

## Wellness Articles

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If you would like to be added to the distribution list for these articles, please email: [Rebecca.johnson2@albertahealthservices.ca](mailto:Rebecca.johnson2@albertahealthservices.ca). You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at <http://www.albertahealthservices.ca/9966.asp>

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## Update your immunizations

April 24 to 30 is National Immunization Awareness Week.

When was the last time you updated your immunizations? If you can't remember, it may be time to get them done. It is recommended that adults in Alberta receive:

- A booster dose of tetanus / diphtheria vaccine every 10 years
- An adult booster dose of pertussis (whooping cough) vaccine, combined with one of the tetanus / diphtheria boosters (dTap)
- The dTap vaccine for pregnant women every time they are pregnant
- Hepatitis B vaccine for unprotected adults born in 1981 or later. Some adults born before 1981 may need this vaccine if they are at risk for hepatitis B (e.g. health problems, type of work, lifestyle, contact with the virus)
- Measles, Mumps, Rubella (MMR) vaccine for adults whose immunization records do not show the recommended number of doses of measles, mumps, or rubella vaccine.
- Chickenpox vaccine for unprotected adults
- Annual influenza vaccine for all Albertans 6 months of age and older
- Pneumococcal vaccine for all adults 65 years of age and older and adults with certain health problems.

To find out which vaccines are recommended for you and to book an appointment for immunization, call your nearest community health centre or public health centre. If you are not sure where your nearest community health centre or public health centre is, you



can call Health Link at 811. Bring any immunization records you have to the appointment, especially if you were immunized in another province or country.

For more information about immunization go to [ImmunizeAlberta.ca](https://www.immunizealberta.ca), Immunizations at [myhealth.alberta.ca](https://myhealth.alberta.ca), or call Health Link.