



Immunization saves lives.

ADULTS AND SENIORS: RIGHT ON SCHEDULE!

Immunization is not just for kids!

Often, adults are not aware that they may lack protection against some serious diseases.

Many adult Canadians wait for their doctor to recommend immunization, instead of taking the initiative to get the information they need. This leaves adults of all ages vulnerable to diseases such as influenza, pertussis (whooping cough), pneumonia, and tetanus.

Not only are under-immunized adults at risk of contracting diseases themselves – they can also infect others. For example, adults who contract pertussis or influenza can infect infants who may not have completed the full schedule of immunization.

And not all vaccine-preventable diseases are passed from person to person. A simple and enjoyable activity such as gardening could put you at risk, since the bacteria that

make tetanus toxin are found naturally in soil. The only way to prevent tetanus is to get a tetanus booster every ten years. Or your plans may include travel, which may require destination-specific immunization.

CCIAP provides resources on adult immunization on its web site (<http://immunize.ca/en/specific-groups/adults.aspx>). These include a self-questionnaire and an Adult Immunization Record to keep track of your immunizations.

You can be part of the success of immunization in Canada!



**Canadian Coalition
for Immunization Awareness
& Promotion (CCIAP)**
immunize.ca