

Dear residents and families of Faith and Grace Manor,

As cold and flu season is underway, we want to ensure that we are taking all of the necessary steps to keep you and your loved ones safe and healthy. It is expected that there will be circulation of multiple respiratory viruses this year. The Ministry of Long-Term Care has launched Ontario's first Respiratory Syncytial Virus (RSV) vaccine program for older high-risk adults.

RSV is a respiratory virus with symptoms similar to the cold or flu, including: coughing, runny nose, fever, wheezing, and decreased appetite and energy.

- most people who get an RSV infection will have mild illness and will recover within a week or 2 without the need for medical attention or treatment
- for some individuals, RSV may result in severe infections, particularly among infants, young children and older adults (RSV can also make chronic health problems worse)
- RSV is very contagious and spreads the same way as a common cold by:
 - touching droplets containing the virus after someone coughs or sneezes or being close (less than 2 metres apart) to someone with the infection who is coughing or sneezing

The new RSV vaccine is called Arexvy. It is a single injection given into the deltoid (upper arm) muscle.

- Arexvy (manufactured by GSK) was authorized for use by Health Canada on August 4, 2023.
- This vaccine can be used in adults 60 years of age and older to prevent lower respiratory tract disease (LRTD) caused by RSV. Studies have shown that Arexvy is over 82% effective in preventing lower respiratory tract disease.
- The most common side effects of the Arexvy vaccine include: Pain, redness, and swelling where the shot is given, fatigue (feeling tired), fever, headache, nausea, diarrhea, and muscle or joint pain.
- As this vaccination is new, the current recommendation is to space this vaccine at least 2 weeks apart from any other vaccinations.

For more information on Arexvy and RSV please click [here](#).

All residents 60 years of age and older living in long-term care are now eligible and covered to receive Arexvy

If you are interested in receiving this vaccine please speak with our infection control leads who can provide more information on the consent process.

Faith Manor: Romaine.Manners@HCH.ca or ext. 5360

Grace Manor: Thi.Luyen.Loc@hch.ca or ext. 5306

Sincerely,

Dr. Thind and Dr. Elahi

Medical Directors of Faith and Grace Manor