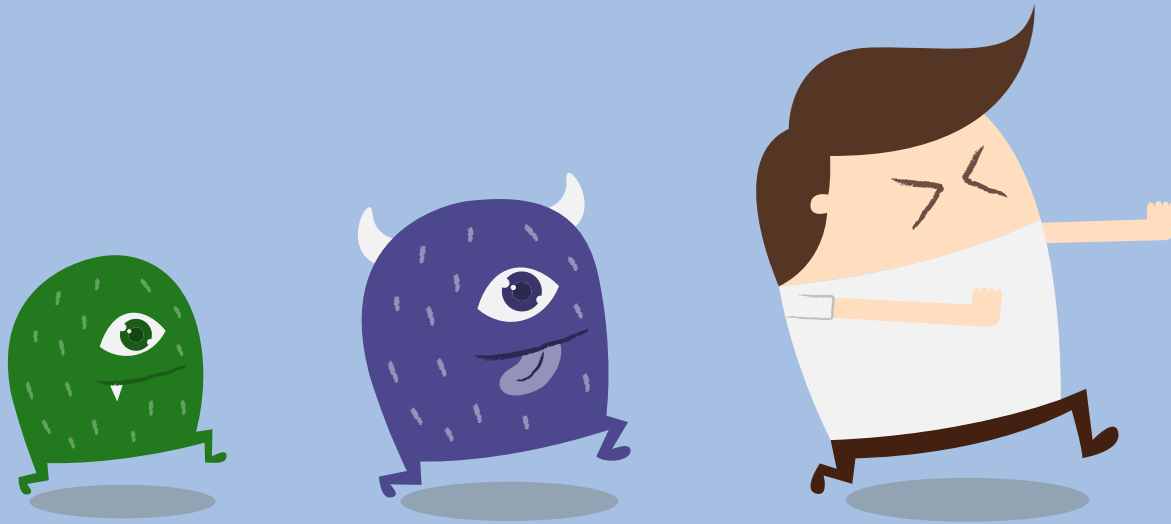


Why do we need booster shots?



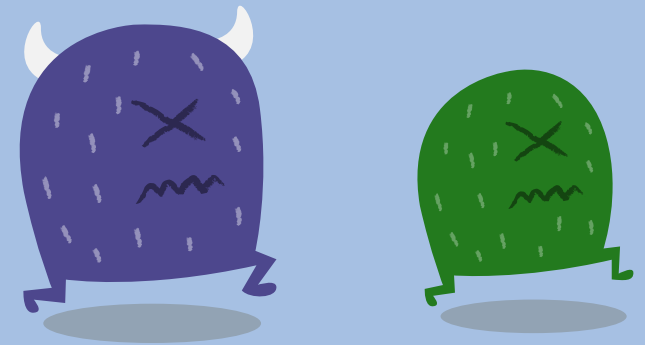
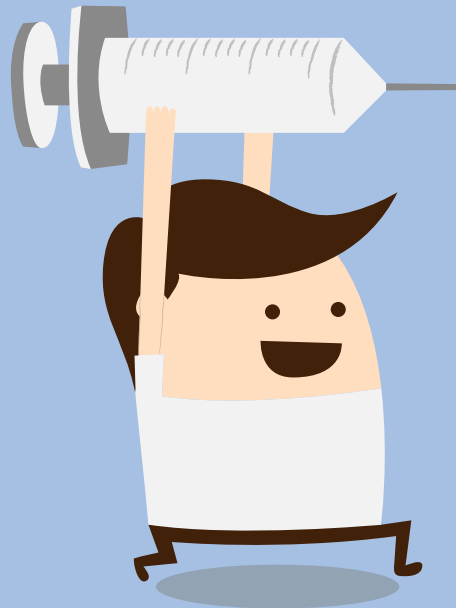
Our bodies don't respond the same to all vaccines. The vaccines that produce a strong response – like rubella – are only needed once in our lifetime.

Some vaccines don't produce as strong an immune response in us, or the response weakens over time, so "boosters" are needed to refresh our body's response – e.g. Tdap (tetanus, diphtheria and pertussis) is needed every 10 years.

Why do I need a flu vaccine every year?

The flu virus is constantly mutating, which means the antibodies you have from the previous year may not recognize the new virus. You need a new flu vaccination each year to match the latest "version" of the flu.

Do you know which vaccinations you need, and if they're up to date? Check which ones healthcare workers need at www.picnet.ca/immunization.



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