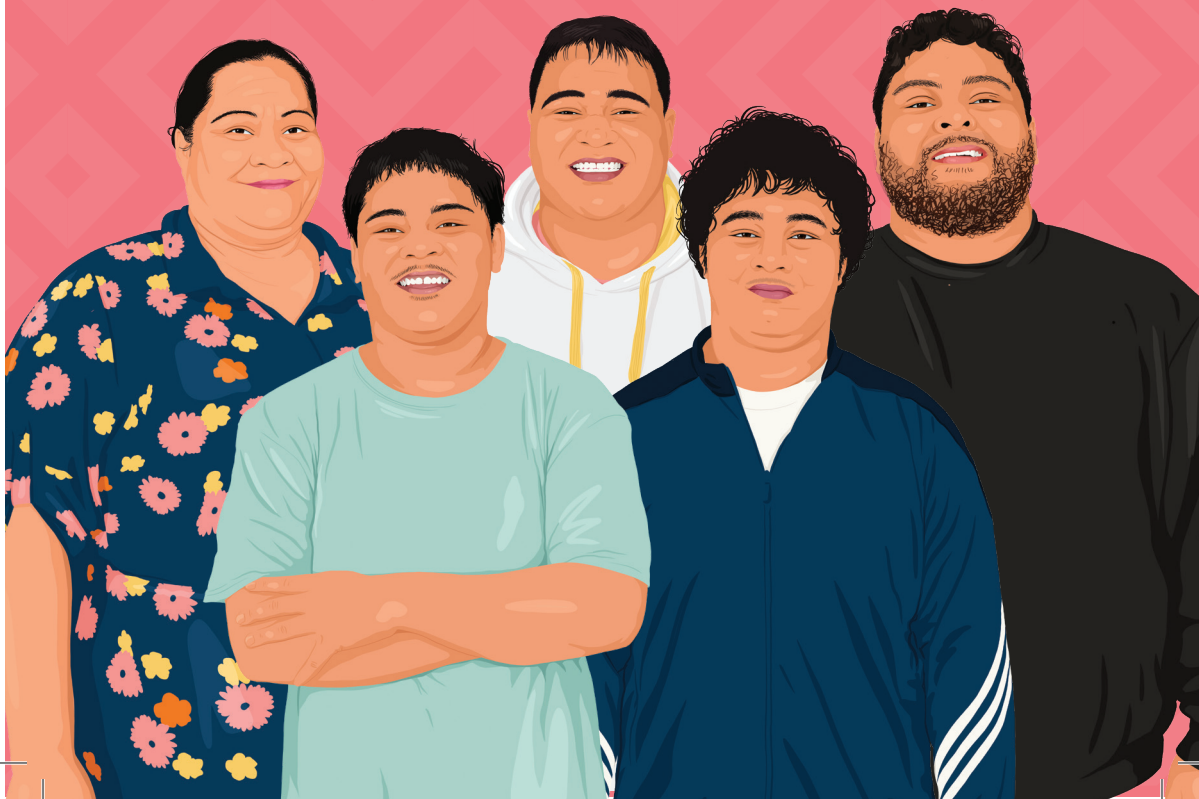




Getting immunised protects you, your family and our community.

Immunisation saves lives and protects us from
dangerous diseases. Most vaccines are **FREE**.



Protecting your baby starts during pregnancy

There are three free vaccines available to help pregnant people protect their baby. Having all three vaccinations provides you and your baby with the best possible protection.

1. Flu

The flu vaccine is safe to get at any stage of pregnancy and is available from 1 April to 31 December each year.

2. Tetanus, diphtheria, whooping cough

Pregnant people are encouraged to have this vaccine during pregnancy, enabling antibodies to pass through and protect your baby. This should be given every pregnancy and is most effective from 16 – 26 weeks of pregnancy.

3. COVID-19

If you're not up to date, you can get this at any stage in pregnancy.

"It is important to immunise our babies to give them the best start in life."

- Annalia



Child & Youth Immunisations



Vaccinations on the National Immunisation Schedule are FREE for children under 18.

Vaccinations teach our body to fight off infectious diseases and reduce the risk of potentially life-threatening illnesses.

Some babies and children, who are at higher risk of disease may be offered additional immunisation.

From 11 years old

- Tetanus, diphtheria, whooping cough (booster dose)

From 9 years old

- HPV (2 doses, at least 6 months apart)

5 year olds

- COVID-19 (2 doses – 8 weeks apart)

4 year olds

- Diphtheria, tetanus, whooping cough, polio (booster dose)

At 15 months

- Hib (booster dose)
- Measles, mumps and rubella (MMR – dose 2 of 2)
- Chickenpox (single dose)

At 12 months

- Measles, mumps and rubella (MMR – dose 1 of 2)
- Pneumococcal (dose 3 of 3)
- Meningococcal B (dose 3 of 3)

At 6 months

- When your child turns 6 months old, it is recommended they get the flu vaccination every year.
- If they have not had a flu vaccine before and are under 9 years old, 2 doses – 4 weeks apart are needed.

At 5 months

- Diphtheria, tetanus, whooping cough, polio, hep B and Hib (dose 3 of 3)
- Pneumococcal (dose 2 of 3)
- Meningococcal B (dose 2 of 3)

At 6 weeks

- Rotavirus (dose 1 of 2)
- Diphtheria, tetanus, whooping cough, polio, hep B and Hib (dose 1 of 3)
- Pneumococcal (dose 1 of 3)

At 3 months

- Rotavirus (dose 2 of 2)
- Diphtheria, tetanus, whooping cough, polio, hep B and Hib (dose 2 of 3)
- Meningococcal B (dose 1 of 3)

To make a vaccination appointment, contact us on **0800 PASIFIKA**.

Possible immunisation side effects aren't long-lasting and usually very mild. The most common reaction is a slight fever, and pain or swelling where the injection has been given.

Rotavirus

Rotavirus causes vomiting and diarrhea. This can lead to severe dehydration and sometimes death. Young babies are more at risk. This oral vaccine is given at 6 weeks and 3 months.

Meningococcal

Meningococcal is an infection caused by bacteria and can lead to two serious illnesses

- Meningitis – an infection of the brain membranes
- Septicemia – blood poisoning

Meningococcal disease develops over a few hours and can be life-threatening.

There are two different vaccines that help protect against Meningococcal disease:

- **Meningococcal B (MenB) vaccine** – this is recommended and free for:
 - all infants at ages 3 months, 5 months and 12 months
 - a catch-up is available to those aged between 13 months and 5 years (until 31 August 2025)
 - individuals aged 13–25 years who are entering or are in their first year of living in boarding school hostels, tertiary education halls of residence, military barracks or prisons.
- **Meningococcal A,C, W and Y (MenACWY)** – this is recommended and free for:
 - Individuals aged 13–25 years inclusively who are entering within three months or are in their first year of living in boarding school hostels, tertiary education halls of residence, military barracks or prisons.

Pneumococcal

Pneumococcal disease causes pneumonia, meningitis and blood poisoning. It may also cause sinus and ear infections. This vaccine is given at 6 weeks, 5 months and 12 months

Chickenpox

Chickenpox is usually mild but can lead to serious complications such as pneumonia and problems with kidneys, heart, joints or nervous system. This vaccine is given at 15 months and 11 years.

Measles, mumps and rubella (MMR)

The measles, mumps and rubella vaccine (MMR) protects against three viral infections; measles, mumps and rubella. After two doses, 99% of people are protected from measles.

Immunisation is the best protection against measles.

Measles is highly contagious if spread through coughing, sneezing and symptoms usually begin with a high fever, cough, runny nose and red watery eyes with a rash developing on the face and moving down the body.

Adults

If you were born between 1989 and 2004, you might not be fully protected against measles.

There's no risk with getting an extra dose. If you're unsure about your vaccination status, play it safe and get immunised.

Children

For children under 5, measles can be particularly dangerous. The infection spreads quickly and can lead to pneumonia and brain infection.

Your child needs two doses to be fully protected against measles. The first is given at 12 months and the second is given at 15 months of age.

HPV

HPV vaccine helps protect against a number of cancers later in life and is FREE for those aged 9 to 26 years old.

In Waitaha, HPV is offered as part of 11-year-old immunisations (HPV, Tdap and Chickenpox) and then 6 months later. If you are not vaccinated in general practice, the vaccine is also offered in Year 8 at most schools.

“The flu vaccine is something I’ve done pretty much every year. It’s an important way to stay up to date and be safe and healthy in winter.”

- Lotoni

Flu

Don’t let the flu get you.

The flu isn’t a common cold. It can make you very sick and in severe cases, can lead to hospitalisation or can be fatal.

The best protection for you and your family against catching the flu is to get your flu vaccine every year. This helps to protect you from catching or spreading the flu.

The flu vaccine doesn’t carry the flu virus so you can’t catch the flu from getting immunised.

COVID-19

COVID-19 vaccinations are free for everyone in Aotearoa New Zealand aged 5+. It does not matter what your visa or citizenship status is.

Additional booster doses

Regardless of how many boosters you have had, you can get an additional booster if you are:

- aged 30 and over
- pregnant, and aged 16 or over
- ages 12 to 29 and at higher risk of severe illness from COVID-19.

“The COVID booster helps keep me and my family safe.”

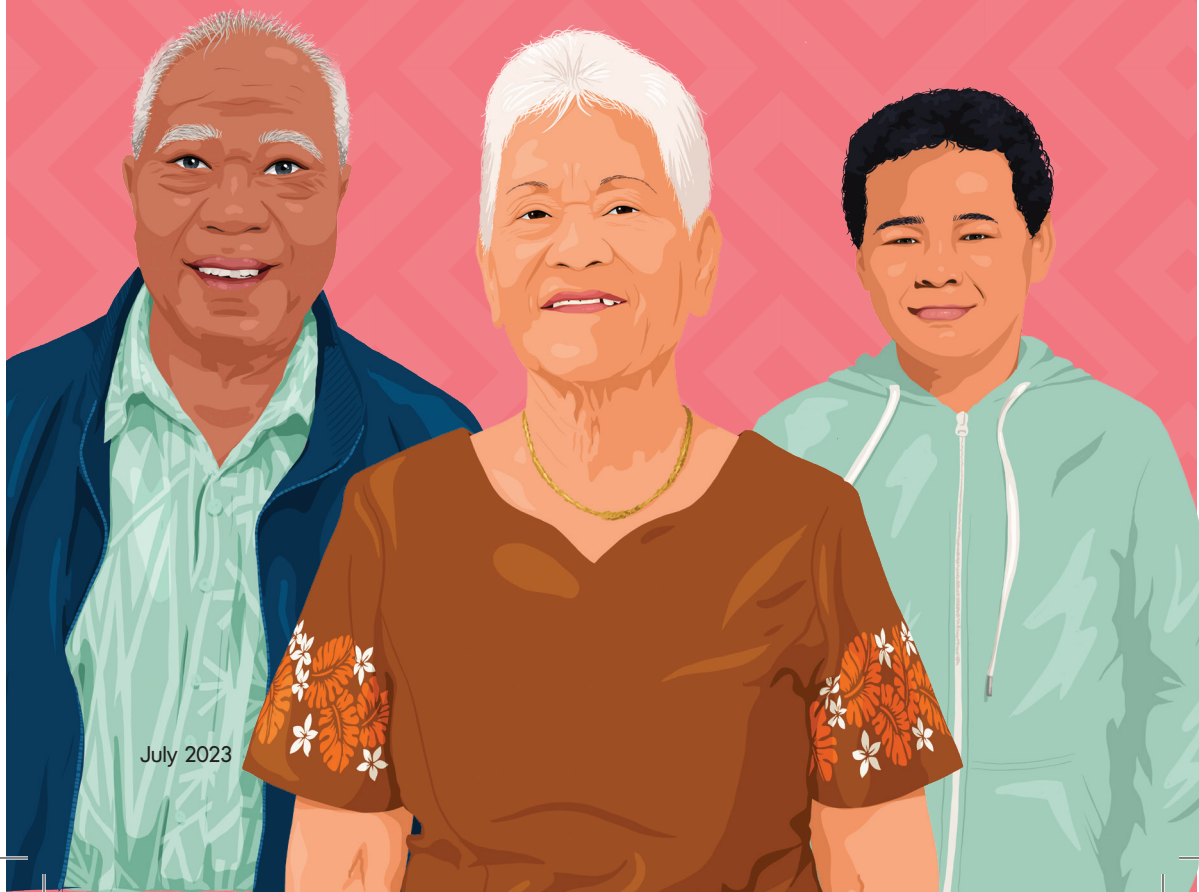
- Eboni



Contact Junior on **0800 PASIFIKA (0800 727 434)**
to stay up to date with
your vaccinations.



For more information
head to www.tat.org.nz



July 2023