

Adult immunization: What vaccines do you need?



Adult Immunization	
Vaccine	Who should receive it?
Chickenpox (varicella)	<ul style="list-style-type: none"> anyone who did not receive the vaccine or get the disease
COVID-19	<ul style="list-style-type: none"> everyone over the age of 6 months
Diphtheria *refer to note 3	<ul style="list-style-type: none"> everyone, once every 10 years
Hepatitis A	<ul style="list-style-type: none"> anyone at risk of being exposed to hepatitis A anyone at risk of experiencing a severe hepatitis A infection
Hepatitis B	<ul style="list-style-type: none"> anyone at risk of being exposed to hepatitis B anyone at risk of experiencing a severe hepatitis B infection
HPV (human papillomavirus)	<ul style="list-style-type: none"> everyone 9-26 years of age anyone 27 years of age and older who is at ongoing risk of exposure to HPV should talk to their healthcare professional to see if they need to receive the HPV vaccine
Influenza	<ul style="list-style-type: none"> everyone over the age of 6 months, annually
Measles *refer to note 4	<ul style="list-style-type: none"> anyone born after 1970 who did not receive the vaccine or get the disease
Meningococcal	<ul style="list-style-type: none"> anyone with underlying medical conditions that put them at high risk of developing meningococcal disease anyone who is at higher risk of being exposed to meningococcal disease
Mumps *refer to note 4	<ul style="list-style-type: none"> anyone born after 1970 who did not receive the vaccine or get the disease
Pertussis (whooping cough) *refer to note 3	<ul style="list-style-type: none"> everyone, once in adulthood during each pregnancy
Pneumococcal	<ul style="list-style-type: none"> everyone 65 years of age and older anyone 18 to 64 at high risk of experiencing a severe pneumococcal infection anyone 18 to 64 at risk of being exposed to pneumococcal disease
Polio *refer to notes 3 & 5	<ul style="list-style-type: none"> anyone who has not been immunized against polio anyone at risk of being exposed to polio
RSV (respiratory syncytial virus) *refer to note 6	<ul style="list-style-type: none"> anyone 32 to 36 weeks pregnant everyone 75 years of age and older anyone 60 years of age and older living in a nursing home or other chronic care facility anyone 50-74 years of age who is at risk of experiencing a severe RSV infection
Rubella *refer to note 4	<ul style="list-style-type: none"> anyone who did not receive the vaccine or get the disease
Shingles (herpes zoster)	<ul style="list-style-type: none"> anyone 50 years of age and older, including anyone who has had a previous episode of shingles
Tetanus *refer to note 3	<ul style="list-style-type: none"> everyone, every 10 years

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Note 1: The recommendations under the column *Who should receive it?* assume that adults referencing this chart have already received their routine childhood and adolescent vaccinations – except for the first bullet point under each of the following: Polio, Measles, Mumps, Rubella, and Chickenpox (varicella) listed in this chart. If you have not received your routine immunizations for one or more of the vaccines listed under the *Vaccine* column, or have not completed an equivalent immunization series as an adult, consult your healthcare professional about catching up on the vaccines you need.

Note 2: Adults who are not adequately protected against one or more of the diseases listed under the *Vaccine* column of this chart may need to receive the corresponding vaccine if recently exposed to someone with said disease – except for pertussis, influenza, pneumococcal, HPV (human papillomavirus), and shingles (herpes zoster). Adults exposed to shingles would be offered the chickenpox (varicella) vaccine, not the shingles (herpes zoster) vaccine. Certain vaccines listed in this chart may also be offered to adults during outbreak situations.

Note 3: In Canada, the diphtheria, pertussis, or tetanus vaccines are not available individually; they are offered only in combination vaccines. Adults can receive either the combined tetanus and diphtheria (Td) vaccine or the combined tetanus, diphtheria, and pertussis (Tdap) vaccine. The inactivated polio vaccine (IPV) can also be combined with the Tdap vaccine – administered as Tdap-IPV vaccine – and is given to adults who require protection against polio.

Note 4: In Canada, the measles, mumps, or rubella vaccines are not available individually; they are offered only in combination vaccines. Adults can receive the combined measles, mumps, and rubella (MMR) vaccine.

Note 5: If you have never been immunized against polio, and you are not at increased risk of exposure to polio, it is recommended that you receive the polio vaccine only if you need to get immunized against tetanus. (Inactivated polio vaccine [IPV] is given only in combination with the Tdap vaccine. See Note 3 for more information on Tdap-IPV.) Talk with your health care provider to see what is best for you regarding polio vaccination.

Note 6: For more information on receiving the RSV vaccine in pregnancy, as well as guidance on when it is best for older adults to receive the RSV vaccine, please view our factsheet, *Respiratory syncytial virus (RSV): What you need to know*.

References:

Canadian Immunization Guide. (2024.) Public Health Agency of Canada.

<https://www.canada.ca/en/public-health/services/canadian-immunization-guide.html>

Canadian Immunization Guide. (2024). Chapter on the Immunization of adults. Public Health Agency of Canada.

<https://www.canada.ca/en/public-health/services/publications/healthy-living/canadian-immunization-guide-part-3-vaccination-specific-populations/page-2-immunization-of-adults.html>

Travel vaccines:

This chart does not specifically address travel vaccines.

For more information: <https://travel.gc.ca/travelling/health-safety/vaccines>

You can order a Travel Immunization Record from the Canadian Public Health Association:

<https://publications.cpha.ca/collections/publications/products/3-3bk01448?variant=79456432>

**Scan the QR code and find the
Adult Immunization Record on our website.**

