

**Look after your whānau**  
- immunisation is the best protection



**THINKHauora**  
Connecting Communities for Wellbeing

**0-5 Imms**

Between the ages of 0-5, your child will be due to have a number of immunisations to protect them from diseases such as measles, polio and hepatitis B. All childhood immunisations are completely free.

**15-30 MMR Catchup**

Measles is a serious disease that can make you very sick. Lots of people aged 15-30 didn't get fully immunised when they were children. It's easy and free to get your measles immunisation now!

**FLU**

The annual Influenza (flu) Immunisation Programme is designed to protect those most at risk from flu. People over 65, people with chronic conditions, pregnant women and young children with a history of serious respiratory illnesses are eligible for a free immunisation.

**COVID-19**

The Covid-19 vaccine is free and available to everyone 16 years and older in Aotearoa. There is a national rollout schedule, vaccinating those at high risk first, followed by the rest of the population.



**Pēpi**  
(Babies)  
0-2



**Tamariki**  
(Young Children)  
2-5



**Rangatahi**  
(Teens & Young Adults)  
15-24



**Pakeke**  
(Adults)  
25-65



**Kaumātua**  
(Elders)  
65+



To find out who in your whānau needs which immunisations, and how and where to get them visit [thinkhauora.nz/immunisations](http://thinkhauora.nz/immunisations)

**KEY:**



eligible for this immunisation



some people in this group will be eligible for this immunisation depending on age or health status



you can get this immunisation but there may be a cost involved

**Immunisations can help protect the whole whānau - from young pēpi (babies) to our tipuna (grandparents). Getting immunised against serious diseases means we can protect the ones we love.**

Immunisation is the best form of defence against a range of serious diseases and viruses. It can be confusing to know who needs what immunisation and when. The Year of the Immunisation campaign brings all the information together so you can work out who in your whānau needs which immunisation, when and where you can access it. Find all the information you need at [thinkhauora.nz/immunisations](http://thinkhauora.nz/immunisations)

[www.thinkhauora.nz](http://www.thinkhauora.nz)

 @THINKHauora

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**Bee Wise**  
*Get*  
**Immunised!**

