

Routine Adult Immunization (Shots) Schedule

July 2018

For adults who have not received immunizations and are 18 years of age and older

It's Never Too Late to Immunize!!

Visits Needed	Visit #1	Visit #2 One month after visit #1	Visit #3 Six weeks after visit #2	Visit #4 Timing varies	Notes
Vaccine Preventable Disease Protection					
Tetanus Diphtheria Pertussis	• • •	• •		• •	Tetanus and diphtheria booster every 10 years. <i>If you were born 1989 or later and missed your grade 9 Tdap booster get it for free.</i>
Polio					Not routinely recommended for adults in Canada. Some people are at risk and may require it. Ask a public health nurse, doctor, or pharmacist if you need it.
Measles Mumps Rubella	• • •	• • •			One to two doses of measles mumps rubella (MMR) may be needed. A public health nurse, doctor, or pharmacist will assess your history and let you know how many doses you need.
Varicella (Chickenpox)	Assess status	•	•		Chickenpox vaccine is recommended for adults who: <ul style="list-style-type: none"> ◦ have not had chickenpox or shingles illness after 12 months of age and ◦ have no history of chickenpox immunization. A public health nurse, doctor, or pharmacist will assess your history to let you know if you need this vaccination
Meningococcal C Conjugate	•				Up to 24 years of age including those who have not received a dose at 10 years of age or older.
Hepatitis A					Aboriginal adults 18 years of age only: two doses at 0 and 6 months.
Hepatitis B	•	•		•	If you were born on or after Jan 1, 1980.
HPV Human Papillomavirus	•		•	•	Indicated for the following: <ul style="list-style-type: none"> • Females born 1994 - 2005 who are unimmunized or incompletely immunized • HIV positive individuals 9 - 26 years of age • Males 9 - 26 years who are: <ul style="list-style-type: none"> ◦ having sex with men ◦ questioning their sexual orientation ◦ street involved • Males in youth custody services centres • Transgender individuals 9 - 26 years • Males 9 - 18 years in care of the MCFD* <p style="text-align: right;"><small>*Ministry of Children and Family Development</small></p>

If you are an adult with a medical condition you should consult a public health nurse or your family doctor about additional immunization needs and free vaccines available for you. For all adults, there are other vaccines such as influenza, HPV (human papillomavirus), hepatitis A, pneumococcal, meningococcal, pertussis (whooping cough), shingles, travel, and other non-publicly funded vaccines that maybe indicated.

If you have questions or require immunizations contact your family doctor, your pharmacist, or a local community health centre and ask to speak to a public health nurse.

Immunization Saves Lives!

www.vch.ca / www.immunizebc.ca

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