque
Arab Bazaar
Ukrainian Church
Centre Street Church
Eid al fitr
Ramadan Bazaar



Natural Support Networks

Family
Friends
Colleagues
Neighbours



Tools for Supporting CHAs

CoP (Community of Practice)

- Consider bi-weekly/ monthly CoPs to:
 - Facilitate knowledge sharing and experiences from the community
 - Opportunity to provide feedback and tailor approaches

Tracking Engagement Efforts

- Considerations for evaluation & ongoing tracking:
 - Simple excel / Google form
 - Date
 - Type of engagement/ location
 - # of people, etc.

Example of Community Engagement Tracker

CHA Name	Date	Type of Engagement (E.g., community event, faith-based organization)	# of People Reached	Notes
Gina	03/02/25	Community presentation at CCIS LINC class on HPV vaccination	20	Helped with 2 phone bookings for vaccine appointments

Key Lessons Learned & Things to Consider

- **Peers & pre-existing programs are a great place to start!**
 - Help CHAs build up confidence
 - Engaged audience
- **Provide ongoing support and mentorship**
 - CoP, updated resources
- **Expanding & sustaining CHAs**
 - Build long-term partnerships with local organizations
 - Integrate CHAs into organizational infrastructure





10 Minute Break!



CHA Training - Discussing Vaccines

What is a vaccine?

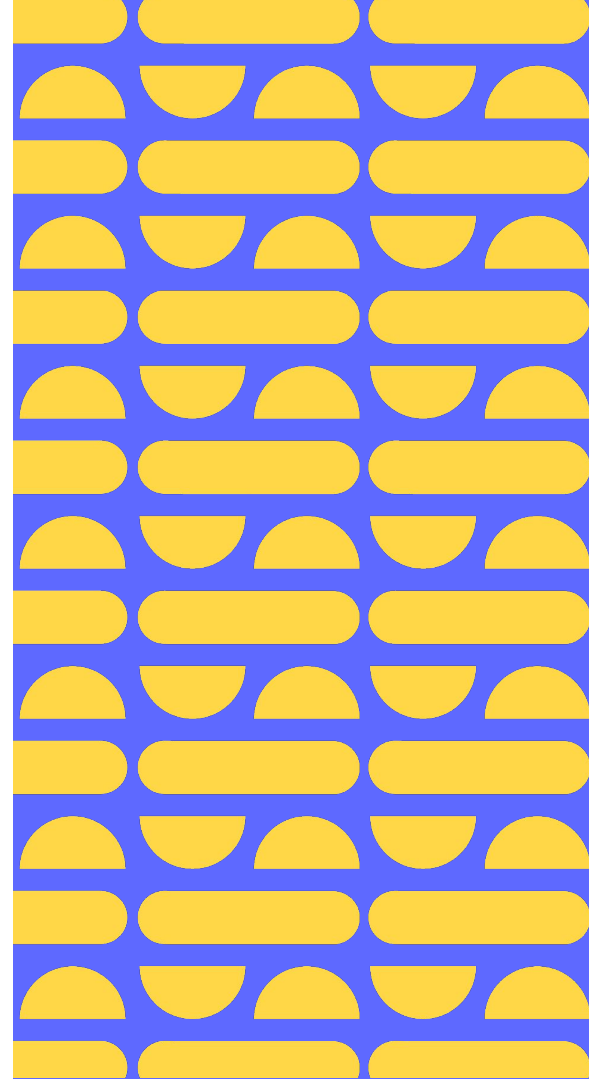
- Vaccines train the body's immune system to recognize and defend against invading diseases.
- They show the immune system a small part of the virus in order to make immune proteins called "antibodies."
- If a vaccinated person comes into contact with the disease, their immune system will be able to recognize it and fight off a disease without a severe infection
- The very first vaccine was produced in 1796 by Edward Jenner to prevent smallpox!

**Scan to view a
short video on
how vaccines
work!**



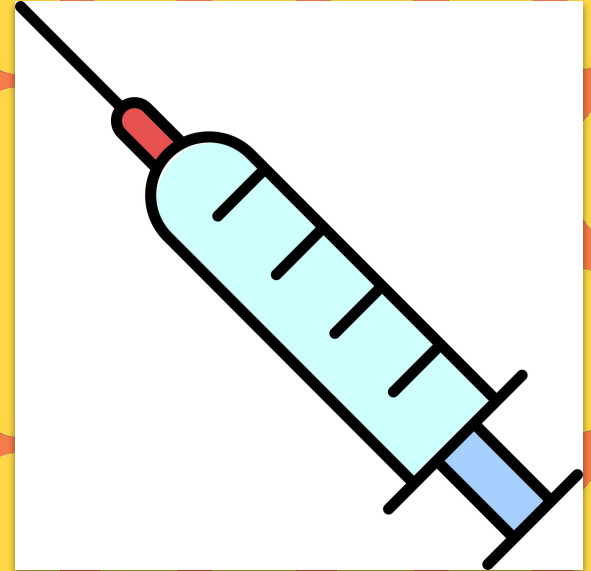
Why are vaccines important?

- They prevent people from getting very sick and dying from preventable disease
- They prevent the spread of disease among the community (e.g., herd immunity)
- They reduce the burden of disease on our health system
- They have helped eliminate many deadly illnesses!



Common Vaccines

- Influenza
- COVID-19
- DTap
- MMR
- Meningococcal
- HPV
- Hepatitis B
- Varicella (chicken pox)
- RSV
- Shingles
- Pneumococcal



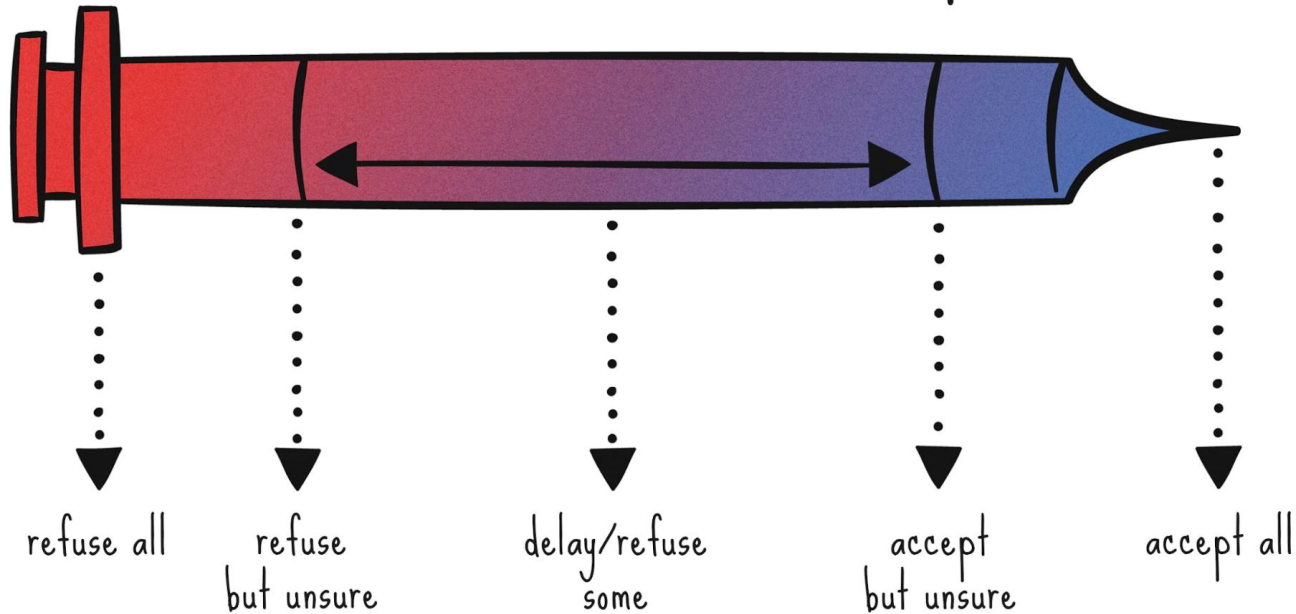
What is vaccine hesitancy?

Delay in acceptance or refusal of vaccines despite availability of vaccination services.

What causes it?

- Misinformation
- Conspiracy theories
- Mistrust in government
- Fear of side effects
- Religious beliefs
- Cultural norms
- Negative experiences

Continuum of Vaccine Acceptance



The CHA's Role...

Discuss and promote the recommended vaccines with members of the community.



The CHA's Role...

Build trust in vaccines
by providing credible,
evidence-based,
tailored information
to the community.



The CHA's Role...

Answer questions
where possible and
direct people to
healthcare
professionals when
necessary.



How to Effectively Communicate About Vaccines... PrOTCT Framework!

Pr	P roactive and pr esumptive statement. P robe to understand where they are at.
O	O ffer to share your knowledge about the facts and your experience with having had the vaccine.
T	T ailor the recommendations to their specific health concern
C	Address specific C oncerns
T	T alk through a plan for where and when to get the vaccine

How to Effectively Communicate About Vaccines... PrOTCT Framework!

<p>Pr Proactive and presumptive statement. Probe to understand where they are at.</p>	<p>“How did your last vaccine go?”</p> <p>“When is your next vaccine appointment?”</p>
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How to Effectively Communicate About Vaccines... PrOTCT Framework!



Offer to share your knowledge about the facts and your experience with having had the vaccine.

“I’ve had many conversations in the community about the MMR vaccine, here are some resources that you may find helpful!”

How to Effectively Communicate About Vaccines... PrOTCT Framework!

T

Tailor the recommendations to their specific health concern

“Since you have a 5 year old child, here are some specific resources for the vaccines they should receive”

How to Effectively Communicate About Vaccines... PrOTCT Framework!

C	Address specific C oncerns	<i>“I understand you are concerned about side effects, with this vaccine it is common to feel a sore arm or mild fever. Here is a resource that can explain how to treat these symptoms”</i>
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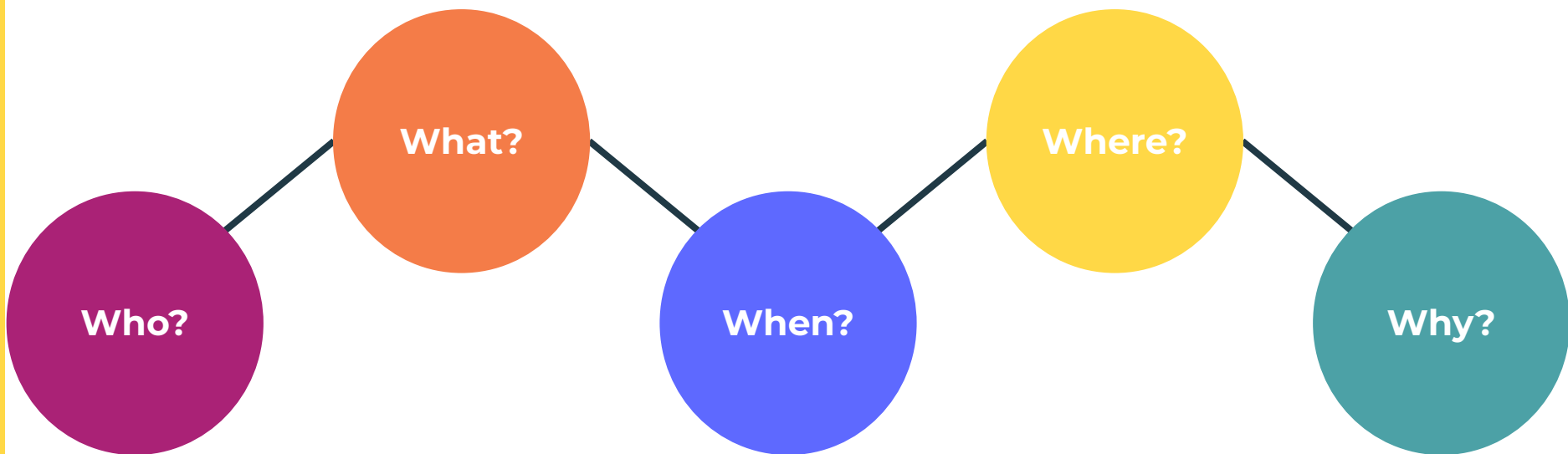
How to Effectively Communicate About Vaccines... PrOTCT Framework!

T

Talk through a plan for where and when to get the vaccine

“Here is the phone number to book a vaccine appointment, would you like me to help you book?”

How to Tailor Vaccine Communication



Step 1: Identify your Audience

- Who are you trying to reach?
 - How old?
 - What gender?
 - What language(s) do they speak?
 - Are they parents of young children?
 - Preferred learning style?
 - What are their cultural values?



Step 1: Identify your Audience

- What is their literacy level?
 - **General Literacy** is the ability to read and write.
 - **Personal health literacy** is the degree to which individuals have the ability to find, understand, and use information and services to inform health-related decisions and actions for themselves and others.
 - **Digital literacy** is having the knowledge, skills and confidence to keep up with changes in technology.

Step 1: Identify your Audience

- What are their current health needs?
 - What are key health concerns for the audience?
 - Where do they receive health information?
 - What are their current knowledge, attitudes, opinions?
 - Who do they trust for health information?
 - What barriers might they face to accessing healthcare?
 - Have they been exposed to misinformation?
 - How do they access the health system?

NOTE!

Before a CHA engages a community, they should **prepare by understanding these key audience characteristics!**



Step 2: Choose the Right Information

- Only share trusted, **evidence-based** information
 - Government websites
 - Health organizations
 - Peer-reviewed articles
- Distill complex information into **simplified key messages**
 - Be ACTION oriented
 - Don't get stuck in the weeds
 - Less is often more!



Example – Government of Canada

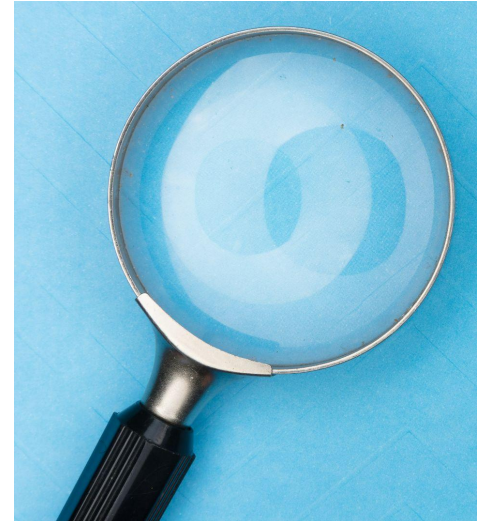
Measles vaccines: Canadian Immunization Guide

- Measles occurs worldwide and is one of the most highly communicable diseases.
- Canada has some imported cases and occasional outbreaks of measles.
- Measles-containing vaccine is available as measles-mumps-rubella (MMR) or measles-mumps-rubella-varicella (MMRV) vaccine.
- Measles-containing vaccine or human immunoglobulin (Ig) may be used for measles post-exposure immunization in susceptible persons, depending on the circumstances.
- The efficacy of a single dose of measles vaccine given at 12 or 15 months of age is estimated to be 85% to 95%. With a second dose, efficacy is almost 100%.
- Reactions to MMR vaccine are generally mild and transient and include pain and redness at the injection site, fever less than 39°C, and rash. Reactions to MMRV vaccine include: pain and redness at the injection site and fever less than 39°C in 10% or more of vaccine recipients; measles-like, rubella-like or varicella-like rash, swelling at the injection site and fever greater than 39°C in less than 10% of vaccine recipients.
- When the first dose is administered to children 12 to 23 months of age as MMRV vaccine, there is a higher risk of fever and febrile seizures in the 7 to 10 days after vaccination when compared to separate administration of MMR and univalent varicella vaccine at the same visit. This risk is estimated at about 1 additional febrile seizure for every 2,300 to 2,800 doses of MMRV vaccine.

<https://www.canada.ca/en/public-health/services/publications/healthy-living/canadian-immunization-guide-part-4-active-vaccines/p>

Key Messages – What is most important for the community?

1. **Measles is a highly contagious virus that is spreading in Canada**
2. **The MMR vaccine is very effective in preventing measles cases**
3. **Most reactions to the MMR vaccine are mild and could include pain where the needle is given or fever**



Guide towards trusted resources!

Measles:



What you need to know

What is measles?

Measles is a highly contagious viral infection caused by the measles virus. In fact, measles is one of the most contagious diseases in the world. Due to the success of measles immunization programs, cases and deaths due to measles have decreased internationally – and, in Canada, by **99%**. However, internationally, multiple deaths due to measles still occur each year. It is estimated that **128,000** people died due to measles in 2021, and most of these deaths were among children 5 years of age and younger.

While measles has been considered eliminated in Canada since 1998 – meaning measles no longer actively spreads throughout the country itself – cases and outbreaks of measles do occur in Canada when the virus is brought into the country through international travel.

What are the symptoms?

Symptoms of measles commonly begin 10 to 14 days after someone has been exposed to the virus. A **high fever** is commonly the first symptom to appear. The fever is often accompanied by other symptoms, which can include:

- a runny/stuffy nose,
- inflamed eyes,
- a cough, and
- small white bumps that form on the inside of the cheeks.

Usually two to three days after these symptoms begin, a rash appears – typically on the face. The rash then spreads to the upper body (chest and stomach area) and then to the arms and legs. The rash is typically accompanied by a high fever. The full body rash often lasts **five to six days**.



Measles is often thought of as 'just another childhood disease', but in fact about **1 in 10** people will develop a serious measles infection and will experience complications such as pneumonia and ear infections. Less commonly, severe infection can also result in **brain inflammation** that can lead to permanent brain damage. In rare cases, it can also lead to a devastating disease called **subacute sclerosing panencephalitis (SSPE)**.

Subacute sclerosing panencephalitis (SSPE): A rare and severe complication of measles

SSPE is a **rare and fatal disease** that leads to the degeneration of the central nervous system (your brain and spinal cord). The effects of this disease commonly begin appearing **seven to ten years** after an initial measles infection, and the disease results in intellectual decline (memory loss), behaviour changes, the gradual inability to control body movement, and seizures.

MYTH-BUSTING MONDAYS



Myth:
Measles isn't a big deal.

Fact:

Measles is **one of the most contagious diseases in the world** and can lead to serious infection. In fact, about **1 in 10 people** who catch measles will develop a serious infection and will experience complications such as **pneumonia** and **ear infections**. Less commonly, severe infection can also result in **brain inflammation** that can lead to permanent brain damage. While measles cases in Canada have decreased by **99%** due to the success of measles immunization programs, many deaths still occur internationally each year. It is estimated that **128,000 people died due to measles in 2021**, and most of these deaths were among children 5 years of age and younger.

See more @ [Immunize Canada](https://immunizecanada.ca)


Guide towards trusted resources!

← DISEASES

Measles

Learn about measles, who is at risk, and how it spreads.

 **Health professionals and AHS staff:** Visit [Measles Information for Health Professionals](#) for more information.

 **Measles Hotline:** [Call 1-844-944-3434](tel:1-844-944-3434) for inquiries regarding your immunization records, symptoms, or to book an immunization appointment.



Overview



Assessment & symptoms



Vaccine & prevention

Vaccine

The [MMR-Var vaccine](#) is given as part of Alberta's [routine immunization schedule](#) for children and is free. It protects against measles, mumps, rubella, and chickenpox (varicella).

The [MMR vaccine](#) is another free vaccine that protects against measles.

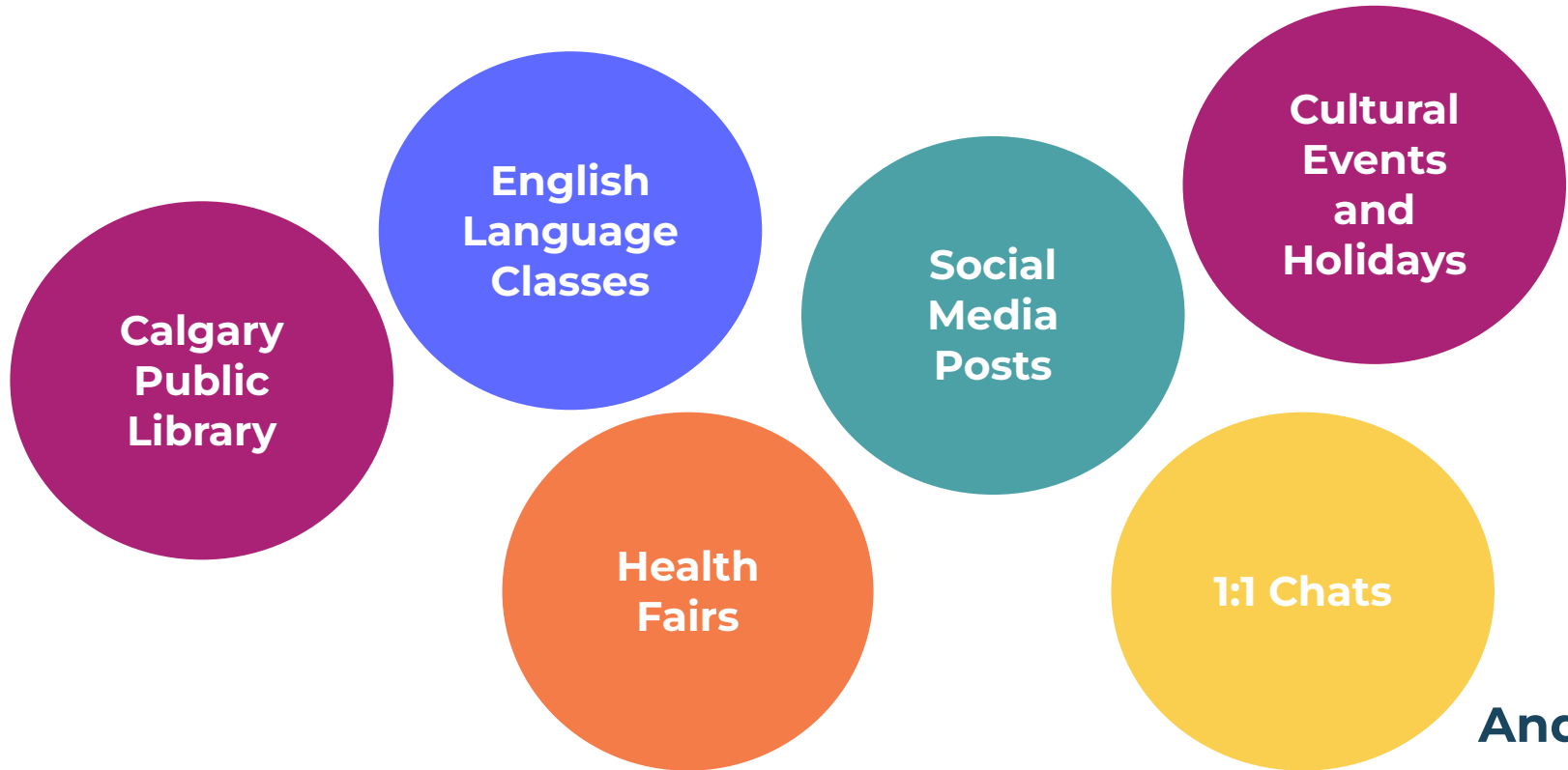
Direct to [Alberta Health Services!](#)

Step 3: Choose how to share the information

- Where does your audience go?
- Do they use online websites or apps?
- Do they prefer printed resources or digital?
- What languages do they speak?
- Are there upcoming events?
- Is a group presentation appropriate or should you speak 1:1?
- Do resources exist, or do I need to create new ones?



Examples of CHA Engagements!



And more!

How to Prepare for Engagements

**Find
relevant
videos**

**Prepare
FAQs**

**Create a
slide deck**

**Print out
resources**

**Practice
and
prepare**



CHA Training - Addressing FAQs

How can I answer frequently asked questions?

Refer to **evidence-based** resources from **TRUSTED** sources. There are many existing resources and YouTube videos that cover common vaccine questions like:

- How do vaccines work?
- What are the side effects of vaccines?
- Why does my child need this vaccine?
- I got the COVID-19 vaccine but still got sick, why?

The University of Calgary answers many FAQs on their [Vaccine Confidence Toolkit](#) web page!

How to respond to common questions your child may ask:

YOUR CHILD MAY ASK...

What are vaccines and why do I need to get them?

THIS IS WHAT YOU CAN TELL THEM...

Vaccines train your body to fight off diseases, without a risk of getting sick. Vaccines show your immune system a harmless part of the disease called “antigens”. Once your immune system sees the antigens, they create defense cells called “antibodies” which get stored in your body. If you ever come into contact with the germs that cause the diseases, your immune system will know how to fight them off to prevent you from getting sick.

Praxus Health’s Conversation Guide for Parents...

What happens if I don't know how to answer a question?

If you get asked a question that you don't know how to answer, **DO NOT try to answer it.** You can always direct people to trusted resources, or help connect them to a healthcare provider.

How you can respond...

“That is a great question! I don’t have the answer for you right off the top of my head, but I will consult with my colleagues and get back to you.”

“That question is a bit outside my scope as a CHA, I can help connect you to a healthcare provider who would be able to answer your questions.”

“Thanks for that question! Here is a resource that can give you some more information about the topic you’re asking about.”

“I don’t know the answer to your question, but I will connect you with someone who can help – do you mind sharing your email address?”

Remember!

It's okay not to know the correct answer to every question! If you encounter a question you don't know how to answer, **try asking your fellow CHAs or medical professionals within your network.**

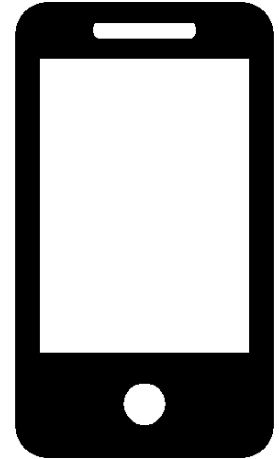
As a CHA you should try to learn from these interactions and find the correct answers so you can be prepared next time.



CHA Toolkit - Alberta Vaccine Resources

Booking Vaccine Appointments

- In Alberta, you can book vaccine appointments the following ways:
 - Call Health Link by dialing 811
 - Book online using the Alberta Vaccine Booking System ([HERE](#))
 - Contact your local pharmacy
 - Contact local community or public health centre
- Health Link has interpreter services available for clients who would like to communicate in their first language
- AHS has additional translated resources about these services on their website ([HERE](#))



Booking Vaccine Appointments

If you are helping someone find their nearest community / public health centre, the website to find one is here:

<https://www.albertahealthservices.ca/info/Page17791.aspx>

Routine Vaccines in Alberta: Infants and Early Childhood

Vaccine	Publically Funded?	Eligibility	How can I get it?
DTaP-IPV-Hib-HB	Yes	2, 4, 6, 18 months	AHS Community Health Centres
PNEU-C15	Yes, until age 4	2, 4, 12 months (6 months for high-risk)	AHS Community Health Centres
Rotavirus	Yes	2, 4 months (sometimes 6 months)	AHS Community Health Centres
MMR-Var	Yes	12, 18 months	AHS Community Health Centres or your primary care doctor
DTaP-IPV	Yes	4 years	AHS Community Health Centres or your primary care doctor

Routine School-based Vaccines: Adolescents and Teens

Vaccine	Publically Funded?	Eligibility	How can I get it?
Hepatitis B	Yes	Grade 6 (2 doses)	School
HPV (Gardasil 9)	Yes	Grade 6 (2 doses); Adults ≤ 26 (3 doses)	School, AHS Community Health Centres, your primary care doctor, or pharmacy
Tdap	Yes	Grade 9	School, AHS Community Health Centres
MenC-ACYW	Yes	Grade 9	School, AHS Community Health Centres

All vaccines in Alberta's routine immunization schedule are provided at no cost for children and teens who live, work, or attend school in the province.

Routine Vaccines in Alberta: Adults (18 and older)

Vaccine	Publically Funded?	Eligibility	How can I get it?
Pneumococcal conjugate 20 (PNEU-C20)	Yes for high-risk adults and 65+	One dose for high-risk adults and Seniors 65+	AHS Community Health Centres, your primary care doctor or pharmacy
<i>Catch-up vaccinations</i>			
Tdap	Yes for AHS; pharmacies may charge a fee	Adults (every 10 years); during each pregnancy; healthcare workers	AHS Community Health Centres, your primary care doctor or pharmacy
MMR	Yes	Adults born 1970+ without 2 doses	AHS Community Health Centres
Varicella	Yes, if eligible	Adults without immunity (requires a blood test to check eligibility)	AHS Community Health Centres

Routine Vaccines in Alberta: Influenza and Covid

Vaccine	Publically Funded?	Eligibility	How can I get it?	When can I get it?
Influenza	Yes for all residents	All Albertans aged 6 months+ (especially high-risk & 65+)	Pharmacy, primary care doctor or AHS Community Health Centres	During Flu season (October to March)
COVID-19	Yes for eligible residents starting Fall 2025 No longer publicly funded for the general public	Seniors 65+, Immunocompromised individuals (6 months+), Indigenous peoples, Adults residing in supporting living or continuing care, Albertans on social programs	AHS Community Health Centres	Annually, 6 months before doses

Starting Fall 2025, COVID-19 vaccines will not be available in pharmacies. Alberta residents outside of the eligibility criteria must pay to receive a COVID-19 vaccine at their local AHS Community Health Centre.

Vaccine Coverage for Newcomers

Routine childhood immunizations are free for infants and children regardless of immigration status if they reside in Alberta.

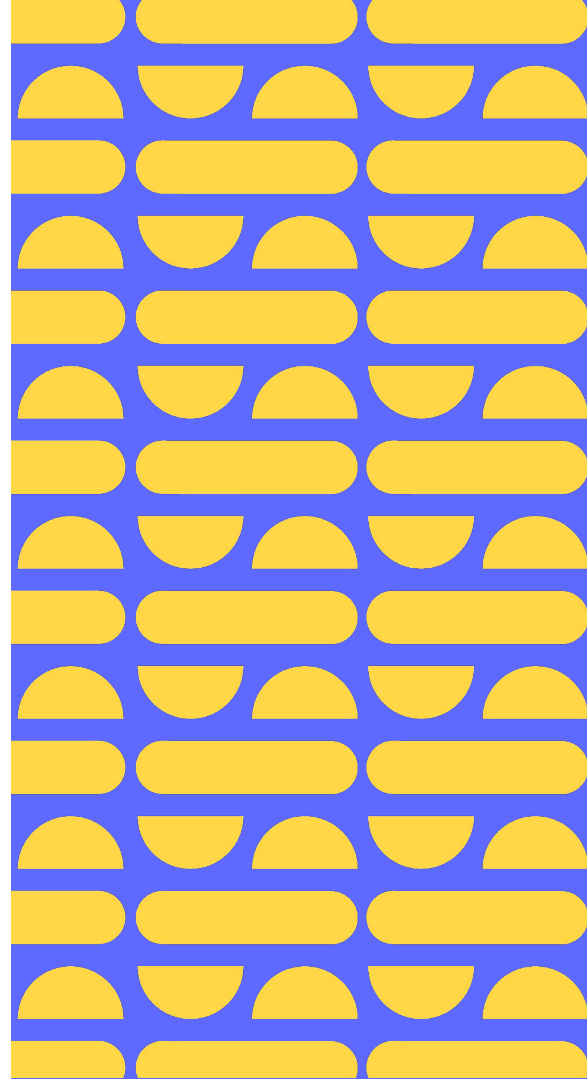
Newcomers can receive vaccine coverage at AHS clinics with the following pathways:

Economic immigrants → Alberta Health Care Insurance Plan (AHCIP)

Foreign worker → Proof of residency & permit

Refugee Claimant → Interim Federal Health Program (IFHP)

Sponsored Refugee → Eligible for AHCIP



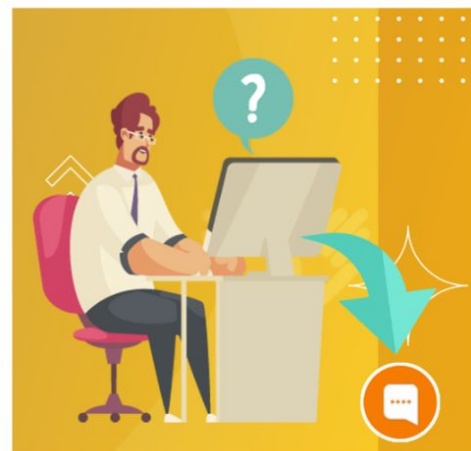
Vaccine Hub

COVID-19 Vaccine
Support Line

Why I should get
Vaccinated

Vaccine Questions &
Conversion

Vaccine Events



Action 4 Humanity Vaccine Hub [HERE](#)

Scan and send 'hello' to learn
about some common vaccines,
and answer FAQs!



Action 4 Humanity Vaccine AI Chat Bot!

Shingles (Herpes Zoster): What you need to know



What is shingles (*herpes zoster*)?

Shingles is caused by the reactivation of the varicella-zoster virus, the same virus that causes varicella (chickenpox). Before someone can develop shingles, they must get varicella first. Once you develop varicella and recover from it, your body does not rid itself of the varicella-zoster virus. Instead, the virus remains dormant in your body, specifically in your nerve roots (nerves that immediately branch off from your spinal cord). The virus can then reactivate later in life, causing shingles.

Important clarification!

Although the medical name for shingles is herpes zoster, it is NOT a sexually transmitted infection (STI) and cannot cause genital warts or cold sores. The two viruses that do cause genital herpes, which is an STI, are different from the varicella-zoster virus.

What are the symptoms?

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Vaccine
Basics ▾

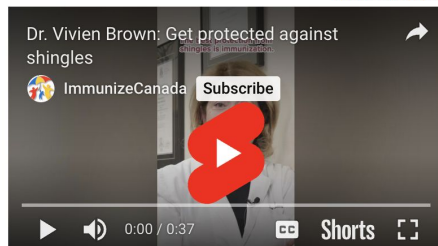
Vaccine-Preventable
Diseases ▾

Immunization for
Everyone ▾

For Healthcare
Providers ▾

Protect your future. Get
immunized!

**Immunize Canada encourages everyone in
Canada to get up to date on the vaccines they
need.**



Immunize Canada Website [HERE](#)

← IMMUNIZATION

Recommended vaccines

Learn about Alberta's routine immunization schedule and other recommended vaccines.

Book an appointment



Routine schedule

Babies and preschoolers

School-aged and teens

Adults (18 and older)

Stay healthy during the influenza season

Influenza immunization is the best way to protect yourself and the people around you against influenza.

COVID-19 immunization is also available. It's safe to receive both the COVID-19 and influenza vaccine at the same time.

Get immunized



Alberta Health Services - Recommended Vaccines [HERE](#)

Common Questions around Vaccines

Check out some commonly asked questions on vaccine topics.

Basics of Vaccines and Immunization

How do vaccines work?

Why should my child be immunized?

Can vaccines overwhelm my baby's immune system?

Why aren't vaccines 100% effective?

University of Calgary - Vaccine Confidence Toolkit [HERE](#)



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Canada

A Parent's Guide to Vaccination [HERE](#)

School Vaccine Resource - HPV, Tdap, HBV, MenC-ACYW



HPV Vaccine for Grade 6 students

PRAXUS HEALTH

This vaccine will be offered **at school** to kids who are 11-12 years old.

Possible Vaccine Side Effects

- Fever
- Headache
- Body aches
- Sore throat
- Redness, swelling, soreness where they had the vaccine
- Swelling, redness, or pain at the injection site

3 REASONS TO GET THE HPV VACCINE AT SCHOOL

- It works!** HPV is very common and the HPV vaccine is very good at preventing infections that could cause cancer and other serious health outcomes.
- It's safe!** Canada has a very good system to ensure vaccines are safe. It is much safer for your child to get the HPV vaccine than to get infected.
- It's easy!** A nurse will give your child the vaccine at school if you sign and return the consent forms. You won't have to take them to get the vaccine yourself.

Vaccine side effects are common. Most are mild and will go away in a few days.

If your child has any side effects you can:

- Put a cool, wet cloth where they had the needle
- Give them medicine for pain and fever

NOTE

If your child missed this vaccine at school, contact your healthcare provider, or local public health unit. For more information visit <https://myhealth.alberta.ca/Topic/immunisation/pages/immunisation.aspx>

Financial contribution: **Contributor: Province of Alberta**
 Public Health Agency of Canada / Agence de la santé publique du Canada

Hepatitis B (HBV) Vaccine for Grade 6 students

PRAXUS HEALTH

This vaccine will be offered **at school** to kids who are 11-12 years old.

Possible Vaccine Side Effects

- Feeling tired or muscle aches
- Headache
- Body aches
- Sore throat
- Redness, swelling, soreness where they had the vaccine
- Swelling, redness, or pain at the injection site

3 REASONS TO GET THE HBV VACCINE AT SCHOOL

- It works!** The HBV vaccine is very good at preventing infections that could make your child very sick and lead to serious health outcomes.
- It's safe!** Canada has a very good system to ensure vaccines are safe. It is much safer for your child to get the HBV vaccine than to get infected.
- It's easy!** A nurse will give your child the vaccine at school if you sign and return the consent forms. You won't have to take them to get the vaccine yourself.

Vaccine side effects are common. Most are mild and will go away in a few days.

If your child has any side effects you can:

- Put a cool, wet cloth where they had the needle
- Give them medicine for pain and fever

NOTE

If your child missed this vaccine at school, contact your healthcare provider, or local public health unit. For more information visit <https://myhealth.alberta.ca/Topic/immunisation/pages/hepatitis-b-vaccine.aspx>

Financial contribution: **Contributor: Province of Alberta**
 Public Health Agency of Canada / Agence de la santé publique du Canada

MenC-ACYW Vaccine for Grade 9 students

PRAXUS HEALTH

This vaccine will be offered **at school** to kids who are 13-15 years old.

Possible Vaccine Side Effects

- Feeling tired or muscle aches
- Headache
- Body aches
- Sore throat
- Redness, swelling, soreness where they had the vaccine
- Swelling, redness, or pain at the injection site

3 REASONS TO GET THE MENC-ACYW VACCINE AT SCHOOL

- It works!** The MenC-ACYW vaccine is very good at preventing infections that could make your child very sick and lead to serious health outcomes.
- It's safe!** Canada has a very good system to ensure vaccines are safe. It is much safer for your child to get the MenC-ACYW vaccine than to get infected.
- It's easy!** A nurse will give your child the vaccine at school if you sign and return the consent forms. You won't have to take them to get the vaccine yourself.

Vaccine side effects are common. Most are mild and will go away in a few days.

If your child has any side effects you can:

- Put a cool, wet cloth where they had the needle
- Give them medicine for pain and fever

NOTE

If your child missed this vaccine at school, contact your healthcare provider, or local public health unit. For more information visit <https://myhealth.alberta.ca/Topic/immunisation/pages/menacoccal-cocwv.aspx>

Financial contribution: **Contributor: Province of Alberta**
 Public Health Agency of Canada / Agence de la santé publique du Canada

Tdap Vaccine for Grade 9 students

PRAXUS HEALTH

This vaccine will be offered **at school** to kids who are 13-15 years old.

Possible Vaccine Side Effects

- Feeling tired or muscle aches
- Headache
- Body aches
- Sore throat
- Redness, swelling, soreness where they had the vaccine
- Swelling, redness, or pain at the injection site

3 REASONS TO GET THE TDAP VACCINE AT SCHOOL

- It works!** The Tdap vaccine is very good at preventing infections that could make your child very sick and lead to serious health outcomes.
- It's safe!** Canada has a very good system to ensure vaccines are safe. It is much safer for your child to get the Tdap vaccine than to get infected.
- It's easy!** A nurse will give your child the vaccine at school if you sign and return the consent forms. You won't have to take them to get the vaccine yourself.

Vaccine side effects are common. Most are mild and will go away in a few days.

If your child has any side effects you can:

- Put a cool, wet cloth where they had the needle
- Give them medicine for pain and fever

NOTE

If your child missed this vaccine at school, contact your healthcare provider, or local public health unit. For more information visit <https://myhealth.alberta.ca/Topic/immunisation/pages/couss/tdap.aspx>

Financial contribution: **Contributor: Province of Alberta**
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Download All Languages [HERE](#)

Vaccine Conversation Guide for Parents



How to respond to common questions your child may ask:

YOUR CHILD MAY ASK...

Will my friends be getting the vaccine at school too?

THIS IS WHAT YOU CAN TELL THEM...

Many of your classmates will be getting the same vaccines as you on the same days at school. Some students may have decided to get the vaccines at local public health offices, or in their family doctor's office instead. All of your friends' parents will decide on the option that works best for them.



Learn more at praxushealth.ca

How to respond to common questions your child may ask:

YOUR CHILD MAY ASK...

Will the vaccines make me feel sick?

THIS IS WHAT YOU CAN TELL THEM...

Each vaccine can have different side effects. It's normal to feel some sickness after you get the vaccine, but a nurse will be at the school to make sure you're okay. Most side effects are mild – such as a sore arm or mild fever – and will go away within a few days. I can give you medicine for pain and fever if you need it!



Learn more at praxushealth.ca

Download [HERE](#)

HPV Vaccines in Alberta



HPV: WHAT YOU SHOULD KNOW
You're at risk, but protecting yourself is easy.

HPV is common
Human Papillomavirus (HPV) is a virus that is spread by intimate contact. **More than 80%** of sexually active adults will have an HPV infection in their lifetime.

HPV can cause cancer
HPV infections can cause cancer in both males and females. In total, HPV can cause **six types of cancer**, and yearly cases are rising.

HPV spreads silently
HPV infections don't usually cause symptoms. Someone could spread HPV to you **without even knowing**.

HPV vaccines are free!
You can get the vaccine **for free in Alberta** if you are 26 or younger.

GET THE HPV VACCINE!
IT'S SAFE. IT WORKS. IT'S FREE.
Visit www.praxushealth.ca/campaign/abhpv

PRAXUS HEALTH

Four of us will contract HPV in our lifetimes.

We're at risk for HPV-related cancers too.

Which one of us has an HPV infection?

The HPV vaccine protects ALL of us!

The HPV vaccine is linked to nearly a **100% reduction in HPV-related cancers** in both males and females.

Interested in learning more about our HPV awareness initiative? Visit our site or Contact us at info@praxushealth.ca

Protect Your Future, Prevent HPV: Get Informed, Get Vaccinated!

PRAXUS HEALTH

WHAT IS HPV?
HPV, or the Human Papillomavirus, is a common virus that is spread through skin to skin contact.

WHY GET THE VACCINE?
There has been a rapid rise in HPV-related cancers. If not immunized early, it is estimated that 75% of sexually active adult Canadians will have an HPV infection at some point in their lives.

HOW MANY DOSES?
Patients need 2 HPV doses six months apart in Alberta if they have a healthy immune system. They need three doses if they have a weak immune system or if they received their first dose at 15 years or older.

WHO SHOULD GET THE VACCINE?
Males and females between the ages of 9-45.

GETTING THE VACCINE

KIDS
School aged kids can receive the vaccine through school-based immunization programs.

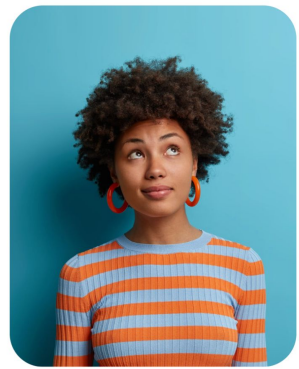
ADULTS

- Call 811
- Press 1 for "Immunization"
- Press 2 for "Book Immunization"
- You will be redirected to the immunization line and will be asked for your health card number and some additional information
- Book appointment

If you are 26 and younger, the vaccine is free.

If you are older than 26, you can get the vaccine at a public health clinic or pharmacy but may need to request a prescription.

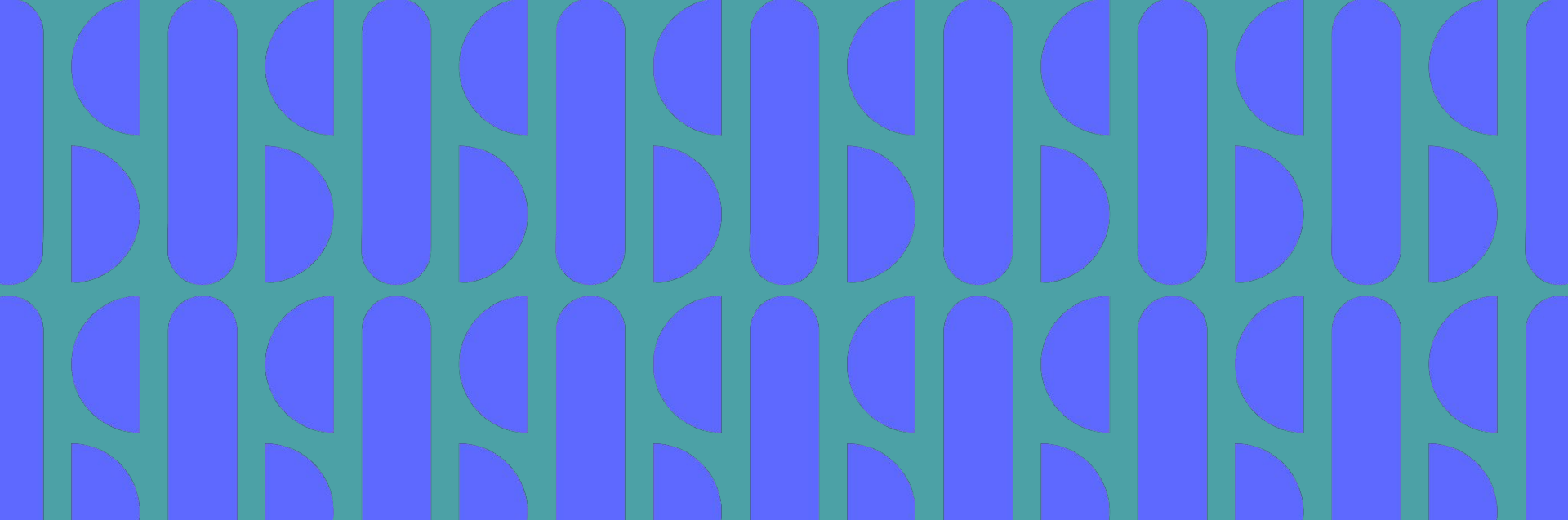
VISIT OUR SITE!



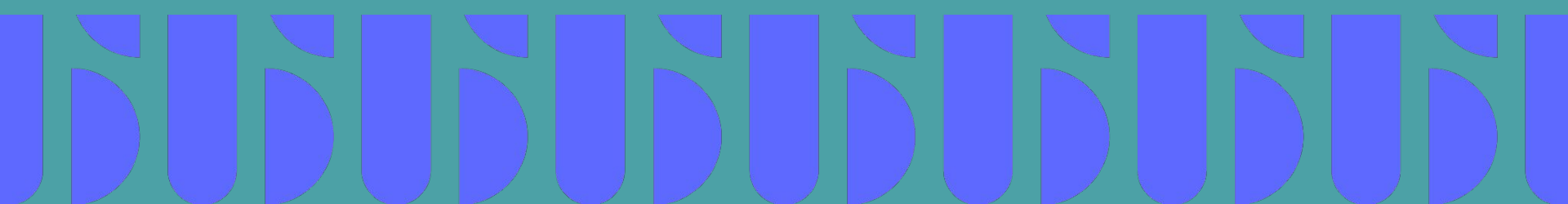
HPV Vaccination in Alberta:

- Is the vaccine free?
- How many doses do I need?
- Where can I get vaccinated?
- Where can I get more information about HPV?

Visit our website [HERE](#)



Time for Role Play!





Role Play - *time to practice your skills!*

- Get into pairs
- Take turns playing the role of the CHA & community member

You are at a community gathering when a parent approaches you. They explain that they found a consent letter in their child's backpack about vaccines being offered at school. The letter lists several vaccines, but the names don't look familiar to them, and they are unsure what illnesses these vaccines prevent. They also aren't sure if their child has already received some of these vaccines in the past, either in Canada or before arriving.

Prompts:

- Educate on school-based immunizations in Canada (purpose, schedule, safety, etc.)
- Navigate where to access reliable information, how to connect with local public health or the school nurse, etc.

You are helping at a community health booth when a parent stops to chat. They explain that they saw information about the HPV vaccine on a poster at a walk-in clinic and also heard it's sometimes given in schools. They've never heard of HPV before and aren't sure why it would be important for both youth and adults.

Prompts:

- What is HPV is, how it spreads, and how vaccination can protect against HPV-related cancers.
- Why it is important for both youth and adults.
- How to find out if someone is eligible for the HPV vaccine, where it's available (publicly and privately), etc.

Summary + Final Thoughts

- Personal reflection:
 - What is one new thing you learned today?
 - What are you most excited about for your role as a CHA?
 - Are there any questions you still have about your role as a CHA?
- Scan the QR code to provide feedback on this training for Praxus Health!



THANK YOU!



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HEALTH

