



**Jillian Skinner**  
Minister for Health

## **MEDIA RELEASE**

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### **“SAVE THE DATE” TO PROTECT CHILDREN FROM DISEASES**

Parents and carers are encouraged to download the free “Save the Date to Vaccinate” app and ensure their children receive vaccinations on time.

Health Minister Jillian Skinner said the start of the new school year is the perfect time to plan ahead with NSW Health’s easy-to-use app, which records the child’s name, birth date and GP’s contact details. It then calculates the next immunisation date and sends a series of appointment reminders.

“Vaccine-preventable diseases, such as whooping cough, measles, diphtheria, and meningitis, are serious and sometimes life-threatening infections - the more we vaccinate, the more we can protect the wider community,” Mrs Skinner said.

“Vaccination is the most effective way to protect children from serious diseases, especially if done on time.

“There may be many reasons for a delay, such as illness, a busy time at work, simply forgetting or difficulty in getting to a GP, but even just a few weeks can put a child at risk of getting a life-threatening disease.”

Parents should speak to GPs if a child has a minor illness, such as a cough or cold, to check if it is safe to vaccinate before they consider delaying.

A series of vaccinations is provided free for infants and young children, at ages six weeks, four months, six months, 18 months and four years.

Three important vaccines are also offered free to all Year 7 students: human papilloma virus, diphtheria-whooping cough-tetanus, and chicken pox (for children who have not had the disease or vaccine in the past).

Parents and carers of Year 7 students should look out for the vaccine consent package, to be sent home in term one, which they need to read, sign and return to school as soon as possible.

**Download the Save the Date app at: [www.immunisation.health.nsw.gov.au](http://www.immunisation.health.nsw.gov.au)**

For more information, visit NSW Health at: [www.health.nsw.gov.au/immunisation](http://www.health.nsw.gov.au/immunisation)