



Don't let history repeat itself.

**National Immunization
Awareness Week**

April 21-April 30, 2025

Protect your future. Get immunized.

National Immunization Awareness Week takes place from 21-30 April 2025.

#DontLetHistoryRepeatItself #VaccinesWork #ProtectYourFuture #GetImmunized #NIAW2025

17 April 2025, OTTAWA, ON — Immunize Canada, in collaboration with Vaccine Ambassadors, advocates for everyone to stay up to date on all recommended vaccines, so that they can live healthier lives protected against vaccine-preventable diseases.

Not that many decades ago, there was no way to protect yourself from devastating diseases such as polio, tetanus, diphtheria, and meningitis—or wildly contagious infections such as measles. Outcomes were inescapably tragic. Lifelong paralysis. Stillbirth. Neurodegenerative disease. Encephalitis. Even death.

But vaccines changed this landscape. As time progressed, more and more diseases became preventable by vaccination, and health outcomes greatly improved.

Let's not turn the clock back to former times. This National Immunization Awareness Week, our theme—*Don't let history repeat itself. Protect your future. Get immunized*—will shed light on the importance of staying up to date on recommended vaccinations.

Staying up to date on your immunizations

Vaccine recommendations are updated regularly as new evidence emerges, and as new vaccines become available. With science constantly evolving, it can sometimes be challenging to know which vaccines you need or are eligible for. Some people might not realize that they need to get caught up on their vaccines. For example, adults and anyone who is pregnant or considering becoming pregnant may be unaware that they need to be immunized against certain diseases. As a person's health can change over time, they may also become eligible to receive additional vaccines to ensure continued protection. The reality is: vaccines aren't just for kids—they're for everyone, at every age.

"In a world challenged by misinformation and uncertainty, vaccines remain one of our most trustworthy tools to protect our health and our future," says Dr. Anne Pham-Huy, Chair of Immunize Canada and a physician specializing in infectious diseases at CHEO, a pediatric hospital and research centre in Ottawa, Ontario. "Empowering families, communities, and health care providers with trusted vaccine knowledge is essential to our shared commitment to protecting public health."

Dr. Pham-Huy explains that if vaccine confidence fades, misinformation fills the gap—putting lives at risk and inviting the return of preventable diseases like measles. "Maintaining high vaccination coverage is not just a personal choice—it's a shared responsibility to protect our communities, especially the most vulnerable," she says. "We must stand together—families, health care providers, and communities—to uphold trust in science, stop the spread of misinformation, and keep vaccine-preventable diseases away."

Use your voice to make a difference

Dr. Cora Constantinescu, Vice Chair of Immunize Canada and a pediatric infectious disease specialist at Alberta Children's Hospital, Calgary, Alberta, has a message for the vaccine-confident: "You are the majority, and we hope that events such as National Immunization Awareness Week will empower you to use your individual voice. Speak up to encourage your family and friends to protect themselves and their children through immunizations. Your voices can spark a wave of community influence—which we need now more than ever, to achieve the crucial goal of community protection."

[Immunize Canada](#) and [Vaccine Ambassadors](#) encourage you to speak with your doctor, nurse, pharmacist, or local public health office about the immunizations you and your family need to protect your future and stay healthy.

For more information or to schedule an interview, please contact:

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About Immunize Canada

Immunize Canada is a national coalition of non-governmental, professional, health, government, and private sector organizations dedicated to promoting the benefits of immunization. Immunize Canada has a special interest in promoting the understanding and use of vaccines approved for use in Canada with reference to the recommendations of the National Advisory Committee on Immunization (NACI). The coalition provides evidence-based immunization information about vaccines to the public and to health professionals with the goal of helping to control, eliminate, and eradicate vaccine-preventable diseases in Canada.