

Wellness Articles

Attached are weekly health and wellness articles provided by Alberta Health Services. As a way to help all Albertans live a healthy life, we welcome and encourage weekly newspapers, community newsletters and other publications to reproduce this information free of charge. Credit to Alberta Health Services or the identified content provider would be appreciated.

If you would like to be added to the distribution list for these articles, please email: Rebecca.johnson2@albertahealthservices.ca. You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at [Wellness Articles | Alberta Health Services](#)

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Share your thoughts about childhood immunizations

There is a lot of information available to Albertans around immunization, especially when it comes to routine childhood immunization. Starting at two months of age, Alberta's childhood immunization schedule aims to immunize against diseases at the safest and most effective ages and stages. This can be stressful and confusing for parents and caregivers, from keeping up with appointments to ensuring the safety and well-being of your child.

We want to hear your thoughts, ideas, concerns and opinions on immunizations, particularly for your children. If you are a parent or caregiver of a child or children between the ages of newborn and 15, please take a few minutes to complete a survey and share your thoughts and opinions on childhood immunization.

By hearing your thoughts, we can better ensure that the information we provide is what you need to help you make immunization decisions for your children and family. We look forward to hearing from you.

Please find our survey at ahs.ca/childvaccine or the QR code below.

We look forward to receiving your survey submission before Dec. 31, 2022.

Results are confidential and will be used to ensure Albertans have the information needed to support this important decision.

