

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 over, 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 9-26 years
Herpes zoster	anyone 60+
Travel vaccines	varies by destination – consult a travel health clinic, your doctor, nurse, local public health office or www.travelhealth.gc.ca

Adapted from the *Canadian Immunization Guide 2006*, National Advisory Committee on Immunization.

Ask your doctor, nurse, local public health office, or pharmacist about your specific immunization needs and about availability and possible costs of the vaccine. Doses and timing may vary depending on the vaccine and your medical history.

Immunization is not just for kids!



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