

Immunization Guidelines for Employees in Child Care Facilities

As a childcare worker, you need to ensure your immunizations are up-to-date. It's important for you, those you care for, and your family. Vancouver Coastal Health recommends many vaccines for adults, most of these are given free in BC.

Childcare workers should get an influenza vaccine every year and a booster of tetanus and diphtheria (Td) vaccine every ten years. You may also qualify for more free vaccines if you missed your basic series of vaccines in childhood, or depending on your health, age, and other risk factors. If you are uncertain about your immunization status, you can safely get more vaccines.

Take your immunization record to your doctor, public health nurse, or nurse practitioner and ask about your needs for the following vaccines:

Recommended and free vaccines for all childcare workers:

<input checked="" type="checkbox"/>	Flu (influenza), every year
<input checked="" type="checkbox"/>	Tetanus/ Diphtheria, a booster is needed every 10 years
<input checked="" type="checkbox"/>	MMR (measles, mumps, rubella) All childcare workers born 1970 or later require two doses of MMR vaccine. If you were born earlier, ask your health care provider about your needs
<input checked="" type="checkbox"/>	Chickenpox (varicella) if you have not had chickenpox disease

Other vaccines you may consider for your personal benefit:

Available for a fee (some exceptions apply), speak with your doctor, pharmacist, or travel clinic.

<input checked="" type="checkbox"/>	Meningococcal (meningitis), one dose free for adults up to 24 years of age who missed their dose in school
<input checked="" type="checkbox"/>	Pertussis (whooping cough), available in combination called Tdap vaccine
<input checked="" type="checkbox"/>	Hepatitis B, free if you were born January 1, 1980 or later
<input checked="" type="checkbox"/>	HPV (human papillomavirus)
<input checked="" type="checkbox"/>	Hepatitis A, Shingles, and Travel Vaccines

As a childcare worker, you have unique and intense exposures to young children on a daily basis. Keeping your immunization status up-to-date is vital to your role.

Ensure your employer receives your immunization record after getting any vaccines.

To learn more about immunizations go to
www.immunizebc.ca