

# IT'S TIME TO GET IMMUNIZED AGAINST TETANUS



**WHAT IS TETANUS?** Tetanus is an acute and often fatal disease caused by a toxin released by bacteria present in our environment.



## TETANUS INFECTION

Most individuals associate tetanus infection with rusty nails, but the bacteria that cause tetanus also live in dirt, dust and soil. Infection can occur from a minor scrape or puncture during gardening or renovation work, or from an animal bite.



## GET IMMUNIZED

Being fully immunized is the best way to prevent tetanus. Tetanus vaccines are safe and effective, and are recommended for individuals of all ages, with booster shots every 10 years.



## ARE YOU PROTECTED AGAINST TETANUS?

Publicly-funded immunization schedules for tetanus may vary between provinces and territories. Talk to your doctor, nurse, pharmacist or public health office about tetanus immunization.

For more information visit [immunizebc.ca](http://immunizebc.ca) or contact your Community Health Nurse, Natasha Hatendi at 250-256-7017 OR [Natasha.hatendi@fnha.ca](mailto:Natasha.hatendi@fnha.ca)

