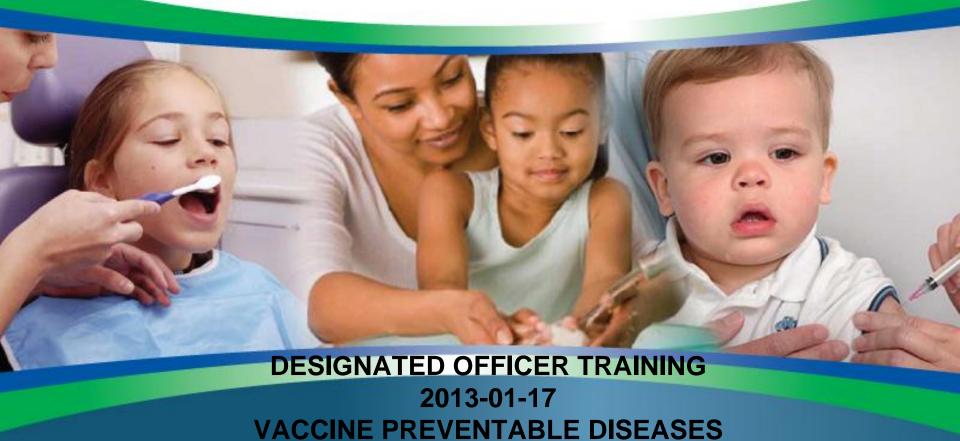
Your Health Connection





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Recommendations for Immunizations

Measles, Mumps and Rubella (MMR)

- if born prior to 1970, can be assumed to have natural acquired immunity to measles and mumps
- may have received one or two doses depending on your age
- a second dose of MMR is recommended for health care workers; recommend a second dose for those age 18 – 25 years
- if you have 2 documented MMR doses, bloodwork is not needed
- if unable to provide documentation, a blood titre may be obtained
- if you are uncertain of your status or have questions, speak to your health care provider
- Publicly funded



TETANUS, DIPHTHERIA AND POLIO TETANUS, DIPHTHERIA AND PERTUSSIS

- Should have had a completed initial childhood series
- Boosters are recommended for Tetanus and Diphtheria (Td) every 10 years
- Recommend one dose of Polio in adulthood
- For those whose immunization history is unknown or uncertain there is a recommended schedule for immunization that can be obtained through your health care provider
- Since August 2011 the Ministry of Health and Long Term Care recommends Tetanus, Diphtheria, Pertussis (Tdap) booster for Adults
- Publicly funded



INFLUENZA

- Recommended annually in the fall
- Strains included in Influenza vaccine for 2012-2013 are
 A/California/7/2009 (H1N1)pdm09-like virus;
 A/Victoria/361/2011 (H3N2)-like virus; and
 B/Wisconsin/1/2010-like virus (B Yamagata lineage)
- Health unit clinics are held in November with booked appointments
- New for 2012-2013, Pharmacists have been vaccinating at booked and drop in clinics
- If you haven't received the Influenza vaccine this season, a listing of pharmacies who still offer the vaccine is available on the Simcoe Muskoka District health Unit website at www.simcoemuskokahealth.org
- May also be obtained through your Health Care Provider
- Publicly funded



HEPATITIS B

- Publicly funded for High-risk groups
- Individuals may have received Hepatitis B series in grade 7, or as a catch-up in 1996; given as two or three doses if attended school in Ontario
- Given as a 3 dose schedule to adults over a period of 6 months (0, 1 and 6 months)
- Recommend blood titres to confirm immunity; this is done 1 month after last dose of vaccine has been received
- Not publicly funded
- May be covered with benefits through an extended health plan



VARICELLA

- Most may have had chicken pox in childhood
- Documentation is not needed if had chicken pox in the past
- If the individual has never had chicken pox, 2 doses of vaccine are recommended; given 6 weeks apart
- May be covered with benefits through an extended health plan
- Not publicly funded



TUBERCULOSIS (Tb)

- ◆ Recommend a baseline 2-step Tb skin test (2 tests; with the second test given 1 – 4 weeks after the first test)
- ◆ May be covered with benefits through an extended health plan
- Not publicly funded



MENINGOCOCCAL

- Routinely given to children at 1 year of age and through school programs in grade 7
- Vaccine not needed preventively
- Will be followed post exposure
- If you have questions, speak to your health care provider
- Not publicly funded



WHAT IS MY IMMUNIZATION HISTORY?

- ◆ IF YOU DON'T HAVE YOUR IMMUNIZATION RECORD:
 - Check with your Family Physician
 - Contact the local health unit where you attended elementary and high school

