

Where to get immunisations

- AMS (Aboriginal Medical Service).
- Doctors.
- Community immunisation clinics.

Normal side effects

Side effects are usually mild and involve pain, swelling and redness where the needle was given.

To help bub you can put a cold damp cloth where the injection was given and give paracetamol for pain.

If you think side effects are getting worse please contact your doctor or take bub to nearest hospital to have a check up.

For more information or advice

Please talk to your doctor, childhood nurse or Aboriginal health worker

Immunisation policies

Childcare enrolment

To be enrolled in childcare you must provide proof that your kids are up to date with their vaccinations OR have an approved exemption.

For more information, visit:

health.nsw.gov.au/childcare-enrolment

No job no pay

If your child's vaccinations aren't up to date then your Centrelink payments could be affected.

For more more information, visit:

health.gov.au/sites/default/files/no-job-no-pay-new-requirements-fact-sheet.pdf



Useful links

health.nsw.gov.au/aboriginal-immunisation

talkingaboutimmunisation.org.au

Deadly Tots

deadlytots.com.au/

Contact your local public health unit and ask for the Aboriginal Immunisation Health Worker using the details below

 **1300 066 055**

DETAILS FOR YOUR LOCAL ABORIGINAL IMMUNISATION HEALTH WORKER:

NAME:

NUMBER:

EMAIL:

WORKING DAYS/TIME:

"Be deadly, be wise let's get our Mob Immunised"

Adapted from the North Coast and Western NSW LHDs



NSW

Aboriginal Immunisation
HEALTH WORKER PROGRAM

We acknowledge the traditional owners of the lands on which we work and pay our respects to Elders past, present and emerging.



Immunisations are a safe and helpful way of protecting you and your family against serious and harmful diseases. Immunisations can help your body to build immunity and prevent you from catching the disease. It is important to immunise on time for the best protection.

Aboriginal Immunisation Health Workers are based around NSW and work with families, communities and health services to protect children, adolescents and adults from harmful diseases.

More information about immunisation for Aboriginal and Torres Strait Islander people is available at:

health.nsw.gov.au/aboriginal-immunisation

How to keep track with your family's immunisations

MyGov account

Creating a myGov account helps you access all services such as Centrelink and Medicare in one place. When you link the accounts to myGov you will be able to use one online account:

www.servicesaustralia.gov.au/individuals/online-help/create-mygov-account

Birth certificate

All bubs must be registered within 60 days of birth - this part is free. After bub is registered, then you can apply for a birth certificate as proof of identity - this part has a fee:

www.nsw.gov.au/topics/births/register-your-baby

Medicare

It is important to register your baby with Medicare as soon as possible after birth. Medicare helps you to have free access to health care services. You must always update changes to your details such as address, phone number and surnames:

www.servicesaustralia.gov.au/individuals/forms/ms018

Blue Book

All parents of children born in NSW receive a free copy of My Personal Health Record (the Blue Book). The Blue Book has valuable information about a child's health and development:

www.health.nsw.gov.au/kidsfamilies/MCFhealth/Pages/child-blue-book.aspx



Send friendly reminders about immunisations

Improve on-time Aboriginal immunisation

Provide immunisation information

Improve Aboriginal identification

Work with other Health workers



List of funded immunisations for our Mob

It's important to identify as Aboriginal or Torres Strait Islander with all Health services

Childhood immunisations:

- Birth
- 6 weeks
- 4 months
- 6 months
- 12 months
- 18 months
- 4 years



Flu (influenza) immunisations

- Anyone aged 6 months to Elder

Meningococcal B

- For bubs 2 years and under (Panadol recommended 30 minutes before vaccination)

High school program

- HPV (Human papillomavirus)
- Diphtheria-Tetanus-Pertussis (dTpa)
- Meningococcal ACWY

Catch up immunisations

- All people aged under 20 years
- People with medical conditions - eg Asplenia

Pregnancy

- Pertussis (Whooping cough)
- Flu (Influenza)

Adults and Elders

- Pneumococcal (aged 50 years and over)
- Shingles (aged 70 years and over)

The National Immunisation Schedule for all Indigenous People and other resources are available from:

health.nsw.gov.au/aboriginal-immunisation