

## Immunizations are not only for children

While many people recognize the importance of vaccination for children, it is important to note that there are many important vaccines for adolescents and adults to get as well. These vaccines protect against a range of conditions, ranging from cancer (in the case of hepatitis and human papillomavirus vaccines) to respiratory conditions (multiple vaccines like influenza and pneumococcal) to shingles. As with childhood vaccines, adult vaccines are recommended to different people at *different ages* and with *different chronic medical conditions*.

## Some vaccines adults are recommended to receive are listed below (note this is a non-exhaustive list):

- COVID-19
- Hepatitis A & B
- Human papillomavirus (HPV)
- Influenza
- Meningococcal Disease
- Pneumococcal Disease
- Respiratory Syncytial Virus (RSV)
- Shingles (Herpes Zoster)
- Tetanus/Diphtheria Booster



## Who makes the recommendations for adult immunizations in Canada?

The National Advisory Committee on Immunization (NACI) is a group of experts spanning various fields such as pediatrics, infectious diseases, immunology, social science, and public health. NACI provides recommendations on the use of vaccines, including adult vaccines, in Canada. Additionally, different provinces/territories may have their own specific recommendations for some vaccines. Note, not all recommended vaccines are publicly funded.

Vaccination remains one of the best ways to safeguard yourself from preventable diseases, reduce the risk of serious illness and complications and prevent the spread of disease to others. Talk to your healthcare provider to learn more about how vaccination can support you and your families health and wellness.