



First Nations Health Authority
Health through wellness

Immunizations Keep Adults Healthy Too!

A message from Dr. Helena Swinkels, Office of the Chief Medical Officer and Marion Guenther, Clinical Nurse Specialist for Immunizations, office of the Chief Nursing Officer.

Immunizations are important for keeping you healthy throughout your life. Some vaccines are recommended for all adults, some for specific adults, and some require “booster” shots to ensure ongoing protection from disease.

WHY DO ADULTS NEED IMMUNIZATIONS?

1. As you age, your risk increases for certain vaccine-preventable diseases. Some vaccines you received as a child can wear off, such as tetanus and pertussis, so a booster can become necessary.
2. You may be at risk for new or different diseases depending on your health, job, or life situation.
3. Reducing your chances of illnesses, such as the seasonal flu or pneumonia, in turn reduces your risk of getting very sick from COVID-19 (however, a COVID-19 vaccine is not yet available).
4. Getting immunized helps protect others in your community—especially those who can't be immunized, such as infants and people with medical conditions. When you get immunized, you greatly reduce the risk of getting and spreading infections.

WHICH VACCINES DO ADULTS NEED?

- Tetanus and diphtheria (Td) booster: Every 10 years
- Influenza vaccine: Annually
- Make sure you're up to date with pertussis (whooping cough) and influenza vaccines if you're pregnant.
- Shingles vaccine: Age 65-69
- Pneumococcal polysaccharide vaccine: Age 65+

Talk to your doctor or nurse about which vaccines are recommended if you have a health condition, have questions about protecting against some sexually transmitted infections, or are new to BC.

HOW CAN YOU ENSURE YOUR IMMUNIZATIONS ARE UP TO DATE?

If you're not sure what immunizations you've had, you can ask your health care provider or find tips on locating immunization records at [ImmunizeBC.ca](https://www.immunizebc.ca). They can also help you understand which vaccines are available at no cost to you.

A free mobile app available at [CANImmunize.ca](https://www.canimmunize.ca) can help you keep track of your immunizations.

Learn more at [FNHA.ca/immunize](https://www.fnha.ca/immunize)