

# Heart Health and Vaccination for Black and African Nova Scotians

Your heart works hard for you every day. Getting vaccinated is one of the best ways to protect it. Vaccines not only guard against infections, they also help lower your risk of serious heart problems, like heart attacks and stroke.

Illnesses like COVID 19, influenza, RSV, pneumonia or shingles can cause inflammation in your body and put extra stress on your heart. Some of these illnesses can also directly affect the heart. For many people, especially those living with heart disease, this can lead to serious complications.

Staying up to date with recommended vaccines is more than just a healthy choice, it's a strong way to protect yourself and your community, especially if you are older, have heart disease, are pregnant or have a weakened immune system.

## Vaccines That Help Protect Your Heart

- Influenza (6 months+)
- COVID 19 (6 months+)
- Pneumococcal (65+)
- Shingles (65+)
- Adult RSV (75+)

These vaccines are safe, effective, and proven to lower the risk of severe illness.

## If You Have a Heart Condition

You might be able to receive some vaccines earlier than the routine schedule. Your healthcare provider can help you plan the best time to stay protected.



## Why Vaccination Is Especially Important for People of African Descent

Systemic anti Black racism and long standing social and economic inequities have led to higher rates of heart disease among People of African descent. As a result, infections can be more serious, leading to more severe illness, long term health complications, hospital stays and even death.

Getting vaccinated adds an important layer of protection against complications from preventable illnesses. It helps lower the risk of heart attacks, strokes, and other heart related emergencies, helping you stay healthier longer.

## Where to find reliable information about vaccines

### Routine vaccine information:

[www.nshealth.ca/immunizations](http://www.nshealth.ca/immunizations)

### Nova Scotia's routine vaccine schedule:

[novascotia.ca/dhw/cdpc/documents/Routine-Immunization-Schedules-for-Children-Youth-Adults.pdf](http://novascotia.ca/dhw/cdpc/documents/Routine-Immunization-Schedules-for-Children-Youth-Adults.pdf)

### Vaccines offered to people with high risk conditions in Nova Scotia, including heart conditions:

[novascotia.ca/dhw/cdpc/documents/vaccine-eligibility-for-high-risk-conditions.pdf](http://novascotia.ca/dhw/cdpc/documents/vaccine-eligibility-for-high-risk-conditions.pdf)

### Information about different types of vaccines:

[www.immunize.ca](http://www.immunize.ca)

### Information about vaccine preventable diseases:

[www.canada.ca/public-health](http://www.canada.ca/public-health)



**[www.nshealth.ca/Black-Public-Health](http://www.nshealth.ca/Black-Public-Health)**