





Adult Immunization

Immunization is not just for children – it is a lifelong process. To protect themselves and the people around them, adults need the following immunizations.

VACCINE	Number of DOSES	NOTES
Tetanus Diphtheria	A booster dose of tetanus and diphtheria vaccine (Td) is needed every 10 years.	Adults who were not fully immunized as children, may need more than just a booster dose.
Pertussis (Whooping Cough)	1 dose of pertussis (whooping cough) vaccine given at 18 years of age or older.	This dose is combined with the tetanus/diphtheria booster (dTap). It is very important for pregnant women and adults who are in contact with infants or young children.
Influenza	1 dose at the beginning of every influenza season (between October and March).	This is important to protect adults and the people around them. Anyone can get influenza, but the risk of serious illness, including death, is highest for: <ul style="list-style-type: none"> • children under 5 years of age • adults 65 years of age and older • pregnant women • people with health problems • people who live in care facilities • Indigenous people
Pneumococcal Polysaccharide (PNEUMO-P)	1 dose at 65 years of age. Adults who have certain health problems may need this vaccine before 65 years of age and may need more than 1 dose.	Adults who have a health problem should check with their doctor or a public health nurse to find out if they need this vaccine before 65 years of age and if so, how many doses they need. If this vaccine is given before 65 years of age, another dose should be given at age 65 years or older.
Measles Mumps Rubella	Adults born in 1970 or later: 2 doses (if you do not have a record showing these doses were given in childhood) Adults born before 1970: 1 or 2 doses may be needed	Adults who were born before 1970 do not usually need MMR, unless they are: <ul style="list-style-type: none"> • a healthcare worker • a post-secondary student • a daycare worker • having a transplant • travelling to a measles risk area <p>Check with your workplace health and safety department, a public health nurse, or a travel health clinic (e.g., AHS Travel Health Services).</p>

VACCINE	Number of DOSES	NOTES
Varicella (Chickenpox)	2 doses for unprotected adults	Check with your healthcare provider to find out if you should be immunized.
Other Vaccines	<p>Other vaccines may be needed for adults who:</p> <ul style="list-style-type: none"> • have certain health problems (e.g., chronic brain/spinal fluid leak, removed spleen, kidney or liver condition, blood disorder, cochlear implant, weak immune system, organ or bone marrow transplant) • need immunizations because of work (e.g., healthcare workers, lab workers, people who work with animals at risk for rabies or other infectious diseases) • live in a group home or facility (e.g., long term care, correctional facility) • need immunization because of household contacts (e.g., live with someone who may be infectious, often have visitors from countries where certain vaccine preventable diseases are common) • have emigrated from a country with high rates of hepatitis B disease • have lifestyle risks (e.g., unprotected sex with more than one partner, sharing needles) • are travelling • wish to be immunized with a vaccine that is not free [e.g., Herpes Zoster (shingles) vaccine, Pneumococcal conjugate vaccine (PNEU-C13) for healthy adults, human papillomavirus vaccine (HPV)]. <p>Check with your healthcare provider, a public health nurse, your workplace health and safety department, or a travel health clinic (e.g., AHS Travel Health Services) to find out if you need any other vaccines and if they are free for you.</p>	

For More Information

-  Call Health Link at 811
-  Go to immunizealberta.ca
-  Go to myhealth.alberta.ca
-  Go to ahs.ca/influenza/influenza.aspx

