

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
Hepatitis B	<p>3 doses for unprotected adults born in 1981 or later.</p> <p>Adults born before 1981 may need this vaccine if they are at risk for hepatitis B (e.g., health problems, type of work, lifestyle, contact with the virus).</p>	<p>Most adults born in 1981 or later have had hepatitis B immunization in school.</p> <p>Adults born before 1981 who may be at risk for hepatitis B should check with their workplace health and safety or a public health nurse to find out if they qualify for hepatitis B vaccine for free.</p>
Influenza	<p>1 dose at the beginning of every influenza season (between October and March).</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:</p> <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
Measles Mumps Rubella	<p>Measles and Mumps:</p> <ul style="list-style-type: none"> • Adults born in 1970 or later need 2 doses of measles and mumps containing vaccine. • Adults born before 1970 are generally considered protected for measles and mumps. <p>Rubella:</p> <ul style="list-style-type: none"> • Adults born in 1957 or later need at least 1 dose of rubella containing vaccine. • Adults born before 1957 are generally considered protected for rubella. 	<p>Adults born before 1970 do not usually need measles or mumps immunization, unless they are:</p> <ul style="list-style-type: none"> • a healthcare worker • a post-secondary student • having a transplant • travelling to a measles risk area <p>Adults born before 1957 do not usually need rubella immunization, unless they are:</p> <ul style="list-style-type: none"> • a healthcare worker • a daycare worker • having a transplant <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
Pertussis (Whooping Cough)	1 dose of pertussis (whooping cough) vaccine given at 18 years of age or older. Pregnant women should get this vaccine every time they are pregnant, even if they have had it before.	This dose is combined with the tetanus/diphtheria booster (dTap). In Alberta, dTap vaccine is recommended in every pregnancy. It is usually given between 27 and 32 weeks. If you are outside of this time frame talk to your healthcare provider about when you should get this vaccine.
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.
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.
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 moved to Alberta 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



Additional Recommended Adult Immunizations

VACCINE	Number of DOSES	NOTES
Pneumococcal Conjugate (PNEU-C13)	<p>1 dose of PNEU-C13 vaccine at 18 years of age or older including those previously vaccinated with Pneumococcal Polysaccharide (PNEUMO-P) vaccine.</p> <p>The need for revaccination with a subsequent dose of PNEU-C13 has not been established.</p>	<p>Regardless of prior pneumococcal vaccination status, if sequential administration of PNEU-C13 and PNEUMO-P vaccine is considered, PREVNAR 13 should be given first.</p> <p>Adults who have received PNEU-C13 vaccine first, can get PNEUMO-P vaccine 8 weeks later. Adults who have PNEUMO-P vaccine first, should wait 1 year before administration of PNEU-C13 vaccine.</p>
Herpes Zoster (Shingles) Non live Recombinant Zoster Vaccine (RZV)	<p>2 doses of non live RZV at 50 years of age or older without contraindications.</p> <p>In the two dose schedule, the second dose is administered between 2 and 6 months after the first dose.</p>	<p>Nearly 1 in 3 Canadians develop Herpes Zoster (HZ) in their lifetime. The incidence and severity of HZ increases sharply after 50 years of age.</p> <p>Individuals ≥ 50 years of age without contraindications who received Live Zoster Vaccine (LZV), or who have had a previous episode of HZ, should be vaccinated with RZV after at least one year.</p>
Human Papillomavirus (HPV)	<p>3 doses for females 9 to 26 years of age; females over 26 years of age who have not previously been vaccinated; and males 9 to 26 years of age.</p> <p>First dose of the vaccine: the date you and your health care provider choose, second dose: 2 months after the first, third dose: 6 months after the first. All 3 doses should be given within a 1 year period.</p>	<p>Check with your health care provider or a public health nurse to find out if you qualify to receive HPV vaccine for free.</p> <p>HPV vaccine helps prevent diseases caused by some types of papillomavirus but will not treat them.</p> <p>HPV vaccine is not recommended for use in pregnant women.</p>

The information in this resource has been gathered from the National Advisory Committee on Immunization (NACI) and the Canadian Immunization Guide.

References

Pneumococcal Conjugate (PNEU-C13): https://pdf.hres.ca/dpd_pm/00050921.PDF

Herpes Zoster (Shingles): [https://www.canada.ca/en/public-health/services/publications/healthy-living/canadian-immunization-guide-part-4-active-vaccines/page-8-herpes-zoster-\(shingles\)-vaccine.html](https://www.canada.ca/en/public-health/services/publications/healthy-living/canadian-immunization-guide-part-4-active-vaccines/page-8-herpes-zoster-(shingles)-vaccine.html)

Human Papillomavirus (HPV): https://pdf.hres.ca/dpd_pm/00037408.PDF

https://www.canada.ca/content/dam/phac-aspc/migration/phac-aspc/publicat/ccdr-rmtc/16vol42/dr-rm42-7/assets/pdf/16vol42_7-ar-03-eng.pdf