



# VACCINE & MEDICINES



## RECOMMENDED TRAVEL VACCINATIONS FOR NEW ZEALAND

VACCINES	HOW DISEASE SPREAD	ADVICE
Hepatitis A	Food & Water	Recommended for most travelers.
Hepatitis B	Blood & Body Fluids	Accelerated schedule available.
COVID-19	Food & Water	Recommended for all travelers

## ROUTINE VACCINATIONS FOR NEW ZEALAND

VACCINES	HOW DISEASE SPREAD	ADVICE
Measles Mumps Rubella (MMR)	Various Vectors	Given to anyone unvaccinated and/or born after 1957. One-time adult booster recommended. .
TDAP (Tetanus, Diphtheria & Pertussis)	Wounds & Airborne	Only one adult booster of pertussis required.
Chickenpox	Direct Contact & Airborne	Given to those unvaccinated that did not have chickenpox.
Shingles	Direct Contact	Vaccine can still be given if you have had shingles.
Pneumonia	Airborne	Two vaccines given separately. All 65+ or immunocompromised should receive both.
Influenza	Airborne	Vaccine components change annually.
Meningitis	Airborne & Direct Contact	Given to anyone unvaccinated or at an increased risk, especially students.
Polio	Food & Water	Considered a routine vaccination for most travel itineraries. Single adult booster recommended.