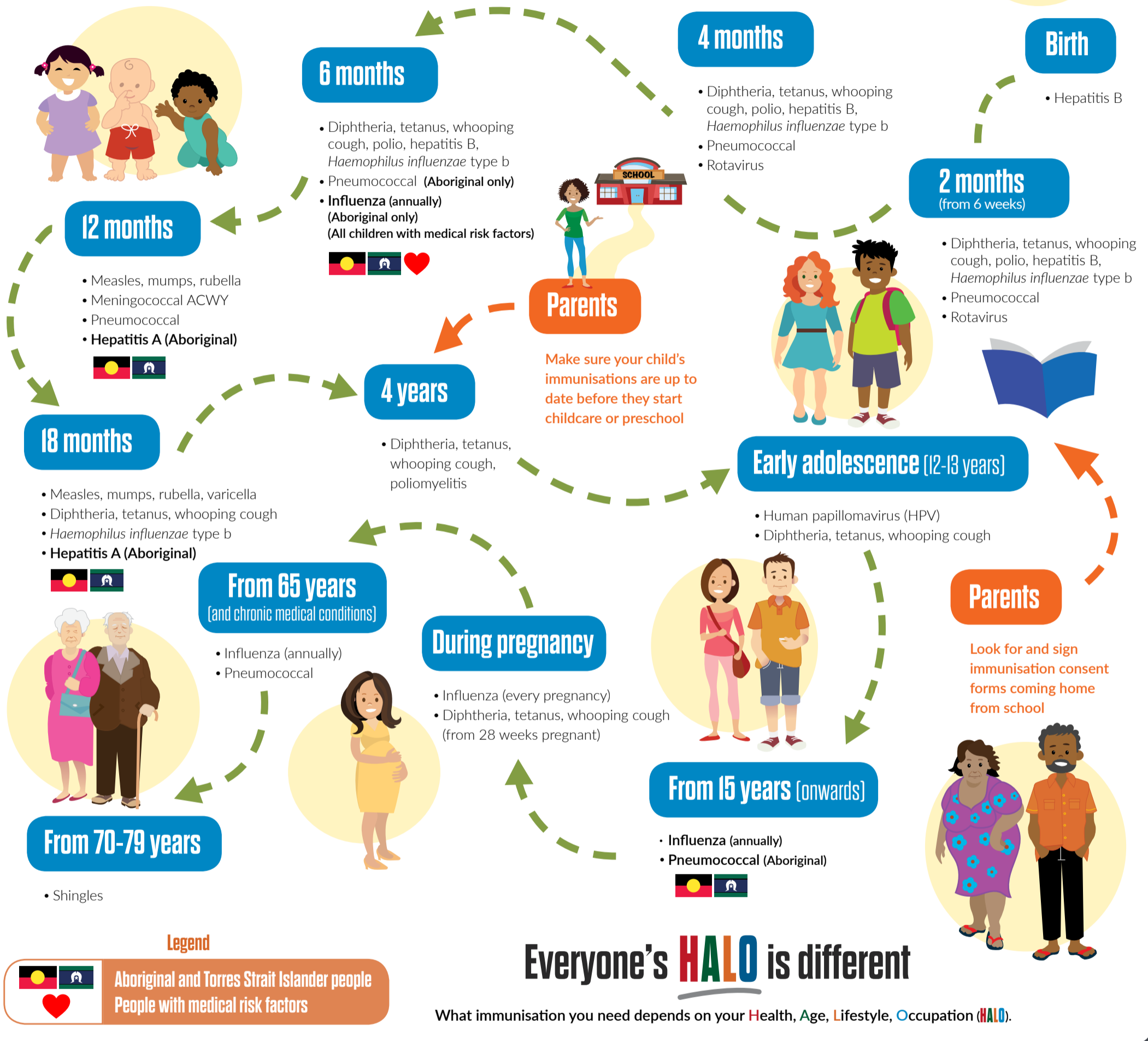


Do you need immunisation?

July 2018



Health

Health issues such as chronic medical conditions including liver, kidney conditions or diabetes can increase your risk of disease and extra vaccines can protect you.

Age

The risk of disease varies by age.

Lifestyle

Lifestyle like travelling overseas or smoking may increase your risk of diseases and extra vaccines are needed.

Occupation

Some occupations expose you to a greater risk of disease for example: working in health or child care or with animals.

To find out more talk to your doctor or immunisation provider



Concept adapted from the Department of Health and Human Services, Victoria State Government.

Why immunise?

Immunisation protects against diseases that cause serious illness and sometimes death.

Routine immunisation saves lives and reduces disability from vaccine preventable diseases.

By reducing the spread of disease in the community, people protect themselves and others who may not be able to receive vaccines themselves.

Vaccine costs

The vaccines listed by age are mostly funded on the National Immunisation Schedule. Other vaccines related to Health, Lifestyle or Occupation may need to be purchased on a private script. Please check with your general practitioner or clinic/health centre.

Vaccine side effects

Common side effects such as reaction around the injection site or mild fever or headache may occur soon after vaccination and last one or two days. Most are resolved by rest, cold compresses on the site or paracetamol. Severe side effects are rare and medical attention should be sought if you are concerned.

It is important to wait 15 minutes after your vaccination at your clinic/health centre to check that you do not have a rare serious reaction to the vaccine.

Where do I get immunised?

Your doctor, primary urban or remote health clinic or Aboriginal Community Controlled Health clinic can provide immunisation services. See the checklist below for extra immunisations - please discuss your HALO with your doctor or clinic/health centre.

Are there catch up programs available?

Catch up vaccines are available for all people up to age 20 years, and for refugees and humanitarian entrants.

Check your immunisation HALO

Not sure if you or someone you care for needs an immunisation?

What immunisation you need depends on your **H**Health, **A**Age, **L**Lifestyle, **O**Occupation (**HALO**).



Everyone's **HALO** is different

Vaccines recommended for your HALO

(in addition to all routinely recommended vaccinations).

Health

- I want to avoid catching the flu (influenza) – influenza
- I want to avoid catching meningococcal disease – meningococcal ACWY, meningococcal B
- I am pregnant – influenza, diphtheria-tetanus-whooping cough (F)
- I am planning to get pregnant – measles-mumps-rubella, varicella
- I have an ongoing chronic health condition – influenza, pneumococcal (F)
- I have no spleen or a problem with my spleen – influenza, pneumococcal, meningococcal ACWY, meningococcal B, *haemophilus influenzae* type b
- I have not had chickenpox – varicella
- I have hepatitis B/C – hepatitis A and/or hepatitis B
- I have HIV infection – influenza, pneumococcal, HPV, meningococcal ACWY, meningococcal B, hepatitis B
- I am overweight (BMI $\geq 35\text{kg/m}^2$) – influenza
- I am immunocompromised – influenza, pneumococcal (other vaccines depending on condition) (F)

Age

- My baby was born at <28 weeks – needs extra – pneumococcal, influenza, hepatitis B (F)
- My baby was born low birth weight <2000g or <32 weeks – needs extra – hepatitis B (F)
- I was born after 1966 and have not had 2 measles, mumps, rubella vaccines – measles-mumps-rubella (F)
- I am aged from 60 years of age – Shingles (discuss with your doctor)
- I am aged from 65 years – influenza, pneumococcal, diphtheria-tetanus-whooping cough, shingles
- I identify as an Aboriginal person aged from 15 years – influenza, pneumococcal, hepatitis B (F)

Recommendations should be used in conjunction with the NT Adult and Special Groups Vaccination Schedule and the NT Pneumococcal Vaccination and Revaccination Guideline.

Lifestyle

- I plan to travel overseas – need a detailed travel consultation
- I smoke tobacco – influenza, pneumococcal
- I have or will soon have close contact with a newborn baby – diphtheria-tetanus-whooping cough, influenza
- I have or plan to have a tattoo or body piercing – hepatitis B
- I am a man who has sex with men – hepatitis A, hepatitis B, influenza, HPV, meningococcal ACWY
- I inject drugs – hepatitis A, hepatitis B
- I care for a person with developmental disabilities – hepatitis A, hepatitis B, influenza
- I live with a person who has hepatitis B – hepatitis B
- I live with someone who is immunocompromised – influenza, diphtheria-tetanus-whooping cough, measles-mumps-rubella, varicella

Occupational

- I work with children – hepatitis A, hepatitis B, influenza, diphtheria-tetanus-whooping cough, measles-mumps-rubella, varicella
- I am a health care worker – hepatitis A, hepatitis B, influenza, diphtheria-tetanus-whooping cough, measles-mumps-rubella, varicella
- I work in an emergency service or essential community service or correctional facility – hepatitis B, influenza, diphtheria-tetanus-whooping cough, measles-mumps-rubella, varicella
- I work in a residential care facility – influenza, measles-mumps-rubella, varicella
- I work in an abattoir or with farm animals or breed cats – influenza, Q fever
- I am a plumber or sewage worker – hepatitis A, influenza, diphtheria-tetanus
- I am a sex industry worker – hepatitis A, hepatitis B
- I may handle Australian bats – rabies, diphtheria-tetanus
- I am exposed to blood and body fluids at work – hepatitis B
- I am a vet or work at a vet practice – influenza, Q fever, rabies, diphtheria-tetanus
- I am a lab worker – hepatitis A, hepatitis B (additional vaccines depend on exposure to different organisms)



If you need an interpreter to assist with reading this leaflet, please ask a staff member.

(F) Funded vaccines.