Do you need immunisation?

Your immunisation provider reports all vaccines given to the Australian Immunisation Register, visit myGov or the Express Plus Medicare mobile app.

What vaccines you need depends on your Health, Age, Lifestyle and Occupation

Everyone’s HALO is different

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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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. Paracetemol 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

To receive this document in an accessible format email immunisation@dhhs.vic.gov.au

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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 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

### 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

### 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

The following vaccines may be recommended by your doctor or immunisation provider:
- Influenza (flu)
- Pneumococcal
- Hepatitis A
- Hepatitis B
- Diphtheria-tetanus-whooping cough
- Measles-mumps-rubella
- Chickenpox
- Meningococcal
- Human papillomavirus
- Rabies
- Q Fever
- Shingles
- Diphtheria-tetanus
- Haemophilus influenzae type b
- Review the information over the page as a guide. Children and some adults are eligible for free recommended immunisations as per the Immunisation schedule Victoria.
  - A detailed travel consultation should be undertaken to discuss all health risks.