



**TOTAL
HEALTHCARE**
Diversity Equity Wellness

Supporting # Local Doctors # White Cross

Immunisation and vaccinations

Immunisation helps to stop you, your whānau and your community from getting sick from serious diseases.

Local Doctors and White Cross GP clinics provide a range of immunisations to protect your health. Many immunisations are free, including all the childhood vaccinations on the government's free Childhood Immunisation Schedule (tinyurl.com/y75bo2dd).

Childhood vaccinations

Free routine vaccinations keep your child and whānau protected against diseases like measles, mumps and rubella. Children should have immunisations at six weeks, three months, five months, 15 months and five years of age.

You can also vaccinate your children against other serious illnesses like meningitis and rotavirus. These vaccinations are not free.

Flu vaccine

All our clinics provide flu vaccinations each winter starting in April. You may be eligible for a free flu jab. Please check with your nurse or doctor.

HPV – cervical cancer vaccine

The HPV vaccine offers protection against viruses that can cause cervical cancer. A free vaccine is available for males and females aged 9–26 years, including non-residents under the age of 18.

Meningitis vaccines

Meningitis is a serious infection of the brain. You can be protected against several kinds of bacterial meningitis using the meningococcal,

pneumococcal and *H. influenzae* (Hib) vaccines. These are recommended for all children aged 11–18 years and people with certain long-term health conditions. The pneumococcal and Hib vaccines are part of the free Childhood Immunisation Schedule. Talk to your nurse or doctor.

Shingles

Shingles is a painful rash caused by the herpes zoster virus. It is more common in older adults and people with weakened immune systems. One dose of the shingles vaccine is funded for people aged 65 years. Some younger people who are at increased risk of shingles may choose to pay to have the vaccination. Ask your doctor or nurse if you are unsure.

Travel vaccines

All our GP clinics offer travel vaccines and advice. We also have two specialist travel medicine clinics where you can access vaccines and advice for international travel.

Get in touch

Talk to your GP clinic to find out more about vaccines, how to get vaccinated and if you are eligible for free vaccines.

Find a Local Doctors or White Cross GP clinic near you at localdoctors.co.nz and whitecross.co.nz.



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