



For more information
call Peel Public Health
at 905-799-7700 or
visit our website at
www.ImmunizePeel.ca



WHAT TO EXPECT AFTER IMMUNIZATION

- Vaccines are safe and effective. For most people, there are no serious side effects after immunization.
- Minor local side effects, such as muscle soreness, redness and swelling at the injection site, may occur but usually last only a few days.
- Some individuals may get a mild fever, lose their appetite or feel tired. Very rarely, severe allergic reactions may occur.
- You should always discuss the benefits and risks of any vaccine with your health care provider.

Talk to your healthcare provider or call Peel Public Health at 905-799-7700 to discuss your risk and need for immunization.

Make sure your Personal Immunization Record (yellow card) is updated after you receive immunizations. Remember to keep your immunization record in a safe place with your other important documents.



IMMUNIZATION INFORMATION for Adults

 **Region of Peel**
Working for you
Public Health



IMMUNIZATION SAVES LIVES

- Immunization is one of the most effective public health interventions.
- Every year immunizations save many people from death or disability and help reduce medical care costs and hospital admissions.
- Immunization is a lifelong process of preventing infection and disease.
- We do our best to protect our children, but we also have to remember to protect ourselves.
- Adults should receive all doses of vaccines recommended to them. Immunizations are recommended based on your occupation, travel, underlying medical conditions, environment, lifestyle and age.



Some vaccines are free through your healthcare provider.

Make sure you're protected.

Recommended Adult Immunizations

VACCINE	WHO	SCHEDULE/DOSE	REMINDERS
Tetanus, Diphtheria (Td) or Tetanus, Diphtheria and Pertussis (whooping cough) (Tdap)	<ul style="list-style-type: none"> • All adults 	Td every 10 years	<ul style="list-style-type: none"> • A deep or dirty wound may require a Td booster shot given at a shorter interval • Recommended that 1 dose of Tdap be given in adulthood
Influenza (flu shot)	<ul style="list-style-type: none"> • All adults 	One dose every year	<ul style="list-style-type: none"> • Flu strains change yearly so annual flu vaccinations are recommended
Pneumococcal Polysaccharide	<ul style="list-style-type: none"> • All individuals ≥ 65 years of age • All residents of nursing homes, homes for the aged and chronic care facilities or wards • Individuals with certain medical conditions 	One dose	<ul style="list-style-type: none"> • Revaccination is indicated under certain circumstances, speak to your healthcare provider
Measles, Mumps, Rubella (MMR)	<ul style="list-style-type: none"> • All adults born in 1970 or later without evidence of immunity (blood titres) or adults not fully immunized in childhood 	Two doses (at least 4–8 weeks apart)	<ul style="list-style-type: none"> • MMR is a live vaccine and should not be given during pregnancy. • Talk to your healthcare provider if you plan on becoming pregnant
Varicella (chickenpox)	<ul style="list-style-type: none"> • Individuals who have never had chickenpox disease 	Two doses (at least 4–8 weeks apart)	<ul style="list-style-type: none"> • Varicella is a live vaccine and should not be given during pregnancy. • Talk to your healthcare provider if you plan on becoming pregnant • Vaccine is free for specific high-risk adults
Herpes Zoster (shingles)	<ul style="list-style-type: none"> • Individuals ≥ 60 years of age 	One dose	<ul style="list-style-type: none"> • Recommended for prevention of herpes zoster and its complications in persons 60 years and older without contraindications
Travel vaccines	For specific travel information, visit the Public Health Agency of Canada website at www.travelhealth.gc.ca or go to your local travel clinic.		

Many vaccines are recommended; however, some vaccines may be required for certain occupations, travel or educational institutions. Examples of these vaccines include:

- Hepatitis A vaccine
- Hepatitis B vaccine
- Combined hepatitis A/B vaccine
- Inactivated polio vaccine and
- Meningococcal vaccines.

