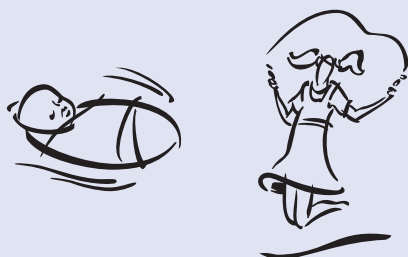


Immunize!

For a lifetime of protection, ask your doctor, public health office or pharmacist about vaccines for these diseases...

Birth to pre-teen



Tetanus, Diphtheria

Pertussis (whooping cough)

Polio

Hib (*Haemophilus influenzae* type b)

Measles, Mumps, Rubella

Varicella (chicken pox)

Hepatitis B

Pneumococcal

Meningococcal

Influenza (every autumn)

Some vaccines require multiple doses.

Teens



Tetanus, Diphtheria (every 10 years)

Pertussis (once in adolescence or adulthood)

Meningococcal (if not received in childhood)

Influenza (every autumn)

Depending on your health, occupation, lifestyle and prior immunity, you may also need vaccines not received in childhood or other specialized vaccines.

Adults



Tetanus, Diphtheria (every 10 years)

Pertussis (once in adolescence or adulthood)

Influenza (every autumn)

Depending on your health, occupation, lifestyle and prior immunity, you may also need vaccines not received in childhood or other specialized vaccines.

Seniors



Tetanus, Diphtheria (every 10 years)

Pneumococcal

Influenza (every autumn)

Travellers



Before you leave Canada, visit:

- www.travelhealth.gc.ca
- a travel health clinic, your doctor, or your local public health office

Canadian Coalition for
Immunization Awareness & Promotion
www.immunize.cpha.ca

