



ADULT VACCINATIONS: WHY IT'S IMPORTANT TO KEEP YOUR VACCINATIONS UP TO DATE.

DID YOU KNOW THAT...

- Some vaccines do not offer lifelong protection.
- Some adults may not have received all the vaccines recommended in childhood.
- People who have lived in another country as a child may not have received all the immunizations recommended in Canada.
- Fully immunized adults can help protect vulnerable populations, including the very young, elderly, and those with chronic disease.

RECOMMENDED ADULT IMMUNIZATION

Vaccination	Recommended
Influenza	Annually
Pneumococcal	1 dose (at age 65+ years)
Shingles (Herpes Zoster)	1 dose (at age 60+ years)
Tetanus	1 dose every 10 years
Pertussis	1 booster dose in adulthood
Measles, Mumps, Rubella	People who have not had the vaccine or disease
Chickenpox (Varicella)	2 doses (19-65+ years)
Hepatitis A	People with medical, occupational or lifestyle risks and anyone who wants protection from hepatitis A
Hepatitis B	People with medical, occupational or lifestyle risks and anyone who wants protection from hepatitis B

cdc.gov/vaccines/schedules/hcp/adult.html

healthycanadians.gc.ca/healthy-living-vie-saine/immunization-immunisation/adults-adultes/index-eng.php

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