

# Adult Immunization: What vaccines do you need?

Vaccine	Who should receive it?
Tetanus	Everyone, every 10 years
Diphtheria	Everyone, every 10 years
Pertussis (whooping cough)	Everyone, once in adulthood
Influenza	Annually for everyone 6 months of age and older, especially for people at high risk of complications from influenza
Pneumococcal	Everyone 65 years of age and older, immunocompetent people less than 65 in long-term care facilities, people with specific medical conditions
Hepatitis B	People with medical, occupational or lifestyle risks, and anyone who wants protection from Hepatitis B
Hepatitis A	People with medical, occupational or lifestyle risks, and anyone who wants protection from Hepatitis A
HPV	Females and males 9-26 years of age (may be administered to females or males 27 years of age and older)
Meningococcal	People with specific medical conditions and people living in communal residences, including students and military personnel
Measles	People who have not had the vaccine or 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
Herpes zoster (shingles)	People 60 years of age and older (may be administered to people 50 years of age and older)
Varicella (chickenpox)	People who have not had the vaccine or the disease
Travel vaccines	Varies by destination – consult a travel health clinic, your health care provider, local public health office, or the Public Health Agency of Canada website.

# Keep a record of your immunizations

Name \_\_\_\_\_

Date of birth \_\_\_\_\_

Vaccine & lot #	Date administered DD/MM/YYYY	Administered by (initials)	Date of next dose

Download a free app to keep track of your immunizations at <https://www.canimmunize.ca>

