

## Recommended Immunizations for Adults

Vaccine	Adults 18 – 64 years	Adults 65 and older	High Risk Groups	Where can I get this vaccine?
Hepatitis A			◆	Adults with certain health risks <sup>1</sup> can receive free from the public health nurse (PHN). Travelers can purchase at travel clinic, physician (MD) or pharmacist (with prescription [R <sub>x</sub> ]).
Hepatitis B	◆ (BD ≥ 1989) <sup>2</sup>		◆	Adults born on/after 1989 & those with health risks <sup>1</sup> can receive free from PHN. Workers with occupational risks should check with their employer. Travelers can purchase at travel clinic or pharmacy with R <sub>x</sub> .
Human Papillomavirus (HPV)	◆ (BD ≥ 1997) <sup>2</sup>		◆	Women born before 1997 and men born before 2002 can purchase through MD or pharmacist (with R <sub>x</sub> ).
Influenza (Flu)	◆	◆	◆	Annual flu shot available free to everyone, at public health flu clinics, your MD, and participating pharmacies.
Measles, Mumps, Rubella (MMR)	◆			Adults born in 1970 or later who have not received MMR vaccine or had the disease(s) need 1 or 2 doses of MMR (depending on the situation), available free from the PHN or MD.
Meningococcal C Conjugate	◆ (BD ≥ 1995) <sup>2</sup>		◆	Adults born on/after 1995 and those with certain health risks <sup>1</sup> can receive free from PHN or MD.
Pneumococcal Conjugate		◆	◆	Adults with certain high risk medical conditions <sup>1</sup> can receive free from PHN. Adults ≥ 65 years of age not eligible for free vaccine can purchase through physician or pharmacist (with R <sub>x</sub> ).
Pneumococcal Polysaccharide		◆	◆	Adults ≥ 65 years of age and those with health risks <sup>1</sup> can receive vaccine free from PHN, MD or pharmacist (with R <sub>x</sub> ).
Shingles (Herpes Zoster)		◆ (age 60+)		Shingles vaccine is recommended for adults 60 years of age and older (and may be given to adults 50 to 59 years of age), but is not free. Individuals can purchase vaccine from MD or pharmacist (with R <sub>x</sub> ).
Tetanus, Diphtheria (Td)	◆	◆	◆	Adults can receive a free booster dose of Td vaccine every 10 years from PHN, MD or pharmacist.
Tetanus, Diphtheria, Pertussis (Tdap)	◆	◆	◆	Adults can receive one free lifetime dose of Tdap vaccine from PHN, MD or pharmacist. Parents of newborn infants should be immunized.
Travel Vaccines	◆	◆	◆	Varies by travel destination; consult travel health clinic for assessment and recommended vaccines for purchase.
Varicella (Chickenpox) <sup>3</sup>	◆		◆	Adults born on/after 1995 and those with health risks <sup>1</sup> who have not had the disease or vaccine can receive vaccine free from PHN or MD.

<sup>1</sup>High risk groups are defined in Manitoba Health's vaccine eligibility: <http://www.gov.mb.ca/health/publichealth/cdc/vaccineeligibility.html>

<sup>2</sup>Adults in eligible age groups (BD = birthdate) can receive this vaccine free of charge from the PHN or MD.

<sup>3</sup>Most adults in Manitoba are immune to chickenpox