NZ Recommendations for Adult Vaccination

As an adult, immunisations can help protect against diseases and their complications, and keep you and your whānau doing the things you love.[1] While some vaccines are funded and routinely offered through the National Immunisation Schedule, other recommended adult immunisations may not be funded.[1]

Ask your pharmacist, doctor, or nurse to review your immunisation history and ensure that you're up to date.

COVID-19

COVID-19 is a respiratory infection. Older adults, pregnant woman and those with certain health conditions can experience more serious illness.[1,2]

- **Funded:*** Recommended for adults including for individuals during pregnancy.[1,3] Based on age, other health conditions and previous vaccination history.[1,3] Discuss with your healthcare professional.

HUMAN PAPILLOMAVIRUS (HPV)

HPV are a group of common viruses that are mostly sexually transmitted. HPV can cause some cancers.[1,2]

- **Funded HPV vaccine (Gardasil 9):*** Individuals 15-26 years inclusive.[1,3]
- **Recommended but not funded:** Adults 27-45 years based on your health risks. Talk to your healthcare professional.[1]

INFLUENZA (FLU)

Influenza is a common viral illness, predominantly occurring during winter. It can be more serious in the very young, the elderly, pregnant women and those with certain health conditions.[1,2]

- **Funded (Influvac Tetra):*** 1 dose is recommended and funded annually for people who are pregnant, individuals aged 65 years and over and individuals aged 6 months to under 65 years with eligible conditions.[1,3]
- **Recommended but not funded:** Anyone aged from 6 months, annually (if not eligible under funding criteria).[1]

MENINGOCOCCAL B AND ACWY

Meningococcal disease is an uncommon but serious bacterial infection usually caused by the groups B, C, W and Y in New Zealand.# Children under 5 years, adolescents and young adults are at increased risk of meningococcal disease.[1,2]

- **Funded meningococcal vaccines B (Bexsero) and ACWY (MenQuadfi):*** Teens and young adults aged 13-25 years inclusive who are entering or in their first year of close-living.[1,3]
- **Recommended but not funded:** Other adolescents and young adults in close-living situations not eligible for funded vaccine.[1]

MMR – MUMPS, MEASLES, RUBELLA

MUMPS is a viral illness, which can cause swelling and tenderness in one or more salivary glands. Unvaccinated teens and adults are most at risk.[1,2]

MEASLES is a contagious viral infection which suppresses the immune system leading to a lower ability to fight other infections. The risk of complications is greater in children under 5 years and adults over 20 years.[1,2]

RUBELLA is usually a mild disease but can affect your unborn baby when it occurs during pregnancy.[1,2]

- **Funded combined MMR vaccine (Priorix):*** Anyone without two documented doses of MMR vaccine. (Individuals born before 1969 may not require MMR vaccination).[1,3] MMR immunisation is not recommended during pregnancy.[1,2]

RESPIRATORY SYNCYTIAL VIRUS (RSV)

RSV is a common virus that can cause lower respiratory tract infections, particularly in late autumn and winter. Older adults can be at increased risk of serious illness.[1,2]

- **Recommended but not funded RSV vaccine (Arexvy):** Adults aged 60 years and over.[1]

SHINGLES

Shingles, also known as herpes zoster, is a reactivation of the virus that causes chicken pox, causing painful rash. It can lead to complications such as long lasting nerve pain. The chance of developing shingles increases with age with a lifetime risk about 1 in 3.[1,2]

- **Funded shingles vaccine (Shingrix):*** Individuals at age 65 years. Individuals 18 years and over who have certain immunocompromising conditions.[1,3]
- **Recommended but not funded:** Individuals 50 years and over, including those aged 66 years. Individuals 18 years and older who have certain immunocompromising conditions (and not funded). [1]

Tdap – TETANUS, DIPHTHERIA AND PERTUSSIS (WHOOPING COUGH)

TETANUS results from tetanus bacteria entering a wound, particularly those contaminated with soil, dust and manure. The toxin released affects muscles.[1,2]

DIPHTHERIA is a rare disease which causes infection of the throat, nose and skin.[1,2]

PERTUSSIS also known as whooping cough, is a bacterial and easily spread respiratory infection. Outbreaks occur in New Zealand every 3-5 years and infants aged under 12 months are at highest risk of serious infection.[1,2]

- **Funded combined Tdap vaccine (Boostrix):*** During each pregnancy, from 45 years in those who have not had 4 previous tetanus doses, if you're 65 years or over.[1,3]
- **Recommended but not funded:** Booster doses are recommended based on individual risk.[1] Talk to your healthcare professional.

Vaccines have risks and benefits. Please refer to the prescribing information and consult your healthcare professional first.

If you have a health condition such as diabetes, a respiratory or heart condition, or your immune system is weakened due to illness or treatment, contracting a vaccine preventable disease could be more serious than for healthy individuals. Individuals with certain health conditions are eligible for some funded immunisations under special funding criteria. Let your healthcare professional know if you think this may apply to you.[1]

*Please see Pharmaceutical Schedule for full funding criteria. #There is no single meningococcal vaccine which covers all the different groups.[2]

References: 1. Health NZ, Immunisation Handbook v6, 2024. **2.** Immunisation Advisory Centre. Vaccines and Diseases. 2024 (immune.org.nz) and link to https://www.immune.org.nz/vaccines-and-diseases/all-diseases **3.** Pharmaceutical Schedule New Zealand Online - Vaccinations (pharmac.govt.nz).

The Consumer Medicine Information (CMI) for MenQuadfi, Influvac Tetra and Gardasil 9 is available at www.medsafe.govt.nz Trademarks are property of their respective owners.

A prescription may not be required for some vaccines in pharmacy. Ask your pharmacist.

AREXVY (Respiratory Syncytial Virus Vaccine, Adjuvanted) is indicated for active immunisation for the prevention of lower respiratory tract disease (LRTD) caused by respiratory syncytial virus RSV-A and RSV-B subtypes in adults 60 years of age and older. **AREXVY is a prescription medicine; it is not funded and charges will apply.** A single dose (0.5 mL) contains 120 micrograms of RSVPreF3 antigen adjuvanted with $AS01_E$, composed of the plant extract *Quillaja saponaria* Molina, fraction 21 (QS-21) (25 micrograms) and 3-O-desacyl-4'-monophosphoryl lipid A (MPL) from *Salmonella minnesota* (25 micrograms). **AREXVY should not be administered if** you are hypersensitive to any component of this vaccine. **AREXVY has risks and benefits – ask your doctor if AREXVY is right for you.** Use strictly as directed. Side effects include: joint pain, injection site reactions including pain, swelling and redness, headache, runny nose, fatigue, fever and chills. This is not a full list. Vaccination with AREXVY may not fully protect all vaccine recipients. If you have side effects, see your doctor, pharmacist or healthcare professional. Normal doctor's charges apply. **Additional product information and Consumer Medicine Information (CMI) is available at** www.medsafe.govt.nz

BEXSERO (Multicomponent meningococcal group B vaccine) is for immunisation against invasive disease caused by *N. meningitidis* group B from 2 months of age or per official recommendations. BEXSERO is a **prescription medicine** and is **funded** as part of the National Immunisation Schedule. See Pharmaceutical Schedule for full funding criteria. BEXSERO is also available for private purchase – normal doctor's fees apply. One 0.5 ml dose BEXSERO contains 50 mcg of each *N. meningitidis* group B component (Neisseria Heparin Binding Antigen fusion protein, Neisseria Adhesin A protein and Factor H Binding Protein fusion protein), as well as 25 mcg outer membrane vesicles from *N. meningitidis* group B strain NZ98/254. **BEXSERO has risks and benefits. Ask your doctor if BEXSERO is right for you. Use strictly as directed. Very common side effects** for infants, toddlers, and children (up to 10 years of age) include tenderness at the injection site, fever, and irritability. In adolescents (from 11 years of age) and adults, very common side effects are pain at the injection site, nausea, and headache. If you or your child have side effects, see your doctor. **For more information, including full product details, see BEXSERO Consumer Medicine Information (CMI) is available at** www.medsafe.govt.nz

BOOSTRIX (combined diphtheria, tetanus, and acellular pertussis (dTpa or Tdap) vaccine), a prescription medicine, is indicated for booster immunisation of people aged 4 years and older against diphtheria, tetanus, and pertussis (whooping cough). A 0.5 mL dose contains not less than 2.5 LfU of diphtheria toxoid, not less than 5 LfU of tetanus toxoid, and three purified antigens of Bordetella pertussis (8mcg of pertussis toxoid, 8 mcg of filamentous haemagglutinin, and 2.5 mcg of pertactin). **BOOSTRIX is funded for 11 year olds, pregnant women in the second or third trimester of each pregnancy, and for primary caregivers of infants admitted to Intensive Care Units for more than 3 days if maternal vaccination was not given more than 2 weeks before birth. It is also funded for people from 65 years old, and people from 45 years old who have not had 4 previous doses of tetanus vaccine, for vaccination of previously unimmunised or partially immunised patients, for revaccination following immunosuppression and for boosting of patients with tetanus-prone wounds.** See full funding criteria at pharmac.govt.nz. Normal doctor's charges apply. **BOOSTRIX has risks and benefits.** Ask your doctor or pharmacist if **BOOSTRIX** is right for you. **Use strictly as directed.** If you have side effects, see your doctor, pharmacist or healthcare professional. **Additional Consumer Medicine Information (CMI) is available at** www.medsafe.govt.nz

PRIORIX (Live trivalent attenuated measles, mumps and rubella vaccine) is a **prescription medicine**. Each 0.5 mL dose of the reconstituted vaccine contains not less than $10^{3.0}$ $CCID_{50}$ of the Schwarz measles, not less than $10^{3.7}$ $CCID_{50}$ of the RIT 4385 mumps (derived from Jeryl Lynn strain), and not less than $10^{3.0}$ $CCID_{50}$ of the Wistar RA 27/3 rubella virus strains. **PRIORIX** is indicated for active immunisation against measles, mumps and rubella. The use of PRIORIX should be in accordance with official recommendations. **Use strictly as directed. PRIORIX** is **funded** as part of the National Immunisation Schedule. See Pharmaceutical Schedule for full funding criteria. **Normal doctor's fees apply. PRIORIX has risks and benefits – ask your doctor if PRIORIX is right for you.** Before receiving **PRIORIX**, tell the vaccinating healthcare professional if you have any medical problems such as tuberculosis, a family history of convulsions or allergies, a bleeding disorder, a weakened immune system, have received a blood or plasma transfusion or been given an immunoglobulin in the last 3 months, are breastfeeding or pregnant, have received another vaccine within the last month or have shown bleeding or bruising after previous MMR vaccination. **Pregnancy** should be avoided for 1 month after vaccination. **PRIORIX** may contain traces of egg protein. Please discuss with your healthcare professional if you have had a history of allergic reaction to egg. **Common side effects** include upper respiratory tract infections, rash and local reactions such as pain, redness, and swelling at the injection site. **If you have side effects, discuss with your healthcare professional. Additional product information and Consumer Medicine Information (CMI) is available at** www.medsafe.govt.nz

SHINGRIX (Recombinant Varicella Zoster Virus Glycoprotein E antigen 50 mcg ($AS01_B$ adjuvanted vaccine)) is indicated for the prevention of herpes zoster and post-herpetic neuralgia in adults50 years of age or older and for adults 18 years of age or older who are at increased risk of herpes zoster. **SHINGRIX, a prescription medicine, is funded for people aged 65 years. From 1 July 2024, SHINGRIX is also funded for certain individuals 18 years and over at higher risk of shingles. See full funding criteria at pharmac.govt.nz. Costs will apply if SHINGRIX is not funded.** A single 0.5 mL dose contains 50 mcg of gE antigen, adjuvanted with $AS01_B$ (composed of the plant extract *Quillaja saponaria* saponin (QS-21) (50 mcg) and 3-O-desacyl-4'-monophosphoryl lipid A (MPL) from *Salmonella minnesota* (50 mcg) plus excipients). **SHINGRIX should not be administered if** you are hypersensitive to any component of this vaccine. **SHINGRIX has risks and benefits – ask your doctor if SHINGRIX is right for you. Use strictly as directed. Normal doctor's charges apply. Side effects:** Adults ≥50 years: pain, redness and swelling at the injection site, muscle pain, fatigue, headache, shivering, fever, and gastrointestinal symptoms. Adults at increased risk of shingles between the ages of 18 to 49 years are more likely to experience side effects such as pain at the injection site, fatigue, muscle pain, headache, shivering and fever compared to those aged ≥50 years. This is not a full list. Vaccination with SHINGRIX may not protect all vaccine recipients. If you have side effects, see your doctor, pharmacist or healthcare professional. **Additional product information and Consumer Medicine Information (CMI) is available at** www.medsafe.govt.nz