

what vaccines do you need?

vaccine	age		
	19 - 49 yrs	50 - 64 yrs	65+ yrs
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	people with specific medical conditions	everyone	
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 residential accommodation 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		
Travel Vaccines	varies by destination – consult a travel health clinic, your doctor, local public health office or www.travelhealth.gc.ca		

Adapted from the Canadian Immunization Guide 2002, National Advisory Committee on Immunization.

Ask your doctor, 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. It's not just for kids!

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

