

Important Points

- ✓ **Who is flu immunisation recommended for ?**
Any person who wishes to reduce the likelihood of becoming ill with influenza. Annually.
- ✓ **Do I need a tetanus immunisation every 10 years?**
Generally NO, but you may need one after a tetanus prone wound – ask your GP/Immunisation Provider.
- ✓ **Should adolescents be immunised against Hep B?**
YES - unless you have received 3 doses already (or 2 doses in Year 7 at school).
- ✓ **When should I be immunised against measles, mumps and rubella?** - If you were born after 1966 you've may need a booster dose (2 doses in total).
- ✓ **Can I be immunised if I have already had any of these diseases?** It is safe to be immunised against diseases even if you have had them, it boosts immunity.
- ✓ **Do you have to start the schedule again if you miss any vaccine doses?** - NO - There is no need to repeat doses already received.
- ✓ **Where do I go to be vaccinated against these diseases?** - Your GP/Immunisation Provider.
- ✓ **Are there any vaccines I should consider if I play contact sport?** - YES - Hep B.
- ✓ **Immunisation or Vaccination?**
Either term can be used to describe prevention of a disease by using a vaccine.

TERMS

Vaccine - the agent used to vaccinate

Pertussis - whooping cough

Varicella - chickenpox

Rubella - german measles

Travel Vaccine Websites

Travelling? Speak to your GP/Immunisation Provider as soon as you know you will be travelling overseas.

Travellers Medical and Vaccination Centre
www.tmvc.com.au

Department of Foreign Affairs and Trade
www.smartraveller.gov.au

Immunisation Information

Immunise Australia Website
www.immunise.health.gov.au

National Centre for Immunisation Research & Surveillance of Vaccine Preventable Diseases
www.ncirs.usyd.edu.au

**Public Health Division of Victoria
Hepatitis B Information**
www.health.vic.gov.au/immunisation

**The Children's Hospital at Westmead
Meningococcal Disease**
www.chw.edu.au/parents/factsheets/mencoccj.htm

NSW Health
www.health.nsw.gov.au/living/immunisation/immunise_prog/index.html

Centers for Disease Control and Prevention - USA
www.cdc.gov

For further information contact: chris.carr@hnehealth.nsw.gov.au
christine.staples@hnehealth.nsw.gov.au
Developed by: Christine Staples, Immunisation Officer

★ Immunisation schedules change frequently.
Free adult immunisation record cards are available
Check with your GP/Immunisation Provider

Hunter New England Area Health Service

Population Health Hunter Office
Longworth Avenue
Locked Bag 10
Wallsend NSW 2287
Phone: 4924 6477 Fax: 4924 6490

Population Health Tamworth Office
470 Peel Street
Tamworth NSW 2340
Phone: 6766 2288 Fax: 6766 3003

*Reference: The Australian Immunisation Handbook 8th Ed (NHMRC 2003)
1NSW Health "Meningococcal Disease - The Facts"*

Immunisation for Adolescents and Adults

Are You Up-to-Date?

Hunter New England Area Health Service

ARE YOU UP-TO-DATE?

Check what vaccines you have already had, ask your parents or GP/Immunisation Provider.

Adolescents by 15 yrs should have had the following, adults may have had less depending on their age.

Vaccine	No. of Doses
Combined diphtheria, tetanus and pertussis - (DTP & DTPa)	5
Polio	4
Hepatitis B (2 doses in school program)	3
Measles, Mumps, Rubella (German Measles) - (MMR)	2
Meningococcal C	1
Varicella (in school program from 2006)	1

Doses missing?

Ask your GP/Immunisation Provider

Boosters for adults (15 yrs +)

Hepatitis B - No booster required if primary course of 3 vaccines given.

Tetanus - No booster required until the age of 50. If you have a tetanus prone wound and it is more than 5 years since your last tetanus vaccines you will need another vaccination.

Exceptions - there are exceptions to these recommendations, please consult your GP/Immunisation Provider.

Other recommended vaccinations:

Chickenpox - Influenza - Pneumococcal

- ★ Not all of these vaccines are free for everyone but some are important to have for people with certain risk factors – ask your doctor

The following diseases can all be prevented with vaccination - please contact your GP/Immunisation Provider

Pertussis (Whooping Cough)

- ✓ is a serious bacterial infection
- ✓ is highly contagious
- ✓ can be life threatening to young babies

Signs & Symptoms

- ✓ begins like a cold, runny nose, tiredness, fever
- ✓ cough - may last for weeks to months
- ✓ cough may occur in bouts and is sometimes followed by a deep gasp (or “whoop”) particularly in the young.

KEEP YOUR BABY AWAY FROM PEOPLE WHO COUGH

Adults can have whooping cough without knowing it!

Immunisation is recommended for:

- ✓ adolescents
- ✓ For both parents before planning pregnancy or as soon as possible after birth
- ✓ adults working with young children
- ✓ grandparents and carers of young children

Measles

Measles sounds innocent enough, but it is:

- ✓ a serious viral infection
- ✓ highly contagious

Signs & Symptoms

- ✓ fever, rash, runny nose, cough and conjunctivitis

Complications from measles can be very dangerous.

Measles vaccine is combined with mumps and rubella (MMR vaccine).

Influenza Free for over 65 yrs

Vaccine recommended for (not free for all):

- ✓ certain medical conditions
- ✓ pregnant women
- ✓ travellers

Brochures available from your GP/Immunisation Provider

Hepatitis B

How is hepatitis B virus spread?

- ✓ through contact with blood or blood products
- ✓ intimate contact such as sexual intercourse (heterosexual and homosexual)
- ✓ there is a small risk that it can be spread to members of a household through close contact, broken skin, or sharing personal grooming items like toothbrushes and razors.
- ✓ It is not spread through food or water or through ordinary social contact.

Signs & Symptoms - not always noticeable

- ✓ fever, jaundice (yellow colour to skin and eyes), tiredness, nausea & vomiting, abdominal pain, joint pain, rash.

Meningococcal

- ✓ is a bacterial infection
- ✓ it is just one of many causes of meningitis
- ✓ there are 13 different types of meningococcal bacteria; B and C are the most common in Australia

Signs & Symptoms - generally unwell, usually a fever, sometimes a rash but this may appear later.

A vaccine is available for type C but you must remain alert for the signs & symptoms listed above. Vaccines against other types (not B) are available for travellers.¹

Aboriginal & Torres Strait Islander People

Have special immunisation requirements and should consult with your GP or Aboriginal Medical Service.

School Based Adolescent Vaccination Program

Currently offers

- ✓ hepatitis B – year 7
- ✓ diphtheria/tetanus/pertussis – year 10
- ✓ varicella – year 7 (from 2006)
- ✓ New vaccines may be added as they become available