



**Set your tamariki up
for a healthy future.
Get them immunised.**

Te Kāwanatanga o Aotearoa
New Zealand Government

Health New Zealand
Te Whatu Ora

All immunisations on the National Immunisation Schedule are **FREE** for children under 18.

It doesn't matter what their visa or citizenship status is. This includes visitors to Aotearoa New Zealand.

When to immunise

Your child's immunisation journey starts before birth. It's safe to be immunised when you're pregnant and you will naturally pass on some of your immunity to your baby before they are born. This means when they are born, they will have some protection until they are old enough to be immunised themselves.

Your baby can be immunised from 6 weeks of age and can get regular immunisations against a range of preventable diseases, including whooping cough, chicken pox and measles.

These immunisations are given at specific times throughout your child's life to provide them with the best possible protection. Recommended vaccines for all tamariki and timings are on the National Immunisation Schedule.

You can also create a personalised immunisation schedule for your tamariki that shows what immunisations they need from 6 weeks to 13 years, and when they're due.

For more information talk to your healthcare provider or visit **[info.health.nz/immunisations](https://www.health.govt.nz/immunisations)**



6-week immunisations

- **Rotavirus** (dose 1 of 2)
- **Diphtheria, tetanus, whooping cough, polio, hep B, and Hib** (dose 1 of 3)
- **Pneumococcal** (dose 1 of 3)

5-month immunisations

- **Diphtheria, tetanus, whooping cough, polio, hep B, and Hib** (dose 3 of 3)
- **Pneumococcal** (dose 2 of 3)
- **Meningococcal B** (dose 2 of 3)



15-month immunisations

- **Hib** (booster)
- **Measles, mumps, and rubella** (dose 2 of 2)
- **Chicken pox** (single dose)



5-year immunisations

- **Eligible for COVID-19 vaccinations** (2 doses, 8 weeks apart)

From age 11

- **Tetanus, diphtheria, whooping cough** (booster)





3-month immunisations

- **Rotavirus** (dose 2 of 2)
- **Diphtheria, tetanus, whooping cough, polio, hep B, and Hib** (dose 2 of 3)
- **Meningococcal B** (dose 1 of 3)

12-month immunisations

- **Measles, mumps, and rubella** (dose 1 of 2)
- **Pneumococcal** (dose 3 of 3)
- **Meningococcal B** (dose 3 of 3)



4-year immunisations

- **Diphtheria, tetanus, whooping cough, and polio** (booster)

From age 9

- **HPV** (2 doses, 6 months apart)



Immunising your tamariki

Immunisation saves lives. Getting your tamariki immunised is one of the best ways to protect them and set them up for a healthy future.

Immunisation teaches your child's body how to fight off infectious diseases and reduces the risk of potentially life-threatening illness.

Immunising your child also protects other vulnerable people in your whānau and community who might not be able to get vaccinated themselves.

Possible side effects and reactions

As a parent or caregiver, you may feel worried about how your child will react to the immunisation and the potential side effects. It's common to feel this way.

It's ok, side effects are usually very mild, don't last long, and not all tamariki experience them.

The most common reaction to an immunisation is a slight fever or pain or swelling where the injection was given. All vaccines available in New Zealand have been thoroughly assessed for safety and effectiveness.



Immunisation at a glance

- Immunisation protects tamariki (children) from over 15 serious preventable diseases including whooping cough, chicken pox and measles.
- Immunisations on the National Immunisation Schedule are FREE for all tamariki under 18 years old. Your child's immunisations start before birth. When you're pregnant, it's free to get vaccinated against diseases that could harm you and your pēpi (baby).
- For the best possible protection, your tamariki should have their immunisations when they're due, but if they're missed, it's ok, they can catch up.
- Some babies and children, who are at higher risk of disease, may be offered additional immunisations.



Protect your tamariki.
For more information:

- talk to your doctor, nurse, or healthcare provider
- call Healthline on **0800 611 116**
- visit **info.health.nz/immunise**
- Some immunisations are also available through pharmacies, school programmes, Māori and Pacific health providers.