

Vaccination check list

NAME

DATE OF BIRTH

Write in your full name and date of birth. Show this to your doctor and ask him/her to update your vaccinations and record them in the right-hand column. He must write the name of the vaccine, the date given and sign and stamp each.

Covid-19	<p>Covid 19 2 doses is now a requirement for everyone from 5 years and upwards. Bring 2 printed papers with the 2 dates of vaccinations against Covid 19. No QR code accepted. Your file will be blocked without proof of the 2 dates.</p>	
Diphtheria, Tetanus, Pertussis & Poliomyelitis	<p>To do if no booster for 10 years. <i>It is necessary to have had a polio booster in the last 4-52 weeks if you live or have spent more than 4 weeks in Afghanistan, Benin, Burkina Faso, Cameroon, Central African Republic, Chad, the Democratic Republic of the Congo, Djibouti, Egypt, Ethiopia, Gambia, Guinea, Guinea Bissau, Iran, Liberia, Madagascar, Malawi, Mauritania, Mozambique, Niger, Nigeria, Pakistan, Republic of Congo, Senegal, Sierra Leone, Somalia, South Sudan, Tajikistan, Uganda, Ukraine, and Yemen.</i></p>	

Hepatitis B	Everyone needs hepatitis B vaccination up to 59 years old inclusive. At least the first of the 3 vaccine series		
Rubella, Mumps, Measles (MMR)	<p>To do if you were born from 1957 onwards.</p> <p>If you do not have written proof of vaccination it is necessary to get vaccinated. If you prefer, do a blood test to see if you are immune to the 3 diseases. Ask your doctor for a prescription. If you are only immune to 1 or 2 of these diseases, you should be vaccinated again with MMR. Individual vaccines do not exist. A history of Rubella, Mumps, Measles disease is not enough as proof of immunity.</p> <p>Contraindicated vaccine if pregnant</p>		
Pneumococcal	The Pneumococcal vaccine is mandatory from the age of 65. The U.S. Centers for Disease Control (CDC) calls for a first vaccination with the Pneumococcal PPSV23 vaccine		

Chickenpox	If you have never had chickenpox disease, you should get vaccinated. If you prefer you can do a blood test to see if you are immune. Ask your doctor for a prescription. If you are not immune, you must be vaccinated again. A history of chickenpox disease will suffice only if you have the date noted by a doctor. Contraindicated vaccine if pregnant		
Influenza (seasonal influenza)	The vaccine is mandatory during the flu season (early October to late January, as long as the vaccine remains available in pharmacies). Check availability at your pharmacist.		