

# ADULT IMMUNIZATIONS (18+ YEARS)








## Why do adults need vaccines?

Vaccines provide you and those around you with protection against serious diseases that can be prevented by vaccines. Vaccines received during childhood provide some protection during adulthood. However, a complementary dose (booster dose) is necessary to give you a better protection.

During pregnancy (at any age), vaccines protect you and your baby against serious diseases that can cause birth defects, miscarriage, or pre-term birth. It is important to have updated your routine immunizations (this is all the recommended schedule vaccines) before getting pregnant. Talk to your healthcare provider to find out if you need to update your vaccines before you start trying to get pregnant.

## What vaccines are recommended for adults?

### Adults' Immunization

 Vaccine (protects against)	 Every year	 Every 10 years	 Pregnancy	 50+ <sup>1</sup> (also 18+ that have weakened immune system) <sup>2</sup>	 65+	 Catch up if you missed this vaccine
Influenza	✓		✓			
dTap - (Diphtheria, tetanus, pertussis (whooping cough))		✓	✓			
Shingles				✓		
PNEUMO-P (Pneumococcal infection)					✓	
Hepatitis B						✓
MMR <sup>4</sup> (Measles, mumps, rubella)						✓
Varicella <sup>5</sup> (chickenpox)						✓
HPV-9 (Papilloma virus infection)						✓

COVID 19



\*At least 3 months after your last COVID-19 vaccine or COVID infection<sup>3</sup> or if you are pregnant

<sup>1</sup> If you are 50+ and not having a transplant, you have to pay to get this vaccine.

<sup>2</sup> If you are 18+ and you are getting an organ transplant you can get this vaccine for free.

<sup>3</sup> May vary depending on your age, health status, vaccine history, and COVID infection (for more information, please scan the QR code above)

<sup>4</sup> Rubella vaccine is **not** given during pregnancy. You should wait 1 month after getting this vaccine to start trying to get pregnant.

<sup>5</sup> Varicella vaccine is **not** given during pregnancy. You should wait 1 month after getting this vaccine to start trying to get pregnant.

**Ask your health care provider which vaccine are recommended for you.**

**If you have any additional questions or want to schedule your vaccination, you can:** Call Health Link at 811; call AIMGA's Multilingual Health Hub for Newcomers Phone Line at 1-587-392-8062; contact your family physician or primary care network, visit [booking.aimga.ca](https://booking.aimga.ca) to book a patient navigator