



# NZ Recommendations for Teens & Young Adults Vaccination

As a teen or young adult, immunisations can help protect against diseases and their complications, and keep you and your whānau doing the things you love.<sup>1</sup> While some vaccines are funded and routinely offered through the National Immunisation Schedule, other recommended adult immunisations may not be funded.<sup>1</sup>

**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.<sup>1,2</sup>

- **Funded:**\* Recommended for adults including for individuals during pregnancy.<sup>1,3</sup> Based on age, other health conditions and previous vaccination history.<sup>1,3</sup> 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.<sup>1,2</sup>

- **Funded HPV vaccine (Gardasil 9):**\* Individuals aged 9-14 years and 15-26 years inclusive.<sup>1,3</sup>
- **Recommended but not funded:** Adults 27-45 years based on your health risks. Talk to your healthcare professional.<sup>1</sup>

## 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.<sup>1,2</sup>

- **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.<sup>1,3</sup>
- **Recommended but not funded:** Anyone aged from 6 months, annually (if not eligible under funding criteria).<sup>1</sup>

## 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.<sup>#</sup> Children under 5 years, adolescents and young adults are at increased risk of meningococcal disease.<sup>1,2</sup>

- **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.<sup>1,3</sup>
- **Recommended but not funded:** Other adolescents and young adults in close-living situations not eligible for funded vaccine.<sup>1</sup>

If you are under 16 years of age, you may need a doctor's prescription for your meningococcal vaccination in a pharmacy. Talk to your healthcare professional.

## 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.<sup>1,2</sup>

**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.<sup>1,2</sup>

**RUBELLA** is usually a mild disease but can affect your unborn baby when it occurs during pregnancy.<sup>1,2</sup>

- **Funded combined MMR vaccine (Priorix):**\* Anyone without two documented doses of MMR vaccine.<sup>1,3</sup> MMR immunisation is not recommended during pregnancy.<sup>1,2</sup>

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.<sup>1</sup>

**Would've.  
Could've.  
Should've.  
Did** ☒

\*Please see Pharmaceutical Schedule for full funding criteria. #There is no single meningococcal vaccine which covers all the different groups.<sup>2</sup>

**References:** 1. Health NZ, Immunisation Handbook v6, 2024. 2. Immunisation Advisory Centre. Vaccines and Diseases. 2024 ([immune.org.nz](https://www.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](https://www.pharmac.govt.nz)).

The Consumer Medicine Information (CMI) for MenQuadfi, Influvac Tetra and Gardasil 9 is available at [www.medsafe.govt.nz](http://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.

**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](http://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<sub>50</sub> of the Schwarz measles, not less than  $10^{3.7}$  CCID<sub>50</sub> of the RIT 4385 mumps (derived from Jeryl Lynn strain), and not less than  $10^{3.0}$  CCID<sub>50</sub> 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](http://www.medsafe.govt.nz)**



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