

Recommended immunization schedules

The Québec immunization schedule includes vaccines offered free of charge under the Québec Immunization Program.

For each vaccine, the immunization schedule is established according to the following principles:

- The vaccine must be administered at the age when the risk of catching the disease is highest
- The vaccine must be effective at the age when it is administered
- The number of doses administered must result in short-term protection
- The vaccine must be administered at the age when it causes the least symptoms

The need and timing for a booster must be evaluated to ensure long-term protection.

Immunization schedule for infants (new calendar for infants born as of June 1, 2019)					
Vaccine to prevent:	At 2 months	At 4 months	At 6 months	At 12 months	At 18 months
Diphtheria-tetanus-whooping cough-hepatitis B-poliomyelitis-Haemophilus influenzae B	X	X			
Diphtheria-tetanus-whooping cough-poliomyelitis-Haemophilus influenzae type B				X	
Pneumococcus	X	X	X	X	
Rotavirus	X	X			
Meningococcal C					X
Measles-mumps-rubella-varicella				X	X
Hepatitis A-hepatitis B					X
Flu (fall/winter)			X		

Important: To best protect our children, we should not omit any vaccines and have them administered at the recommended ages. Children must receive their first vaccines at 2 months of age in order to be protected as soon as possible.

Immunization schedule for school-age children			
Vaccine to prevent:	Between 4 and 6 years old	Grade 4 (Primary)	Sec 3 (High School)
Diphtheria-tetanus-whooping cough-poliomyelitis	X		
Hepatitis A-hepatitis B		X	
Human papillomavirus		X	
Diphtheria-tetanus			X
Meningococcal C			X
Flu (fall/winter)	Anyone aged 6 months and over is eligible for free flu vaccination in EI		

Immunization schedule for adults	
Vaccine to prevent:	Recommended age
Pneumococcus	65 years and over Recommended before for certain medical conditions
Flu (fall/winter)	Anyone aged 6 months and over is eligible for free flu vaccination in EI Recommended for people at high risk of complications and people at risk of transmitting influenza to people at high risk of complications.
Whooping cough	Pregnant women of all ages, one dose during each pregnancy (ideally between the 26 th and 32 nd week)
Diphtheria-tetanus	One dose at 50 years of age
Shingles (covered under NIHB)	Recommended at 50 years and over Covered by NIHB (free-of-charge) for people aged 65-70 years old and for certain medical conditions

For people living with chronic medical conditions or certain risk factors, additional vaccines are recommended and offered to them free of charge. Ask your healthcare provider to make sure you that are up-to-date on all the vaccines that are recommended for your condition.