

# PCI TEEN CLINIC

Take charge of your health...it's your choice!



## Teen Clinic Hours:

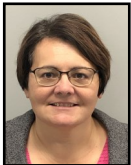
Monday – Friday 8:00am – 3:30pm

## To book an appointment:

TEXT or Call 204-870-0689 (Provide full name in text)

Or Call 204-857-6843 ext. 11609

Jackie Meulpolder



Receptionist

Dr. Shayne Reitmeier



2SLGBTQ+ Care

Rebecca Krause



Nurse Practitioner

Tracy Ediger



Public Health Nurse

Laine Hill



Mental Health & Addictions Nurse

Sacha Grimeau



Mental Health Counsellor

Carly Gabler



Registered Dietitian

## All About Vaccines

### What are vaccines?

Vaccines are safe tools that work with the body's natural defenses (the immune system) to develop protection against diseases— without the risk that comes from getting the disease

### Why is vaccination important?

Vaccination is considered one of our most important public health tools. Over the past 50 years, vaccination has saved many lives in Canada and around the world. Some diseases that were once common in Canada are now rare because of vaccines. Vaccination can even completely stop an infectious disease from occurring anywhere in the world.

### Did you know?

The more contagious a disease is the more people need to be vaccinated to prevent it from spreading. Diseases can spread very quickly when people are not vaccinated. Vaccination rates have to stay high to prevent outbreaks.



### For more information:

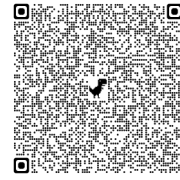
Come to PCI Teen Clinic and ask for Tracy

Or call 204-856-2051

\*Vaccines also available at pharmacy and primary care providers



Immunize.ca



Health Canada - vaccines