

## WHAT VACCINES DO OLDER ADULTS NEED?

Some vaccines are routinely recommended for all adults. In Manitoba, the recommended vaccines, which are provided free of charge, are:



- Influenza (Flu) vaccine – yearly
- Pneumococcal polysaccharide (Pneu-P-23) vaccine (65 years of age and older) – most people only need this vaccine once over the age of 65.
- Tetanus, Diphtheria and Pertussis (Tdap) vaccine – once in adulthood
- Tetanus and Diphtheria (Td) vaccine – every 10 years

Some of the more common vaccines that are recommended for adults 60 - 65 years of age and older, which need to be purchased, are:

- Pneumococcal conjugate (Pneu-C-13) vaccine - may be recommended to healthy adults aged 65 and older for the prevention of pneumonia. It should be given before the (free of charge) Pneumo 23 vaccine, or at least one year after.
- Shingles vaccine – is recommended for adults aged 60 years and older, for the prevention of shingles.

There may be other vaccines you need, depending on your age, job, health conditions or travel plans. Some of these vaccines may be provided free, and others may need to be purchased. Some of the more common vaccines that are recommended are:

- Hepatitis A – usually for travel purposes
- Hepatitis B – some adults require for job purposes, and some for travel purposes

Talk to your health care provider about which vaccines are recommended for you.

Where can you get vaccinated?

- You can get the free (publicly-funded) vaccines from your public health nurse, most doctor's offices, and most pharmacies.
- For the vaccines that are not free, you must first see your physician for a prescription. You then must purchase the vaccine (unless your doctor has the vaccine at the clinic) from a pharmacy. You may be able to receive the injection from the pharmacist, or you can take the vaccine back to your doctor for the injection. Vaccines for travel purposes can be purchased at a travel clinic. Services vary throughout Manitoba.

## Why aren't all vaccines free in Manitoba?

- Manitoba Health decides which vaccines are provided free, based on the recommendations made by Canada's National Advisory Committee on Immunization, the scientific research and how often the disease occurs in Manitoba. These decisions are made amid the competing health care costs within the province. The routine vaccines provided free for Manitobans will protect against potentially serious diseases that can be prevented by vaccination.

Need more information? Locate your nearest Community Health Centre below – for immunization records, questions about vaccines, or receiving publicly-funded vaccines:

<b>NAME</b>	<b>PHONE</b>	<b>ADDRESS</b>
Arborg Community Health Office	204-376-5559	317 River Road
Ashern Community Health Office	204-768-2585	1 Steenson Avenue
Beausejour Community Health Office	204-268-4966	151 – 1 <sup>st</sup> Street S
Eriksdale Wellness Centre	204-739-2777	35 Railway Avenue
Fisher Branch Community Health Office	204-372-8859	23 Main Street
Gimli Community Health Office	204-642-4595	120 – 6th Avenue
Lac du Bonnet Primary Health Care Centre	204-345-8647	89 McIntosh Street
Lundar Community Health Office	204-762-5469	97 – 1st Street S
Oakbank – Kin Place Health Complex	204-444-2227	689 Main Street
Pinawa Primary Health Complex	204-753-2334	30 Vanier Drive
Pine Falls Health Complex	204-367-4441	37 Maple Street
Riverton Community Health Office	204-378-2460	68 Main Street
Selkirk Community Health Office	204-785-7500	237 Manitoba Avenue
St. Laurent Community Health Office	204-646-2504	1 Parish Lane
Stonewall Community Health Office	204-467-4400	589 – 3rd Avenue S
Teulon Community Health Office	204-886-4065	162 – 3rd Avenue SE
Whitemouth District Health Centre	204-348-7191	75 Hospital Street