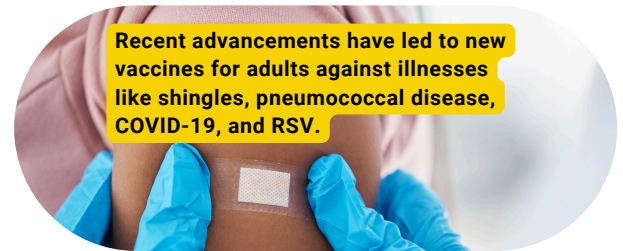


What are adult vaccines?

Adult vaccines are crucial for protecting against diseases like shingles, RSV, pneumococcal disease, and COVID-19, much like childhood vaccines guard against measles and whooping cough. One of the best examples of this is the COVID-19 vaccine which is recommended for everyone 6 months and older.

Why do adult vaccines matter?

The fact is, adults need vaccines just as much as children do. Adults are susceptible to the same infectious diseases as children, and older adults and those with weakened immune systems can be at higher risk of severe illness.



What are the adult vaccines I need to get?

The vaccines one needs to get vary depending on someone's age and unique risk factors (i.e., immunocompromising conditions, chronic conditions, people who are pregnant etc.). There are a few ways to classify adult vaccines.



The influenza vaccine and the COVID-19 vaccines are given annually since the nature of the virus causing both diseases changes quickly.



Some vaccines that are sometimes missed earlier in life include the human papillomavirus (HPV) vaccine and the hepatitis B virus (HBV) vaccine.



For example, the shingles vaccine (recommended for adults 50 and older) and the RSV vaccine (recommended for adults 60 and older).

Where can I find more about adult vaccinations and where I can get them?

Generally speaking, you can speak to your **family physician, pharmacist, or local public health unit** to find out more information about these vaccines.

Depending on the province, these three groups will be the ones who will also administer vaccines. Sometimes, your workplace may also have a clinic, say for influenza or COVID-19 in preparation for the fall/winter season.



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.