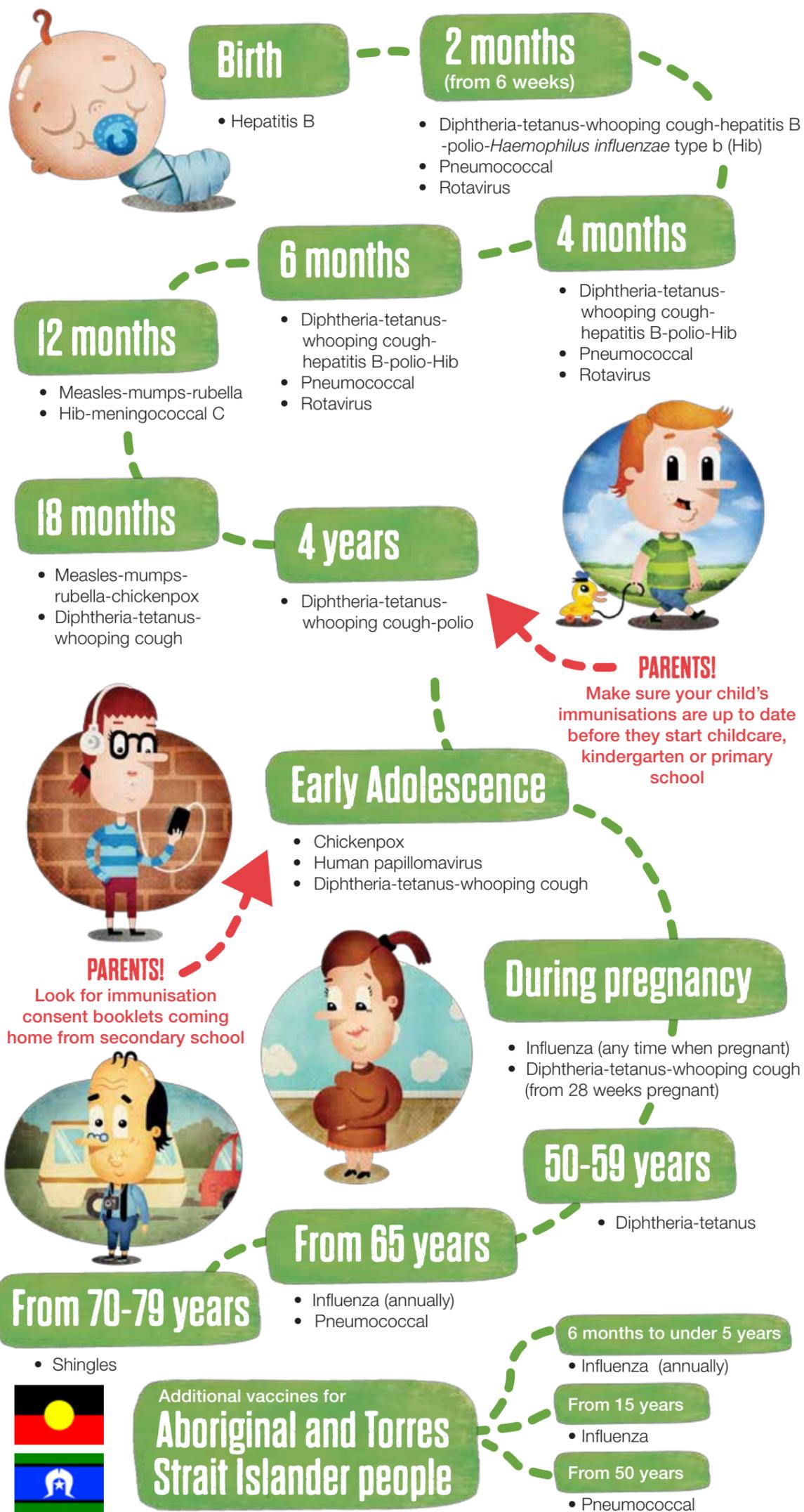


Do you need immunisation?

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.



To find out more talk to your doctor or immunisation provider or visit www.betterhealth.vic.gov.au/immunisation

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 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 or your local council can 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 post code to view a list of immunisation providers near you.

More information

www.betterhealthchannel.vic.gov.au/immunisation

To receive this document in an accessible format email immunisation@dhhs.vic.gov.au.
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While the information contained in this publication has been researched, reviewed and presented with all due care, the content is provided as a prompt to aid discussion of immunisation requirements with a doctor or qualified immunisation provider only. It is not intended as a substitute for advice of a doctor or qualified immunisation provider. All information contained in this publication is accurate at the time of publication.

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 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 – 16 years ✕
- I was born from 1966 and have not had two measles-mumps-rubella vaccines ◆
- I am aged 50 – 59 years ▼ or ▼
- 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 15 years ▼●
- 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 health care 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) | ✕ Q Fever |
| ◆ Pneumococcal | ● Shingles |
| ✕ Hepatitis A | ▼ Diphtheria-tetanus |
| ● Hepatitis B | ◆ <i>Haemophilus influenzae</i> type b |
| ▼ Diphtheria-tetanus-whooping cough | ✕ 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 ¹ . |
| ◆ Measles-mumps-rubella | ● A detailed travel consultation should be undertaken to discuss all health risks. |
| ✕ Chickenpox | |
| ● Meningococcal | |
| ▼ Human papillomavirus | |
| ◆ Rabies | |

¹ <http://www.health.vic.gov.au/immunisation/factsheets/schedule-victoria.htm>