

# 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   |
|---|---|---|
| <b>Tetanus, Diphtheria, Pertussis</b><br>(Whooping cough) | 1 dose if you have never had pertussis vaccine. <ul style="list-style-type: none"> <li>Adults who were not fully immunized as children may need more doses.</li> <li>A booster dose of tetanus, diphtheria, acellular pertussis (Tdap) is needed every 10 years. (see Notes for pregnant persons).</li> </ul> | Some people may get a dose even if they have already had pertussis vaccine. This includes: <ul style="list-style-type: none"> <li>health care workers and health care students</li> <li>people with close contact with babies.</li> </ul> Check with your healthcare provider to find out when you should get this vaccine.<br><b>If pregnant:</b> <ul style="list-style-type: none"> <li>You should get this vaccine each time you are pregnant, even if it has been less than 10 years since your last dose.</li> <li>In Alberta, Tdap vaccine is recommended in every pregnancy. It is usually given between 27 and 32 weeks of pregnancy. If you are pregnant and outside of this time frame, talk to your healthcare provider about when you should get this vaccine.</li> </ul> |
| <b>Hepatitis B</b>  | 3 doses for: <ul style="list-style-type: none"> <li>unprotected adults born in 1981 or later</li> <li>adults born before 1981 at risk for hepatitis B.</li> </ul>   | If you were born in 1981 or later, you may have already had hepatitis B immunization in school. You may need this vaccine if you were born before 1981 and you are at risk for hepatitis B because of: <ul style="list-style-type: none"> <li>certain health problems</li> <li>lifestyle risks</li> <li>the type of work you do</li> <li>contact with the virus.</li> </ul> Check with your workplace health and safety or a public health nurse to find out if you can get hepatitis B vaccine for free.   |
| <b>Human Papillomavirus</b>                               | 2 or 3 doses for adults up to and including age 26 years who did not get it in school: <ul style="list-style-type: none"> <li>2 doses if you have a healthy immune system.</li> <li>3 doses if you have a weakened immune system.</li> </ul>  | HPV vaccine is given to Grade 6 students in school. You may be able to get this vaccine for free up to age 45 years if: <ul style="list-style-type: none"> <li>You have had or are going to have an organ transplant.</li> <li>You have had a stem cell transplant or CAR T-cell therapy (a type of cancer treatment.)</li> </ul> If you cannot get this vaccine for free, you can purchase HPV vaccine. Check with your doctor or pharmacist to see if they offer the vaccine.   |
| <b>Influenza</b>  | 1 dose every year.<br>The best time to get it is early in the fall, usually in October or November, before influenza season starts (late fall), but it's not too late to get in winter as influenza season lasts through the winter.  | This is important to protect you and the people around you. Anyone can get influenza, but the risk of serious illness, including death, is highest if you: <ul style="list-style-type: none"> <li>are under age 5 years</li> <li>have health problems</li> <li>are age 65 years and older</li> <li>live in care facilities</li> <li>are pregnant</li> <li>are an Indigenous person.</li> </ul>  |
| <b>COVID-19</b>   | The number of doses depends on age, health, and doses already received.   | For eligible adults. Visit <a href="https://ahs.ca/covidvaccine">ahs.ca/covidvaccine</a> for more information.  |

See reverse for more information.

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| <b>Measles Mumps Rubella (MMR)</b>          | <p>Measles and Mumps:</p> <ul style="list-style-type: none"> <li>Adults born in 1970 or later need 2 doses of measles and mumps vaccine.</li> <li>Adults born before 1970 are usually considered protected for measles and mumps.</li> </ul> <p>Rubella:</p> <ul style="list-style-type: none"> <li>Adults born in 1957 or later need at least 1 dose of rubella vaccine.</li> <li>Adults born before 1957 are usually considered protected for rubella.</li> </ul>   | <p>You do not usually need measles or mumps immunization if you were born before 1970, unless you are:</p> <ul style="list-style-type: none"> <li>a healthcare worker</li> <li>a post-secondary student</li> <li>having a transplant</li> <li>travelling to areas with a high risk of measles.</li> </ul> <p>You do not usually need rubella immunization if you were born before 1957, unless you are:</p> <ul style="list-style-type: none"> <li>a healthcare worker</li> <li>a child daycare worker</li> <li>having a transplant.</li> </ul> <p>Check with your workplace health and safety department or a public health nurse to find out if you can get MMR for free.</p> |
| <b>Pneumococcal Conjugate 20 (PNEU-C20)</b> | 1 dose at age 65 years or older. Adults who have certain health problems may need a dose of this vaccine at an earlier age.   | If you have a health problem, you should check with your healthcare provider to find out if you need a dose at an earlier age.  |
| <b>Polio</b>                                | 3 doses for adults who have not had polio vaccine.  | You usually get this vaccine as a child. If you haven't had all of your polio vaccine doses, you can get this vaccine as an adult. Some adults may need extra doses. Check with your healthcare provider to find out if you need this vaccine.  |
| <b>Respiratory Syncytial Virus (RSV)</b>    | 1 dose for: <ul style="list-style-type: none"> <li>adults age 60 years and older who live in continuing care and supportive living facilities or are Indigenous</li> <li>adults age 70 years and older.</li> </ul>  | <p>RSV can make people in this age group very sick, especially if:</p> <ul style="list-style-type: none"> <li>You have problems with your heart, lungs, kidneys, or liver.</li> <li>You have diabetes.</li> <li>You have a weak immune system.</li> <li>You have a condition that affects your nervous system.</li> <li>You have a lot of extra weight.</li> </ul>  |
| <b>Varicella (Chickenpox)</b>               | 2 doses for unprotected adults who are eligible for vaccine.  | Check with your healthcare provider to find out if you need this vaccine.   |
| <b>Other Vaccines</b>                       | <p>Other vaccines may be needed if you:</p> <ul style="list-style-type: none"> <li>have certain health problems</li> <li>need immunizations because of work</li> <li>live in a group home or facility</li> <li>need immunization because of household contacts</li> <li>have moved to Alberta from a country with a high risk of hepatitis B disease</li> <li>have lifestyle risks</li> <li>are travelling</li> </ul> <p>Check with your healthcare provider to find out if you need any other vaccines and if they are free for you.</p> |   |

#### For more information about immunization



Call Health Link at **811**



Scan the QR code or go to [ahs.ca/immunize](https://ahs.ca/immunize)