

Vaccine Name & Lot#	Dose	Date Given (DD/MM/YYYY)	Health Provider Signature	Date next dose due
MMR (measles, mumps, rubella)				
Varicella (chickenpox)				
Td (tetanus)				
Tdap (tetanus, diphtheria, whooping cough)				
Herpes zoster (shingles)				
Hepatitis B				
Hepatitis A				

Vaccine Name & Lot#	Dose	Date Given (DD/MM/YYYY)	Health Provider Signature	Date next dose due
*If hepatitis combo				
Pneumococcal				
Meningococcal				
HPV (human papillomavirus)				
Influenza				

Adult Immunization Record

Ask your health care provider to record each vaccine you receive. Keep this record in a safe place with other important health records.

LAST NAME FIRST NAME

ADDRESS

CITY, PROVINCE/TERRITORY TELEPHONE

DATE OF BIRTH
 D D M M Y Y Y Y

Vaccine Name & Lot#	Dose	Date Given (DD/MM/YYYY)	Health Provider Signature	Date next dose due

Other Vaccines

For more information:
 immunize.ca • email: immunize@cpha.ca

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Adult Immunization

Are you up to date?

CARP Developed by Immunize Canada and disseminated in collaboration with CARP, Canadian Association for Retired Persons.



CELEBRATING IMMUNIZATION SUCCESS

ADULT IMMUNIZATION:

VACCINE	WHO SHOULD RECEIVE IT?
Tetanus	everyone, every 10 years
Diphtheria	everyone, every 10 years
Pertussis	everyone, once in adulthood during each pregnancy
Influenza	everyone, annually people 65 years of age and over, annually people at high risk, annually people at risk of spreading disease such as essential service providers
Pneumococcal	people 65 years of age and over people 18 to 64 with a high-risk condition or situations putting them at increased risk
Hepatitis B	people with medical, occupational or lifestyle risks
Hepatitis A	people with medical, occupational or lifestyle risks
Meningococcal	people with high-risk conditions and people living in communal residences, including military personnel
Measles	people who were born after 1970 and who did not receive the vaccine or get the disease
Mumps	people who have not had the vaccine or the disease
Rubella	people who have not had the vaccine or the disease
Varicella	people who have not had the vaccine or the disease
HPV	females and males 9-26 years of age (may be administered to females or males 27 years and older at ongoing risk of exposure)
Herpes zoster	people 50 years of age and older, including people who have had a previous episode of shingles
Travel vaccines	varies by destination - consult a travel health clinic, your health care provider, local public health office or https://travel.gc.ca

Reference: Canadian Immunization Guide, <https://www.canada.ca/en/public-health/services/canadian-immunization-guide.html>



Vaccines are not just for infants and children.

At any age, immunization provides the longest-lasting, most effective protection against disease.

Ask your health care provider or local public health office about immunization for you and your family.

Keep up to date with your recommended vaccines.

For travel vaccines

visit <https://travel.gc.ca/travelling/health-safety/vaccines> or contact your local health clinic or public health office.