

Side effects

You may experience mild side effects following vaccination. Most side effects last no more than a couple of days and are part of the immune system's natural response to the vaccine.

Common reactions include:

- pain, swelling or redness at the injection site
- decreased appetite
- headaches, fatigue
- feeling faint and fainting
- mild fever
- muscle / body aches.

Serious reactions to vaccines are rare. If you have a reaction you think is severe or unexpected, seek medical advice straight away.

Vaccines are safe

All vaccines available in Australia have been assessed by the Therapeutic Goods Administration to ensure they are safe and effective before they are approved for use. Their safety continues to be monitored once in use.

All vaccines used in Australia provide benefits that far outweigh any risks. It is safer to be vaccinated than to get the disease.

Vaccination records

Your health professional will record your vaccinations on the Australian Immunisation Register (AIR). You can get your Immunisation History Statement from the AIR by:

- going to **my.gov.au** and signing in to access your Medicare online account or using the myGov mobile app
- calling Services Australia on **1800 653 809** to request a copy
- asking your health professional to print a copy for you.

National Immunisation Schedule (Adult)

Age/risk condition	Diseases
18 years and over for adults with eligible specified medical conditions	● COVID-19 (up to 64 years of age with severe immunocompromise) ● Human papillomavirus (HPV) (up to 26 years of age, 3 doses) ● Influenza annually ● Pneumococcal ● Shingles (2 doses)
All Aboriginal and Torres Strait Islander adults	● Influenza annually
25 years and over for Aboriginal and Torres Strait Islander adults	● Pneumococcal
50 years and over for Aboriginal and Torres Strait Islander adults	● Shingles (2 doses)
50-74 years of age for Aboriginal and Torres Strait Islander adults	● COVID-19 (1 dose per year)
60 years and over for Aboriginal and Torres Strait Islander adults	● Respiratory syncytial virus (RSV)
65 years and over	● Influenza annually ● Pneumococcal ● Shingles (2 doses)
65-74 years of age	● COVID-19 (1 dose per year)
75 years and over	● COVID-19 (2 doses per year, approximately 6 months apart) ● Respiratory syncytial virus (RSV)
Pregnant women See <i>Maternal vaccinations</i> brochure	● Influenza ● Pertussis (whooping cough) ● Respiratory syncytial virus (RSV)

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Adult Vaccinations

Information about free vaccines to protect you against harmful diseases.

health.gov.au/immunisation





Routine vaccination for adults

The National Immunisation Schedule outlines recommended vaccines that are available free under the National Immunisation Program.

Adults can receive **free** vaccines as long as they have a Medicare card or are eligible for one.

Extra vaccines may be available for free under state and territory government programs.

Missed vaccinations

Adults who missed their childhood vaccines can catch up for free up until they turn 20 or up to age 26 for the HPV vaccine. Speak to your health professional.

Where to get vaccinated

- local general practices
- participating pharmacies
- local council immunisation clinics (in some states and territories)
- community health centres
- Aboriginal health services
- residential aged care vaccination providers (for adults living in aged care).

While vaccines are free, your health professional may charge a consultation or administration fee for the visit. Check when you make your appointment.

COVID-19

COVID-19 is a highly contagious infection caused by the SARS-CoV-2 virus. It spreads when an infected person talks, coughs or sneezes. The virus can be inhaled by others or land on surfaces.

COVID-19 can cause serious illness, especially in older adults, Aboriginal and Torres Strait Islander adults and those with certain medical conditions. COVID-19 vaccines are safe and effective at reducing the risk of severe illness. Staying up to date with vaccinations is the best protection against serious COVID-19 disease.

Influenza (Flu)

Flu is a very contagious infection of the airways. It is especially serious for older adults. It can cause serious illness and even death in otherwise healthy people.

The strains of the influenza virus can change from year to year, so the vaccines may be updated from one season to the next.

That's why it's important for adults to get the vaccine every year. There is an enhanced vaccine available for adults who are 65 years and over.

Pneumococcal

Pneumococcal disease is a bacterial infection. It can cause pneumonia, bloodstream infection and meningitis (inflammation of the membranes around the brain). It can be more serious for older adults and those who have an existing medical condition. Pneumococcal vaccines help protect against the strains that cause most pneumococcal disease.

Respiratory syncytial virus (RSV)

RSV is a common, highly contagious virus that affects the airways and lungs and can cause serious illness such as bronchiolitis and pneumonia. It is spread when an infected person coughs or sneezes.

The droplets can be inhaled by others or land on surfaces where the virus can live for several hours. RSV vaccination is the best protection against severe RSV disease.

Shingles

Shingles is a painful blistering rash caused by reactivation of the chickenpox virus. It can also cause severe nerve pain that can last for months. Without vaccination, about 1 in 3 people will get shingles in their lifetime. Shingles usually affects older adults. If you get shingles, the risk of getting serious disease increases as you get older.

Two doses of the shingles vaccine are provided for free under the NIP for eligible adults. The vaccine is effective at preventing shingles and its complications and is safe for adults who are immunocompromised.

Adults with eligible medical conditions

Adults with eligible medical conditions may also receive additional vaccines for free such as pneumococcal and meningococcal. Talk to your health professional to see if you are recommended to get these vaccines.

Refugees or humanitarian entrants

If you are a refugee or humanitarian entrant of any age, you can catch up on missed childhood vaccines for free. Speak to your health professional.

Booster vaccines

You may need a booster dose of a vaccine you have had before such as tetanus and whooping cough. Talk to your health professional for advice. Booster doses are not available for free.

MORE INFORMATION

If you have questions you can:

- talk to your health professional
- visit health.gov.au/immunisation
- contact your state or territory health department.

