



Comfort Keepers®

Immunizations

Comfort Keepers places great value on the health and wellbeing of our clients. An important part of healthy aging is keeping up with a vaccination schedule as recommended by the Ministry of Health and Long Term Care and Health Canada. Vaccination is the most important step that you can take to protect your health, and the health of others around you. Vaccine preventable illnesses can have serious health consequences up to and including death.

For your knowledge, and convenience, we have assembled a list of the recommended immunizations for older adults. These immunizations are publicly funded and available from your family doctor or other primary health care provider. If you are uncertain of your immunization status, we recommend that you discuss your immunizations with your primary health care provider at your next appointment. Take this list with you as a guideline for your discussion.

Seasonal Flu vaccine – **Annually**

Last given: _____ Due next: _____

Tetanus and Diphtheria (Td) vaccine – **Every 10 years**

Last given: _____ Due next: _____

Pneumococcal Polysaccharide (Pneu – P – 23) vaccine for 65 years of age and over – **One time**

Last given: _____

Shingles Vaccine for 65-70 years of age – **One time**

Last given: _____

<https://www.canada.ca/en/public-health/services/vaccination-adults.html>