

As adults, we are fortunate to have vaccines that can offer protection against many infections beyond the annual flu shot.

## Maintaining an accurate list of your vaccinations is important.

Immunize Canada provides a complimentary **smartphone "app"** for this purpose.

Review the following list of suggested adult vaccines with your family physician to ensure you are well protected!







For further information see: www.immunize.ca

The coordination, graphic design and printing of this independently written HDPhA checklist was supported by one of Canada's leading biopharmaceutical companies.

### Notes /Definitions

#### **Live Vaccine Considerations**

- a) If you are administering multiple live vaccines, they can be administered at the same time or 4 weeks apart. These include varicella, herpes zoster (Zostavax) and MMR. Live attenuated influenza vaccine (LAIV) can be given at the same time or any time before or after other live vaccines. Yellow fever and oral typhoid are also live vaccines.
- b) Should NOT be given to pregnant women or those with significant immunosuppression.
- c) In situations where ongoing treatment medication will cause immunosuppression, administer live virus vaccine at least 14 days prior to onset of treatment.

#### **Co-administration**

- There are no contraindications to co-administration of multiple vaccines in terms of safety and/or efficacy unless otherwise stated.
- Specifically, it is safe to administer Herpes Zoster, Prevnar13 or Pneumovax23, and influenza at the same visit, choosing different sites on the patient for injection. (Prevnar13 & Pneumovax23 are not given together)



Adapted from National Advisory Committee on Immunizations (NACI) Adapted from





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# Adult Vaccination Checklist





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$\checkmark$	Vaccine	Which Adult Should Receive It?	How Often	Publicly Funded in Ontario	Additional Comments
	Tetanus/Diphtheria (Td)	All Adults	Every 10 years	Yes	
	Tetanus/Diphtheria/Pertussis Tdap - (Adacel® or Boostrix®)	All Adults	Once in adulthood	Yes	Replaces one tetanus/diphtheria dose
		Pregnant Women	Every pregnancy between 27 and 32 weeks gestation	No	
	Influenza	All Adults	Annually	Yes	
	Pneumococcal Conjugate (PCV13) (Prevnar 13®)	Everyone ≥ 65 years old     Immunocompromised	One dose	Yes Immunocompromised ≥50 years old	PCV13 and PPSV23 must <b>not</b> be administered at the same time
	Pneumococcal Polysaccharide (PPSV23) (Pneumovax 23®)	<ul> <li>Everyone ≥ 65 years old</li> <li>High risk adults (asthma, COPD, diabetes, chronic lung, kidney and heart disease)</li> <li>Immunocompromised</li> </ul>	<ul> <li>Healthy ≥ 65 years old and adults high risk 1 dose</li> <li>Immunocompromised 2 doses (0, 5 years)</li> </ul>	Yes  • High risk • immunocompromised adults • ≥ 65 years old	<ul> <li>If both are indicated, NACI recommends PCV13 first, wait 8 weeks and give PPSV23</li> <li>If PPSV23 has been given already, wait one year since the last dose to give PCV13</li> </ul>
	Herpes Zoster –Non-live Vaccine (Shingrix)	≥ 50 years old	2 doses (2-6 months apart)	No	If contraindicated use Zostavax
	Herpes Zoster – Live Vaccine (Zostavax®)		One dose	Yes (65-70 years old)	Need for a booster unknown
	Hepatitis A	Adults with medical, occupation or lifestyle risk and anyone who want protection from Hepatitis A	2 doses (0, 6 months)	High risk – (liver disease, drug abuse, MSM*) Not for travel	Hepatitis A/B combination vaccine is available. If received Hep B in grade 7, only Hep A is needed.
	Hepatitis B	Adults with medical, occupation or lifestyle risk and anyone who want protection from Hepatitis B	3 doses (0,1,6 months) 4 dose for rapid schedule (0, 7, 21 d, 1 year)	Grade 7 (since 1994) High risk – (liver disease, drug abuse, MSM*) Not for travel	Hep B antibodies decline rapidly over the first year – however immune memory provides long-term protection
	Meningococcal B - Trumenba™	Adults18-25 years old with specific medical conditions, occupational risk (military personnel, laboratory staff) or students living in residential accommodations	Routine ( 0, 6 months) High risk (0, 1, 4 months)	No	
	Meningococcal B - Bexsero®		Two doses (0, 1 month)	Not for those ≥ 18 years old	
	Meningococcal ACYW-135 (Nimenrix, Menveo, Menactra)	Adults with specific medical conditions or people living in residential accommodations including students and military personnel	One dose (Repeated every 5 years if at continued risk)	Immunocompromised     Cochlear Implant	
	Measles, Mumps, Rubella (MMR) Live Vaccine	Adults who have not had the disease or not immunized	Adults may receive one or two dose(s) based on childhood immunizations or risk	Yes	
	HPV (Gardasil 9®)	Women 9-45 years old Men 9-26 years old	3 doses (0,2,6 months)	<ul> <li>Grade 7/8 - since Sept 2017</li> <li>MSM* - up to 26 years old</li> </ul>	NACI recommends no upper age limit for vaccination
	Travel Vaccines	Varies by destination – consult a travel health clinic, pharmacist, doctor or local public health office or www.travelhealth.gc.ca			