Do you need immunisation?

**Birth**
- Hepatitis B

**2 months (from 6 weeks)**
- Diphtheria-tetanus whooping cough-hepatitis B-polio-Hib
- Pneumococcal
- Rotavirus

**6 months**
- Diphtheria-tetanus whooping cough-hepatitis B-polio-Hib

**6 months to under 5 years**
- Influenza (annually)
- Haemophilus influenzae type b (Hib)

**12 months**
- Measles-mumps-rubella
- Meningococcal ACWY
- Pneumococcal

**18 months**
- Measles-mumps-rubella-chickenpox
- Diphtheria-tetanus whooping cough
- Haemophilus influenzae type b (Hib)

**4 months**
- Diphtheria-tetanus whooping cough-hepatitis B-polio-Hib
- Pneumococcal
- Rotavirus

**4 years**
- Diphtheria-tetanus whooping cough-polio

**Teenage years**
- Human papillomavirus
- Diphtheria-tetanus whooping cough
- Meningococcal ACWY

**During pregnancy**
- Influenza (any time when pregnant)
- Diphtheria-tetanus whooping cough (from 20 weeks pregnant)

**Born since 1966**
- Measles-mumps-rubella if unprotected

**From 65 years**
- Influenza (annually)
- Pneumococcal

**From 70-79 years**
- Shingles

**From 6 months of age and over**
- Influenza (annually)

**From 50 years**
- Pneumococcal

**All ages**
- Hepatitis B

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**Health**
Health issues such as premature birth, asthma, diabetes, heart, lung, spleen or kidney conditions, will mean you can benefit from immunisation.

**Age**
At different ages you need protection from different diseases.

**Lifestyle**
Lifestyle choices like travelling overseas, sexual activity or smoking, will mean you can benefit from immunisation.

**Occupation**
Some jobs expose you to a greater risk of contact with diseases, for example, working in a hospital or daycare centre. This means you can benefit from immunisation.

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Your immunisation provider reports all vaccines given to the Australian Immunisation Register, visit myGov or the Express Plus Medicare mobile app.
Why immunise?
Immunisation is a proven and safe way to be protected against diseases that cause serious illness and sometimes death.
Every day immunisation saves lives and makes it possible for Victorians to live free from the illness and the disability caused by many vaccine-preventable diseases.
By reducing the spread of disease, immunisation not only protects those people who have been immunised, but it also protects those in the community who may be unable to receive vaccines themselves.

Vaccine costs
The vaccines listed on the poster are provided free by the government to all children and adolescents up to 20 years of age, if they are age eligible for the vaccine, regardless of Medicare status. Adult vaccines are free to Medicare card holders, Australian citizens, refugees and asylum seekers and those with a permanent visa or have applied for such. You may still have to pay a consultation fee to your doctor or immunisation provider to give you the vaccine.

Vaccine side effects
Common side effects may occur soon after vaccination and last one to two days. Generally no treatment is required. If you have a fever, drink more water and do not overdress. Paracetamol can be taken for pain or fever (follow the label for correct use). Severe side effects, such as an allergic reaction, are very rare and usually happen soon after vaccination. To be safe, your doctor or immunisation provider will ask you to stay nearby for a minimum of 15 minutes after you are vaccinated.

Where do I get immunised?
Your doctor, local council or pharmacist may provide immunisation services. You can use the “find a health service” search on the Better Health Channel website - simply select ‘immunisation provider’ from the drop-down list of service types and enter your postcode to view a list of immunisation providers near you.

More information

Check your immunisation HALO

Not sure if you or someone you care for needs an immunisation?
What immunisations you need depends on your Health, Age, Lifestyle, Occupation (HALO). You can use this brochure as a guide to talk to your doctor or immunisation provider.

Everyone’s HALO is different

If you tick any of the boxes, you, or someone in your care, may need a vaccination. If you are not sure of your answer mark the box with a question mark. Remember, this is a conversation starter, not a diagnosis! Discuss your HALO with your doctor or immunisation provider.

### Health

- I want to avoid catching the flu (influenza)
- I am not sure if I have been vaccinated or have missed some vaccines
- I am pregnant
- I am planning to get pregnant
- I have an ongoing health issue
- I have no spleen or a problem with my spleen
- I have not had chickenpox
- I live with a person who has Hepatitis B
- I was born in a priority hepatitis B endemic country and arrived in Australia in the last 10 years
- (Priority countries include China, Philippines, Malaysia, Vietnam, Afghanistan, Thailand, South Korea, Myanmar (Burma) Indonesia, Singapore, Hong Kong, Taiwan and Cambodia)
- I have Hepatitis B/C
- I am, or care for, a person with developmental disabilities
- I have a BMI ≥40kg/m²
- I am immunocompromised

### Age

- I am the parent/guardian of children aged 0–19 years
- I was born since 1966 and have not had two Measles-mumps-rubella vaccines
- I am aged 50–59 years
- I am aged from 60 years
- I am aged from 65 years
- I am aged 70 to 79 years
- I identify as an Aboriginal and/or Torres Strait Islander person aged from 6 months of age and over
- I identify as an Aboriginal and/or Torres Strait Islander person aged from 50 years

### Lifestyle

- I plan to travel overseas soon
- I smoke tobacco
- I have, or will soon have, close contact with a newborn baby
- I have, or plan to have, a tattoo or body piercing
- I am a man who has sex with men
- I inject drugs

### Occupation

- I work with children
- I am a healthcare worker
- I work in an emergency service or essential community service
- I work in a residential care facility
- I care for, or live with, someone with reduced or impaired immunity
- I work in an abattoir or with farm animals or breed cats and dogs
- I am a plumber or sewerage worker
- I am a sex industry worker
- I may handle Australian bats
- I am exposed to blood and body fluids or human tissue at work

The following vaccines may be recommended by your doctor or immunisation provider:

- Influenza (flu)
- Pneumococcal
- Hepatitis A
- Hepatitis B
- Diphtheria-tetanus
- Haemophilus influenzae type b
- Meningococcal
- Human papillomavirus
- Rabies
- Q Fever
- Shingles
- Diphtheria-tetanus
- Whooping cough
- Measles-mumps-rubella
- Chickenpox
- Meningococcal
- Human papillomavirus