

TETANUS IMMUNIZATION IS SAFE

AND EFFECTIVE



PROTECT YOURSELF AGAINST TETANUS



WHAT IS TETANUS?

Tetanus is an acute and often fatal disease caused by a toxin released by bacteria present in our environment. The bacteria enter the body through breaks in the skin or wounds caused by contaminated objects. The toxin that is released into the body affects the nervous system, causing painful muscle spasms that can affect the ability to breathe.

TETANUS INFECTION

Most individuals associate tetanus infection with rusty nails, but tetanus infection can occur from a minor scrape or puncture while gardening, renovating or an animal bite.

TETANUS PREVENTION

Being fully immunized is the most effective way to prevent tetanus.

- Tetanus immunization is part of the routine schedule for childhood immunizations in Canada.
- Tetanus immunization is recommended for individuals of all ages, with booster shots every 10 years.

- Adults who have not received immunizations during childhood require 3 doses as part of an adult primary immunization.

To avoid tetanus infection, individuals should also:

- Wear protective gloves, clothing and footwear while gardening or renovating.
- Be mindful when using tools that can cause injury or puncture the skin.
- If injured, immediately clean wounds thoroughly with warm water and soap.

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Tetanus vaccines are safe and effective and can benefit people of all ages.

Talk to your doctor, nurse, pharmacist or public health office about tetanus immunization.