



Pacific Childhood Immunisation Toolkit

June 2025

Health New Zealand
Te Whatu Ora



kia orāna. mālo ni. fakaalofa lahi atu. tālofa lava. mālō e lelei. bula. mauri. noa'ia. talofa. halo.

The Pacific childhood immunisation toolkit aims to support talanoa with Pacific communities and families about childhood immunisations.

It is designed to introduce the childhood immunisation schedule to, and give Pacific families and communities confidence about childhood immunisations.

This toolkit contains a breakdown of the childhood immunisation schedule for children to 4 years-old, key messaging and links to resources to support Pacific babies have the best start in life.

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kakala getting started

4 steps to support you starting out



Teu - plan

With your support network, together learn more about childhood immunisations and its importance of protecting your child.



Toli - connect

Build and strengthen your relationship with families and members of the Pacific community.



Tui - weave

Reflect with your support network to develop a shared understanding of childhood immunisations that resonates with Pacific families and communities.



Luva - share

Follow up with Pacific families and communities to offer support and promote childhood immunisations.



Dr Owen Sinclair talks about childhood immunisations

childhood immunisations

All childhood vaccines on the National Immunisation schedule are free to all children in New Zealand, regardless of your visa status.

If you have questions or would like more information, you can:

- Talk to your general practice, midwife, Well Child Tamariki Ora nurse or pharmacy
- Look up immunisations in your baby's Well Child Tamariki Ora My Health Book
- Visit immunise.health.nz
- For more support call the Vaccination Helpline **0800 28 29 26**
(8:30am – 5pm Monday to Friday, excluding public holidays)
- Vaccination Helpline can support your family access immunisations even if you do not have a family doctor.

national immunisation schedule



Pregnancy

1 injection covers:
Tetanus
Diphtheria
Whooping cough

1 injection covers:
Flu



6 weeks

1 dose given by drops
into mouth covers:
Rotavirus

1 injection covers:
Diphtheria
Tetanus
Whooping Cough
Polio
Hep B
Hib

1 injection covers:
Pneumococcal



3 months

1 dose given by drops
into mouth covers:
Rotavirus

1 injection covers:
Diphtheria
Tetanus
Whooping Cough
Polio
Hep B
Hib

1 injection covers:
Meningococcal B
(can be given at 8 weeks)



5 months

1 injection covers:
Diphtheria
Tetanus
Whooping Cough
Polio
Hep B
Hib

1 injection covers:
Pneumococcal

1 injection covers:
Meningococcal B
(can be given at 4 months)



12 months

1 injection covers:
Measles
Mumps
Rubella

1 injection covers:
Pneumococcal

1 injection covers:
Meningococcal B



15 months

1 injection covers:
Hib

1 injection covers:
Measles
Mumps
Rubella

1 injection covers:
Chickenpox



4 years

1 injection covers:
Diphtheria
Tetanus
Whooping cough
Polio

it's free. for more information visit **immunise.health.nz**

diseases we immunise against

immunisation is the safest and most effective way to provide protection for you and your child

Tetanus

Tetanus is rare but a serious disease caused by bacteria found in soil and manure (horse or cow poo). You can get the disease if dirt carrying this bacteria gets into a wound – e.g. a child playing in the garden. Symptoms of tetanus disease include painful muscle spasms, difficulty breathing, chewing and swallowing. It is a serious disease that can cause death without immunisation or proper wound treatment.

Diphtheria

A rare but serious infectious disease that can easily spread from person to person through coughing and sneezing. It causes skin infection but can also affect the throat causing breathing difficulties.

Whooping cough (pertussis)

A highly contagious respiratory disease that can easily be spread by coughing and sneezing at home and around early childhood education centres and schools. It causes breathing difficulties and severe coughing which can lead to pneumonia, seizures and other brain issues. More than half of babies under 12 months old who catch it need to go to hospital.

Polio

A highly contagious disease caused by a virus. In serious cases, it can cause paralysis (muscle weakness) and death. There is no cure for polio – it can only be prevented by immunisation.

Hepatitis B (hep B)

A viral infection that can cause serious problems including liver disease and liver cancer. Hepatitis B can be passed on through contact with an infected person's body fluids, especially blood – it can spread through cuts, or sharing a drink bottle with an infected person.

Haemophilus influenza type b (hib)

Hib is a bacteria that causes life-threatening illnesses in young children. It spreads through the air by breathing, coughing and sneezing. Children under five years-old are most vulnerable to Hib infections, and it often leads to meningitis and epiglottitis.

Rotavirus

A viral infection that causes diarrhoea, vomiting and fever, predominantly in infants and young children. Some children get so sick they need to go to hospital.

Pneumococcal

A disease caused by bacteria that live in the throat. These bacteria do not normally cause problems, but if they spread to other parts of the body they can make you very sick. It can easily be spread by coughing, sneezing, and close contact.

Meningococcal B

Meningococcal disease is an infection caused by bacteria. It is spread by coughing and sneezing, or by contact with saliva. Meningococcal disease can develop rapidly and be life-threatening. It can become deadly in just a few hours.

Measles

One of the most dangerous and contagious disease. It can cause a rash, flu-like symptoms, or more serious problems like brain swelling, chest infection, or death. It is spread through the air by infected droplets or by direct contact with an infected person.

Mumps

A viral illness, which can cause swelling in the salivary glands around the face. It is spread through the air from person to person by coughing and sneezing, and by direct contact with infected saliva.

Rubella

A viral illness that causes a spotty rash. It is usually a mild illness, but can result in severe damage of an unborn baby when it occurs during pregnancy. It is spread through the air from person to person by coughing and sneezing.

Chickenpox (varicella)

A highly infectious illness, most commonly seen in children. It causes an itch, blistering rash. Infections are normally mild, itchy, but chickenpox can make some people very sick. Chickenpox is spread from person to person through droplets in the air from coughing and sneezing. It can also be spread by contact with the fluid that is in the chickenpox or blisters.

Flu (influenza)

A common viral illness where we see most cases occur during the winter months (May to October) in New Zealand. It can spread easily through talking, coughing and sneezing. Symptoms include sudden fever, chills, muscle aches, runny nose, cough, shortness of breath.

For more information & support

Speak to your health care provider or
Call the Vaccination Helpline on

0800 28 29 26

(available Monday to Friday – 8:30am – 5:00pm,
excl. public holidays)

pregnancy immunisations

Tetanus, Diphtheria and Whooping Cough (1 dose each pregnancy)

- Whooping cough is particularly dangerous for babies – especially those who have not been vaccinated. More than half of babies under 12 months old who catch whooping cough need to go to hospital, and up to 1 in 50 of these babies die.
- By getting immunised when you are pregnant you will protect your pēpi until they can have their first immunisations when they are 6 weeks old. This is because your immunity passes to your baby through the placenta.
- This vaccine will protect your baby until they can have their first immunisations when they are 6 weeks-old.

Flu (1 dose each flu season)

- If you catch the flu when you are pregnant, you are at greater risk of getting pneumonia and are more likely to be hospitalised.
- Flu also increases the chance of complications for your baby, such as early birth, miscarriage, stillbirth and lower birth weights.
- You can get a free flu vaccination at any stage of your pregnancy.

Immunisation during pregnancy

By getting immunised when you are pregnant you will protect your baby until they can have their first immunisations when they are 6 weeks old.

The vaccines are safe and recommended during pregnancy

For additional support give the Vaccination Helpline a call on
0800 28 29 26

Pertussis (whooping cough)

A pertussis (whooping cough) epidemic was announced in at the end of 2024 and is expected to last 18 – 24 months.

Free whooping cough protection is offered to pregnant women during pregnancy and to baby from 6 weeks.

It is particularly serious for babies, children and older adults, and in some cases, can also be fatal.

Getting vaccinated is one of the safest things you can do to protect your baby



Dr Lily Fraser on getting the flu vaccine while pregnant

6-week immunisations

Your baby gets 3 immunisations

Rotavirus (Dose 1 of 2)

- Your baby needs two-doses to be fully protected against rotavirus.
- An oral vaccine – given as liquid drops in the mouth.
- The first dose must be given before your baby turns 15 weeks-old.

Diphtheria, Tetanus, Whooping Cough, Polio, Hep B and Hib (Dose 1 of 3)

- It protects against six preventable diseases in 1 injection
- Your baby needs all three-doses to be fully protected.
- This immunisation protects against diphtheria, tetanus, whooping cough, polio, hepatitis b and hib.

Pneumococcal (Dose 1 of 3)

- The pneumococcal vaccine is offered to babies for free when they are 6 weeks, 5 months and 12 months old.
- To be fully protected, your baby needs 3 separate doses of this vaccine.




For information on the disease these vaccine protect against see page 7

Getting ready for you baby's first immunisations

Your baby's first immunisations are due at 6 weeks. Make it easy and enrol them with a general practice/doctor early.

If you need help with enrolment, your midwife, the hospital or your Well Child Tamariki Ora nurse can help you enrol with a general practice/doctor, or to access immunisations.

For additional support and advice give the Vaccination Helpline a call on
0800 28 29 26



We visited a maternity clinic in
South Auckland to talk about
Whooping Cough (Pertussis)

Health New Zealand
Te Whatu Ora

[Visit to a Maternity Clinic to talk about Whooping Cough \(Pertussis\)](#)

3-month immunisations

Your baby gets 3 immunisations

Rotavirus (Dose 2 of 2)

- This is the second and final dose of the Rotavirus vaccine your baby will need to ensure they are fully protected.

Diphtheria, Tetanus, Whooping Cough, Polio, Hep B and Hib (Dose 2 of 3)

- This is the second dose your baby will receive.
- Their next dose will be given at 5 months-old.

Meningococcal B (Dose 1 of 3)

- Protects your baby against meningococcal disease which can lead to serious illness such as meningitis and septicaemia.
- At 3 months your baby will be offered the Meningococcal B (MenB) vaccine as part of their usual scheduled immunisations.
- The MenB vaccine can cause quite high fever – particularly for children under 2 years-old.
- There is also an option to have your baby immunised slightly earlier at 2 months, 4 months, and 12 months old. This will mean extra appointments. You can discuss this with your doctor, nurse, or healthcare provider during your baby's 6-week immunisation appointment.

For information on the disease these vaccine protect against see page 7

MenB vaccine advice for under 2 years old

Before the vaccination

If possible give your children paracetamol just before the vaccination appointment time. Check the instructions on the paracetamol label to find out how much to give your child.

If you forget or do not have any – do not worry, your vaccinator can give some when you arrive at the appointment.

If you have questions before your appointment talk to your doctor or trusted healthcare professional.

After the vaccination

After the first dose of paracetamol, a further 2 doses of paracetamol are recommended. A 6-hour gap should be left between doses.

This will help reduce the chance of your baby developing a fever after their vaccine.

It's important to give the exact amount recommended by the vaccinator and at the appropriate times.

Your vaccinator will ask if you have enough paracetamol at home – if not, they can provide you with a prescription, or a small supply of paracetamol.

Your vaccinator will explain everything and you will have opportunity to ask questions. You will also be given a leaflet to take home with you to look at afterwards if you need it.



Immunise your child and protect them from meningococcal disease

5-month immunisations

Your baby gets 3 immunisations

Diphtheria, Tetanus, Whooping Cough, Polio, Hep B and Hib (Dose 3 of 3)

- This is the final dose your baby will receive in this series of immunisations, however they will be offered further booster for some other disease as part of the immunisation schedule.

Pneumococcal (Dose 2 of 3)

- This is the second dose your baby will receive.
- Their next dose will be given at 12 months old

Meningococcal B (Dose 2 of 3)

- This is the second dose your baby will receive.
- Their next dose will be given at 12 months old.
- Refer to MenB vaccine advice on page 12 for guidance for children under 2 years old.



For information on the disease these vaccine protect against see page 7

Ria's childhood immunisation story



12 –month immunisations

Your baby gets 3 immunisations

Measles, mumps and rubella (Dose 1 of 2)

- New Zealand is currently at a very high risk of a measles outbreak. Not enough people are immunised against measles, which means it could just take a single case of measles to start an outbreak.
- MMR vaccine protects against 3 viral infections – measles, mumps and rubella
- After two doses of an MMR vaccine around 99% of people are protected against measles.

Pneumococcal (Dose 3 of 3)

- This is the final dose your baby will receive in this series of immunisations, unless they have some certain health conditions – your health care provider will be able to tell you if your baby is included in this group.

Meningococcal B (Dose 3 of 3)

- This is the final dose your baby will receive in this series of immunisations.
- Children may be offered additional doses if they are going to be living in boarding schools or university halls of residence between the age of 13 – 25 years.



For information on the disease these vaccine protect against see page 7

Risk of measles outbreak

If there is a measles outbreak, or you are travelling to a country with an active measles outbreak, babies aged between 6 – 11 months may be advised to have an additional free dose of the MMR vaccine early.

Talk to your doctor, nurse, or healthcare provider about this,

It is very important your child still has their scheduled 2 MMR doses at 12 and 15 months old.



[The measles vaccine with Dr Hina Lutui](#)

15 –month immunisations

Your baby gets 3 immunisations

Hib (Booster dose)

- Your baby will receive a free booster when they are 15 months old.
- This booster dose extends your child's protection while they are most vulnerable to Hib disease.

Measles, mumps and rubella (Dose 2 of 2)

- This is your baby's second and final dose of MMR vaccine to provide them with long term immunity.
- After two doses of MMR vaccine around 99% of people will be protected against measles.
- It is very important not to miss this second dose as measles is a very serious disease.

Chickenpox (Single dose)

- Your baby will be offered one free chickenpox vaccine when they are 15 months old.
- This vaccine will protect around 4 out of 5 children from getting chickenpox. Up to 1 in 5 may still get infected, but symptoms are generally less severe.



For information on the disease these vaccine protect against see page 7

Get a personalised immunisation schedule

Personalised Immunisation Schedule

A handy tool that shows what immunisation your child needs from 6 weeks-old to 13 years-old, and the dates due.

Use this a guide. Some babies and children may be offered additional protection if they have medical conditions.

4 year immunisations

Your child gets 1 booster immunisation

Diphtheria, Tetanus, Whooping Cough and Polio (booster dose)

- This single-dose booster vaccination protects your child against 4 serious diseases.
- This booster dose extends your child's protection while they are most vulnerable.



For information on the disease these vaccine protect against see page 7

Get a personalised immunisation schedule

Personalised Immunisation Schedule

A handy tool that shows what immunisation your child needs from 6 weeks-old to 13 years-old, and the dates due.

Use this a guide. Some babies and children may be offered additional protection if they have medical conditions.



key messages



key messages

Free and essential:

- Immunisations saves lives. As well as protecting yourself from dangerous diseases, getting your children immunised is one of the best ways to set them up for a healthy future.
- Childhood immunisations are free for everyone under age 18 years in Aotearoa New Zealand regardless of their visa status.

Protects against serious diseases:

- Immunisations protect against diseases like measles, mumps, rubella, whooping cough (pertussis), tetanus, polio, hepatitis b and more.

On-time vaccination is key:

- The childhood immunisation schedule is spaced to boost your child's immunity. For the best protection against disease, immunise your children at the recommended times.
- Not getting immunised on time puts your child at greater risk of getting a serious disease.

Starting baby's immunisation on time:

- Immunising babies as soon as they turn 6 weeks-old is the best way to protect them from serious diseases.

Benefits outweigh risks:

- Like most medicines, immunisations can sometime cause reactions. These are usually mild, and not everyone will get them.
- Mild reactions are normal and shows that your immune system is responding to the immunisation.

Community protection:

- Babies, older people and those with long-term health conditions are very vulnerable if exposed to vaccine-preventable diseases. They could become very sick and it could be life-threatening.
- All members of a family being fully immunised creates a bubble of protection.

vaccinations across the lifespan



from 9 years

2 doses given, 6 months apart
covers:
Human papillomavirus (HPV)



from 11 years

1 booster covers:
Tetanus
Diphtheria
Whooping Cough



45 years

1 booster covers:
Tetanus
Diphtheria
Whooping Cough



65 years

1 booster covers:
Tetanus
Diphtheria
Whooping Cough

2 doses, given 2 to 6 months apart
covers:
Shingles

1 free dose every year covers:
Influenza (Flu)

[National Immunisation Schedule for more information](#)

Get all your family immunised for best protection

Babies, older people, and those with long-term health conditions are very vulnerable if exposed to vaccine-preventable diseases. They could become very sick and it could be life-threatening.

If anyone has missed a vaccination, do not worry, most vaccinations can be caught up on.

If you are unsure if you or your family are up to date with your vaccinations, contact your doctor, nurse or healthcare provider.

Many children and adults who have eligible health conditions will be offered free yearly flu immunisations. Ask your vaccinator who in your family can receive these.

overseas vaccinations

Lots of people living in Aotearoa New Zealand have had vaccines overseas.

It is helpful to provide your vaccinator with records or proof of any past immunisations. You can ask your previous doctor or healthcare provider for these.

Your vaccinator will use these records to ensure that you are fully protected in New Zealand. If required they will work out what other vaccines are needed and will plan an appropriate schedule.

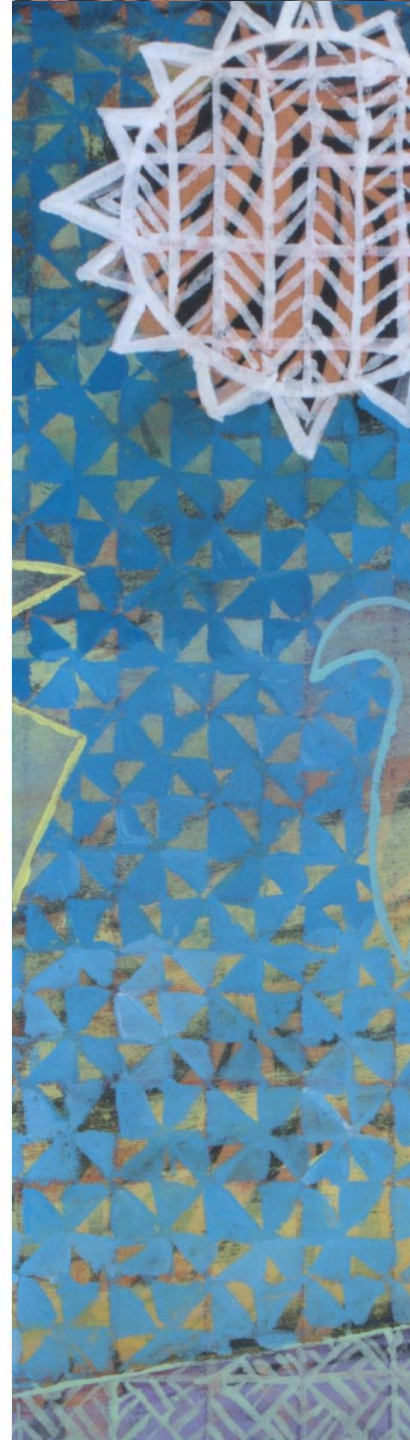
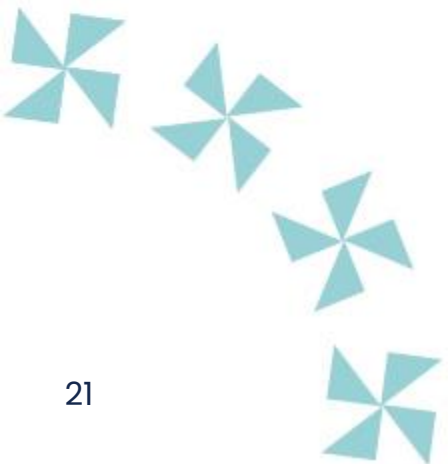
If you are unable to access your vaccination history, let your vaccinator know, they will discuss an appropriate catch-up plan.

For more information & support

Call the Vaccination Helpline

0800 28 29 26

(available Monday to Friday – 8:30am – 5:00pm , excl. public holidays)



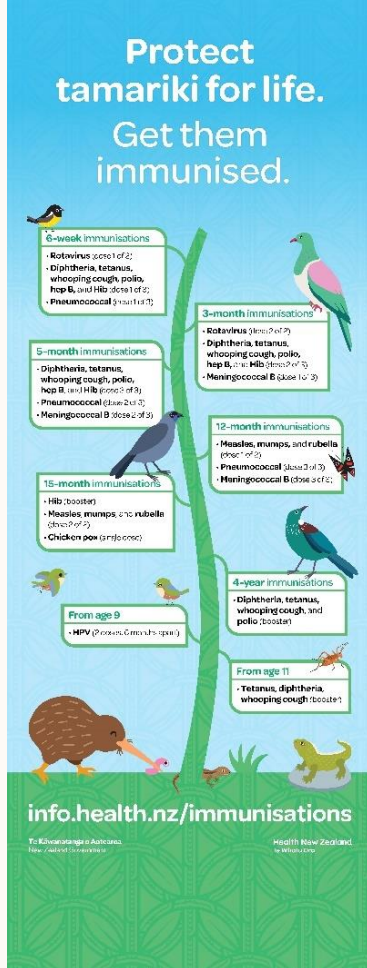


resources

Health New Zealand
Te Whatu Ora

resources

**Protect tamariki for life.
Get them immunised.**



- 6-week immunisations**
 - Rotavirus (dose 1 of 2)
 - Diphtheria, tetanus, whooping cough, polio, hep B, and Hib (dose 1 of 2)
 - Pneumococcal (dose 1 of 2)
- 3-month immunisations**
 - Rotavirus (dose 2 of 2)
 - Diphtheria, tetanus, whooping cough, polio, hep B, and Hib (dose 2 of 2)
 - Meningococcal B (dose 1 of 2)
- 5-month immunisations**
 - Diphtheria, tetanus, whooping cough, polio, hep B, and Hib (dose 3 of 3)
 - Pneumococcal (dose 2 of 2)
 - Meningococcal B (dose 2 of 2)
- 12-month immunisations**
 - Measles, mumps, and rubella (dose 1 of 2)
 - Pneumococcal (dose 3 of 3)
 - Meningococcal B (dose 3 of 3)
- 15-month immunisations**
 - Hib (booster)
 - Measles, mumps, and rubella (dose 2 of 2)
 - Chicken pox (single dose)
- From age 9**
 - HPV (2 doses, 6 months apart)
- 4-year immunisations**
 - Diphtheria, tetanus, whooping cough, and polio (booster)
- From age 11**
 - Tetanus, diphtheria, whooping cough (booster)

info.health.nz/immunisations

Tō Kāwanatanga o Aotearoa
New Zealand Government Health New Zealand
Te Whaitu Ora


[Create your child's own immunisation schedule](http://info.health.nz/immunisations)



**Fai mea e tatau ma lelei mo le
ola maloloina o le fanau.
Fai tuipuipei a le fanau.**

Tō Kāwanatanga o Aotearoa
New Zealand Government Health New Zealand
Te Whaitu Ora

[Set your tamariki up for a healthy future available in other Pacific languages](#)



**Protecting you and
your pēpi starts during
pregnancy**

Protecting your baby starts before they are born. There are **3 FREE** vaccines recommended during pregnancy to protect you and your pēpi against whooping cough, flu and covid.

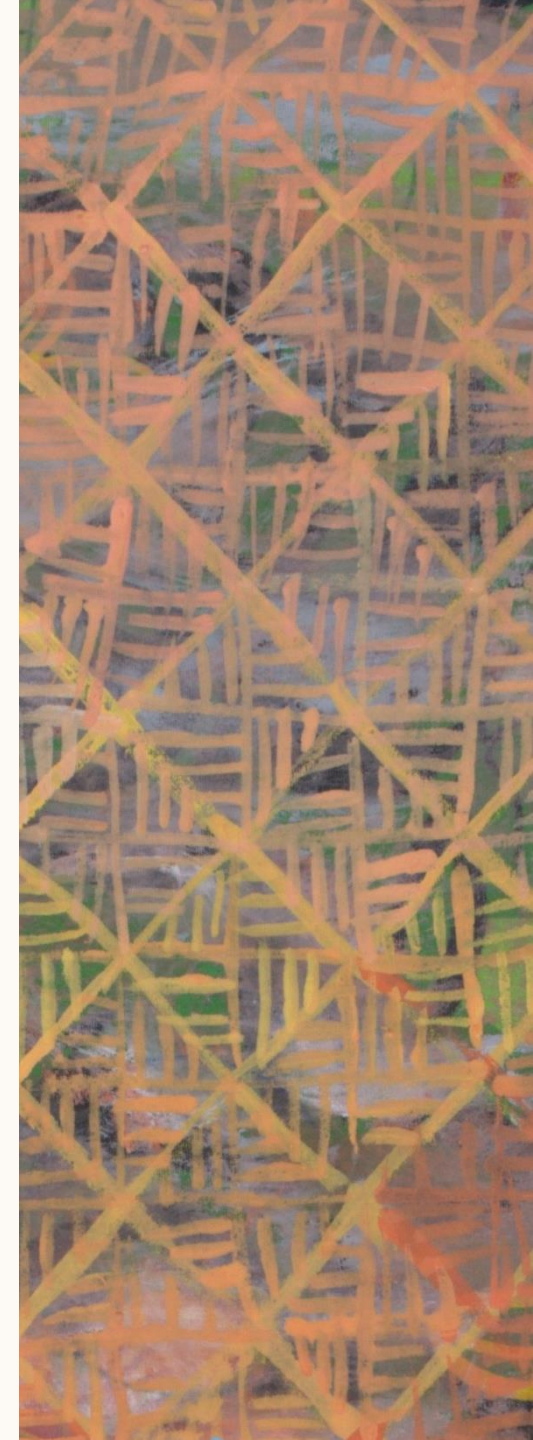
For more information about getting immunised during pregnancy

- talk to your doctor, nurse, local pharmacist or healthcare provider
- call **Healthline** on **0800 611 116**
- visit info.health.nz/pregnancy

Tō Kāwanatanga o Aotearoa
New Zealand Government Health New Zealand
Te Whaitu Ora

info.health.nz/pregnancy

[Protecting your pēpi starts during pregnancy](http://info.health.nz/pregnancy)



more resources



**Give our babies
one of the best
defences in life**

Prioritise to immunise our children.
Contact your doctor or healthcare provider
to make an appointment

info.health.nz/immunisations

Te Kāwanatanga o Aotearoa
New Zealand Government

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**Baby's wellbeing is
our first priority**

Prioritise to immunise our children.
info.health.nz/immunisations

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**Getting all their shots
for the best start in life**

Prioritise to immunise our children.
info.health.nz/immunisations

Te Kāwanatanga o Aotearoa
New Zealand Government

Health New Zealand
Te Whaitu Ora

For more information and further resources
about childhood immunisation visit: [HealthEd](https://www.health.govt.nz/our-services/immunisation)





Juanita's childhood immunisation story



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