

## Adult vaccines you should know about...

The National Advisory Committee on Immunizations (NACI) recommends many vaccines for adults, some of which are given free in BC. All adults in BC can get a booster of Tetanus and diphtheria (Td) vaccine every ten years. If you missed your basic series of vaccines in childhood, or depending on your health, age, and other risk factors you may also be able to get additional free vaccines to protect yourself against other harmful vaccine-preventable diseases.

*A limited number of other vaccines are also recommended for purchase.*

### Ask your healthcare provider about your needs for the following vaccines:

#### Recommended vaccines that require purchase: Available from your doctor or pharmacist

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> Flu (Influenza) | <input type="checkbox"/> HPV (Human Papilloma Virus) | <input type="checkbox"/> Pneumococcal                |
| <input type="checkbox"/> Hepatitis A     | <input type="checkbox"/> Meningococcal               | <input type="checkbox"/> Shingles (Varicella Zoster) |
| <input type="checkbox"/> Hepatitis B     | <input type="checkbox"/> Pertussis (Whooping cough)  |  |

#### Free vaccines based on additional criteria:

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Flu (Influenza)                    | <input type="checkbox"/> HPV (Human Papilloma Virus) | <input type="checkbox"/> Pneumococcal 23 |
| <input type="checkbox"/> Hepatitis A                        | <input type="checkbox"/> Meningococcal B             | <input type="checkbox"/> Polio           |
| <input type="checkbox"/> Hepatitis B                        | <input type="checkbox"/> Meningococcal C4            | <input type="checkbox"/> Rabies          |
| <input type="checkbox"/> Hib (Haemophilus Influenza Type B) | <input type="checkbox"/> Pneumococcal 13             |  |

#### Free Vaccines for all healthy adults (schedules can differ based on birth year, disease and vaccine history):

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Chickenpox (Varicella)      | <input type="checkbox"/> Measles (Red measles)    | <input type="checkbox"/> Meningococcal C            |
| <input type="checkbox"/> Diphtheria                  | <input type="checkbox"/> Mumps                    | <input type="checkbox"/> Pertussis (Whooping cough) |
| <input type="checkbox"/> Hepatitis B                 | <input type="checkbox"/> Rubella (German measles) | <input type="checkbox"/> Tetanus                    |
| <input type="checkbox"/> HPV (Human Papilloma Virus) |   |   |

#### Locations for purchasing vaccines:

Contact a **VCH Travel Clinic** in Vancouver #604.736.9244 or other **Local Community** Travel Clinics for vaccine advice.

*Many recommended and travel vaccines may be purchased and administered by your local pharmacist.*

To find a VCH community Health Centre for an immunization appointment or questions visit [www.vch.ca](http://www.vch.ca)

Learn more about immunizations @ [www.immunizebc.ca](http://www.immunizebc.ca)