



What you need to know

What does being “up-to-date” mean?

Being “up-to-date” means having received the recommended vaccines based on your age and with the proper number of injections for full protection.

What if my vaccinations are not up-to-date?

You don't have to start all over again: simply get back onto the appropriate vaccination schedule at the point where it was interrupted, and you will have “caught up”.

Vaccinations protect both you and others.

**Do you have questions? Need guidance?
Talk to your doctor, midwife or pharmacist.**

BCG (Tuberculosis)

The vaccination against tuberculosis is recommended from birth to the age of 15 in children who are exposed to high tuberculosis risk.

Diphtheria-Tetanus-Polio

Booster shots for adults are recommended at set ages, i.e. 25, 45 and 65, and then every 10 years.

Whooping cough

A booster shot should be received at age 25. Prospective parents should take note of this, because the vaccination also protects infants under the age of 6 months who cannot yet be fully immunised; the shot will be again recommended to those having regular contact with infants when a new pregnancy occurs, if the last booster shot was received more than ten years ago.

Hepatitis B

Infants should be immunised starting at the age of 2 months. If no vaccination was given in the infant's first year of life, it can be received up to the age of 15. From age 16 and up, it is recommended only for people at risk of contracting Hepatitis B.

Pneumococcal

Infants should be vaccinated starting at 2 months of age. After the age of 24 months, this vaccination is recommended only in specific circumstances.

Meningococcal C

Vaccination is recommended for children 12 months of age, with catch-up shots possible through the age of 24 years.

Measles-Mumps-Rubella

Vaccination is recommended for all children at 12 months of age, with a second shot given between 16 and 18 months of age. For persons born in or after 1980, being up-to-date means having received two doses of the vaccine.

Human papillomavirus (HPV)

Vaccination is recommended for girls aged 11 to 14 with catch-up possible through age 19 included.

Flu

Vaccination is recommended annually for at-risk persons, including children 6 months of age and up, pregnant women and all persons 65 years of age and older..

Shingles

Vaccination is recommended for people aged between 65 and 74 years old and over.

