

# ARE YOU UP TO DATE

Now is the time to consider some other recommended adult vaccinations.

Influenza	• Everyone 6 months and older, annually
Tetanus	• Everyone, every 10 years
Pneumonia	• Age 65 and over
Herpes Zoster (Shingles)	• Age 50 and over
HPV	• Males 9-26 years, Females 9-45 years

For further information see: *Immunize Canada*, [www.immunize.cpha.ca](http://www.immunize.cpha.ca)