

ARE YOUR IMMUNIZATIONS UP-TO-DATE?



Health and Counselling Services

2600 CTTC Building

Phone: 613-520-6674

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Welcome to Carleton University!

Health and Counselling services, located at 2600 CTTC Building, is a student service that provides health care, and promotes wellness on campus. We have doctors, nurses, counsellors, and a health promotion team to help students maintain their overall health and wellbeing.

We strongly encourage you to review your immunizations, using the charts below, with your family doctor prior to coming to university to ensure your health is protected while you pursue your studies at Carleton University.

You are also welcome to book an appointment, when you are on campus to receive any outstanding vaccinations at our clinic. To book an appointment, please call 613-520-6674 to speak with a patient care coordinator. You may also book an appointment in person. Remember to bring your Carleton student card and a valid health insurance card (OHIP, UHIP etc.) with you to each appointment.

Vaccine	Ontario Schedule Recommendations
Measles, Mumps, Rubella (also known as MMR)	2 doses as a child, or 2 doses 28 days apart as an adult
Tetanus, Diphtheria, Pertussis (also known as Tdap)	Received as a child and booster as a teen or young adult then every 10 years
Varicella	2 doses as a child, or 2 doses as an adult if not immune
Meningococcal Quadrivalent (for A, C, Y, W-135 strains)	1 dose received in Grade 7
Hepatitis B	2 doses received in Grade 7
Human Papillomavirus (Gardasil or Gardasil 9)	2 doses received in Grade 7
Polio	Immunized as an infant
Pneumococcal	Immunized as an infant
Influenza	Yearly

Vaccine	Additional Recommendations by Carleton University
Human Papillomavirus (Gardasil 9 - covers 9 strains of HPV)	3 doses for those over 15 years old
Meningococcal Quadrivalent (for A, C, Y, W-135)	Booster dose 16-18 years or older
Meningococcal Sero B	2 doses one month apart

Please Note: Not all vaccines are publicly funded. There may be a cost for some vaccines not covered by the Carleton University Health Insurance Plan. All information is from Canadian Immunizations Guide and City of Ottawa Public Health Department. Keep track of your vaccination records with the CANImmunize phone application found at CANImmunize.ca.

For more information:
carleton.ca/health



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