

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 people at high risk of complications from influenza and anyone who wants protection from influenza
Pneumococcal	everyone 65 and older, immunocompetent people less than 65 in long-term care facilities, and 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
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
Varicella (chickenpox)	people who have not had the vaccine or the disease
HPV	females and males 9-26 years (may be administered to females or males 27 years and older at ongoing risk of exposure)
Herpes zoster	people 60 and older (may be administered to people 50 years and older)
Travel vaccines	varies by destination - consult a travel health clinic, your health care provider, local public health office or www.travelhealth.gc.ca

Reference: *Canadian Immunization Guide, 2015*. Available at: <http://www.phac-aspc.gc.ca/publicat/cig-gci/index-eng.php>

**Talk to your doctor, nurse, pharmacist or local public health unit
about being up to date on your immunizations.**

Immunization is not just for kids!

