

# VACCINE CHECKLIST FOR PEOPLE WITH ASTHMA:

Asthma Canada's Recommended Vaccines to Discuss with Your Healthcare Professional

Discussed:

1

## Influenza (Flu) vaccine

**Who:** all people living with asthma

**When & how often:** every year, ideally in the fall before flu season begins

☐

2

## Pneumococcal vaccine

**Who:** all people living with asthma, especially:

- infants and children
- adults aged over 65
- anyone who has needed urgent care for asthma in the past year

**When & how often:** not annual — schedule depends on age, risk, and vaccine type. Speak with your healthcare professional to know which type and when

☐

3

## COVID-19 vaccine & boosters

**Who:** all people living with asthma

**When & how often:** stay up to date with the most recent recommended dose, as advised by public health

☐

4

## Respiratory Syncytial Virus (RSV)

**Who:**

- infants and young children living with asthma
- adults living with asthma aged 60+, especially those aged 75+

**When & how often:** start of the RSV season (late Spring) for adults. For infants/high-risk children, given at birth or before RSV season

☐

5

## Herpes Zoster (Shingles)

**Who:** adults living with asthma, especially those aged 50+, even if they've had shingles before

**When & how often:** a one-time series given as two doses, spaced 2–6 months apart. It can be received at any time of year. Speak with your healthcare professional for personalized guidance

☐

**TIP:** Everyone's health needs are different. Ask your healthcare professional which vaccines are right for you and when to get them

## Need Advice on What Vaccines Are Right for You?

For more information and support visit: [asthma.ca/vaccines](https://asthma.ca/vaccines)

To speak with a Certified Respiratory Educator at no cost, call Asthma Canada's HelpLine at 1-866-787-4050 or email [info@asthma.ca](mailto:info@asthma.ca).