My vaccine checklist

For adults living with a lung condition. Bring it to every appointment.

Name _____ Health card no. _____

Vaccine	May be recommended for	How often	Date received / next due
Influenza (flu) ☐ Discussed	Everyone 6 months and older; especially important with chronic lung disease and from age 65.	Every season, in the fall.	Received _____ Next due _____
COVID-19 ☐ Discussed	Adults 65 and older, and people with conditions that increase the risk of severe illness.	Once a year; some groups a second dose 3+ months later.	Received _____ Next due _____
Pneumococcal ☐ Discussed	Adults 65 and older, and adults 18 and older with chronic lung disease.	One dose of a current vaccine; depends on past doses.	Received _____ Next due _____
RSV ☐ Discussed	Adults 75 and older; adults 65 to 74 at increased risk; some higher-risk adults 18 and older.	A single dose, ideally before RSV season.	Received _____ Next due _____
Tdap (whooping cough) ☐ Discussed	Adults who haven't had a dose as an adult, and in every pregnancy.	Once in adulthood; Td boosters every 10 years.	Received _____ Next due _____
Shingles ☐ Discussed	Adults 50 and older, and adults 18 and older who are or will be immunocompromised.	Two doses, usually 2 to 6 months apart.	Received _____ Next due _____

Notes for my next appointment

General information based on Canadian immunization guidance as of 2026. It does not replace advice from your healthcare provider or pharmacist. Provincial eligibility for publicly funded vaccines varies.

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