

Immunisation week messages

These messages help support the focus of Immunisation Week, which promotes immunisation to older people and immunisation across the lifespan. We have also prepared a range of additional messages for specific groups – providing several options for flexibility.

Overarching key messages

- As you get older, the protection from earlier immunisations can begin to wear off. Make sure you're protected – speak to your doctor about getting the immunisations that are right for you.
- Protect yourself and your whānau – make sure you're all up-to-date with your immunisations.
- Immunisation protects everyone, whether you are young, old or in between, and even when you're pregnant. Talk to your doctor about getting yourself and your whānau protected from serious diseases.
- It's National Immunisation Week, a great time to make sure you and your whānau are on track with your immunisations. It's our best protection.

Older people

- Older people are at particular risk of complications from influenza and shingles. If you're 65 or older, you can be immunised for FREE. Talk to your general practice about getting protected.
- Immunisation at age 65 years can protect against influenza, shingles, diphtheria and tetanus. Make sure you're protected, call your general practice to book your FREE booster immunisations today.
- FREE immunisation against shingles is available at age 65, and up to age 80 for a limited time. Shingles can be a serious disease that affects older people. Speak to your family doctor about getting protected.
- FREE immunisation against influenza is available for those aged 65 and older. Influenza is a serious disease in older people. Speak to your general practice about getting protected.
- As we get older, diseases like influenza and shingles can have a bigger impact on our health. Your general practice can provide FREE immunisations to help keep you well.
- Spending time with family, particularly new grandchildren is exciting. Make sure you protect your grandchildren/moko by getting your immunisations up-to-date.

Pregnancy

- Protecting baby starts in pregnancy. Immunise during pregnancy to help protect your baby from the serious effects of whooping cough and influenza.
- Get immunised while pregnant to protect your baby from the serious effects of whooping cough and influenza. It's free and has a proven safety record. Talk to your midwife, nurse or doctor today.