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Canadian
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première ligne

Vaccines after 50: protecting your health at every stage

As we get older, our bodies become more vulnerable to infections. Vaccines are one of the safest and most effective ways to protect your health, prevent complications, and maintain independence. Adults 50 and older are encouraged to review their vaccination status regularly to make sure they are protected year-round.

Recommended vaccines for adults 50+ include:

- Influenza (flu): Given each year to prevent serious illness and hospital visits.
- Shingles: Helps reduce the risk of painful shingles and long-term nerve pain.
- Pneumococcal (pneumonia): Recommended for 65+. Protects against severe lung and blood infections.
- Whooping cough (pertussis): A booster may be recommended to maintain protection.
- Tetanus and diphtheria: Boosters are usually given every 10 years.



Your doctor may also recommend additional vaccines based on your medical history, travel, or other risk factors. Staying up to date with vaccines is especially important because older adults are more likely to experience complications from infections.

Some vaccines are publicly funded, while others may require payment depending on your age, health conditions, and province or territory. Some costs may be covered by private insurance. Check your provincial or territorial immunization program, your local public health unit, or ask your healthcare provider to learn what is covered.

Reliable Canadian resources are available to guide you:

- [Government of Canada](#)
- [Immunize Canada](#)

Vaccination is a safe and proven way to stay healthy, active, and confident in daily life.