



lung health
foundation

Your Adult Immunization Card



When was the last time you...
got carded?

Protect your lungs (at any age!) by keeping your immunizations up to date.

lunghealth.ca

Fight the flu

A yearly flu shot reduces your risk of catching the flu and makes you less likely to experience complications, which can lead to difficulty breathing, hospitalization, or even death.

Protecting yourself also helps protect those around you who are particularly vulnerable, like young infants and immunosuppressed adults.

If you are aged 65 years or older, speak to your healthcare provider about getting even stronger protection through a high-dose flu vaccine.

Prevent pneumonia

Pneumonia is an infection that inflames your lungs' air sacs. It can be caused by bacteria, viruses, or fungi.

If you are aged 65 years or older, speak to your healthcare provider about protecting yourself from pneumococcal pneumonia through the Prevnar® 13 and the Pneumovax® 23 vaccines.

Who's most at risk for vaccine-preventable lung infections?

- People aged 65 years or older
- Infants and young children
- Pregnant people
- Indigenous people
- Residents of nursing homes and other care facilities
- People with weakened immune systems
- People who smoke tobacco or cannabis
- People with existing chronic disease including asthma, chronic obstructive pulmonary disease (COPD), diabetes and heart conditions

Vaccine	Who should receive it?
Tetanus	Everyone, every 10 years
Diphtheria	Everyone, every 10 years
Pertussis (whooping cough)	Everyone, once in adulthood and during each pregnancy
Influenza	Annually for everyone 6 months of age and older, especially people 65 years of age and over, people at high-risk, and people in contact with vulnerable adults and children
Pneumococcal	People 65 years of age and over and people 18 to 64 with an at-risk condition or situations putting them at increased risk
Hepatitis B	People with medical, occupational or lifestyle risks, or kidney disease
Hepatitis A	People with medical, occupational or lifestyle risks
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)
Meningococcal	People with at-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/Rubella (German measles)/ Varicella (chickenpox)	People who have not had the vaccine or the disease
Herpes zoster (shingles)	People 50 years of age and older, including people who have had a previous episode of shingles
Travel vaccines	Recommendations vary by destination. Consult a travel health clinic, or your health care provider, or a local public health office, and visit https://travel.gc.ca/

Keep a record of your immunizations

Name: _____

Date of Birth: _____

Date of next dose								
Administered by (initials)								
Date administered (DD/MM/YYYY)								
Dose								
Vaccine & lot #								

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