

ADULT IMMUNIZATION: What Vaccines Do You Need?

VACCINE	WHO SHOULD RECEIVE IT?
Tetanus (lockjaw)	everyone, every 10 years
Diphtheria	everyone, every 10 years
Pertussis (whooping cough)	everyone, once in adulthood during each pregnancy
Influenza	everyone, annually people 65 years of age and over, annually people at high risk, annually people at risk of spreading disease such as essential service providers
Pneumococcal	people 65 years of age and over; people 18 to 64 with a specific medical condition or situations putting them at increased risk
Hepatitis B	people with medical, occupational or lifestyle risks
Hepatitis A	people with medical, occupational or lifestyle risks
Meningococcal	people with specific medical conditions and people living in communal residences, including military personnel
Measles	people who were born after 1970 and who did not receive the vaccine or get the disease
Mumps	people who have not had the vaccine or the disease
Rubella (German measles)	people who have not had the vaccine or the disease
Varicella (chickenpox)	people who have not had the vaccine or the disease
HPV (human papillomavirus)	females and males 9-26 years of age (may be administered to females or males 27 years and older at ongoing risk of exposure)
Herpes zoster (shingles)	people 50 years of age and older, including people who have had a previous episode of shingles
Travel vaccines	varies by destination - consult a travel health clinic, your health care provider, local public health office or https://travel.gc.ca

Reference: Canadian Immunization Guide, <https://www.canada.ca/en/public-health/services/canadian-immunization-guide.html>

Immunization is not just for kids!



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