

## 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
Diphtheria, Tetanus, Pertussis (Whooping cough)	<p>A booster dose of diphtheria, tetanus, acellular pertussis (dTap) is needed every 10 years.</p> <p>Adults who were not fully immunized as children, may need more doses.</p>	<p>Pregnant women should get this vaccine every time they are pregnant, even if it has been less than 10 years since their last dose.</p> <p>In Alberta, dTap 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.</p>
Hepatitis B	<p>3 doses for:</p> <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>	<p>Most adults born in 1981 or later have had hepatitis B immunization in school.</p> <p>Adults born before 1981 may need this vaccine if they are at risk for hepatitis B because of:</p> <ul style="list-style-type: none"> <li>certain health problems</li> <li>the type of work they do</li> <li>lifestyle risks</li> <li>contact with the virus</li> </ul> <p>Check with your workplace health and safety or a public health nurse to find out if you can get hepatitis B vaccine for free.</p>
Human papillomavirus	<p>3 doses for adults up to and including age 26 years who did not get it in school.</p>	<p>HPV vaccine is given to Grade 6 students in school.</p> <p>HPV vaccine can be purchased by adults who are over age 26 years. Check with a travel health clinic, your doctor, or pharmacist to see if they offer the vaccine.</p>
Influenza	<p>1 dose every year.</p> <p>The best time to get it is early in the fall, usually in October or November, before influenza season starts (late fall and lasts through the winter).</p>	<p>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 people who:</p> <ul style="list-style-type: none"> <li>are under age 5 years</li> <li>are age 65 years and older</li> <li>are pregnant</li> <li>have health problems</li> <li>live in care facilities</li> <li>are Indigenous</li> </ul>

VACCINE	Number of DOSES	NOTES
Measles Mumps Rubella	<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>Adults born before 1970 do not usually need measles or mumps immunization, unless they 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>Adults born before 1957 do not usually need rubella immunization, unless they 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>
Pneumococcal Polysaccharide (PNEUMO-P)	1 dose at age 65 years or older. Adults who have certain health problems may need 1 or 2 doses of this vaccine at an earlier age.	<p>Adults who have a health problem should check with their healthcare provider to find out if they need doses at an earlier age and how many.</p> <p>Adults still need a dose when they turn age 65 years, even if they already had the vaccine.</p>
Varicella (Chickenpox)	2 doses for unprotected adults.	Adults should check with their healthcare provider to find out if they need this vaccine.
Other Vaccines	<p>Other vaccines may be needed for adults who:</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



Call Health Link at **811**



Go to **ImmunizeAlberta.ca**



Go to **MyHealth.Alberta.ca**



Go to **ahs.ca/influenza/influenza.aspx**

