

## Immunisations and CF

Immunisation is a safe and effective way to protect people against preventable illnesses including chickenpox, measles and hepatitis. It also helps stop the spread of these illnesses in the community. For people with cystic fibrosis (CF), immunisation is even more important due to the potentially serious consequences of infection.

### How Does Immunisation Work?

Vaccines strengthen your immune system by training it to recognise a particular germ and produce antibodies to destroy it so you are protected from the effects of the illness it can cause. In some cases, you may still get the illness, but it will be less serious if you have been immunised.

### Which Vaccinations Do I Need?

People with CF should follow the routine immunisation schedule as per the National Immunisation Program. All vaccines are provided for free by the government.

An annual influenza vaccine and an additional pneumococcal vaccine at four to five years of age are also recommended. The influenza vaccine is also recommended for family members and friends of people with CF to help protect them from vaccine-preventable illnesses. Parents or adults with CF may choose to purchase additional vaccines such as extra meningococcal vaccines or travel vaccines if recommended by your GP or CF team.

### Are There Any Side Effects?

Vaccines may have some side effects but mostly they will be mild and short-lived,



such as local pain, redness or swelling at the injection site.

More serious side effects are less common and much less serious than the side effects of the disease itself. If you are concerned about the side effects of vaccination, discuss this with your GP.

### Useful Resources

- [CFWA Factsheets](#)
- [Influenza Vaccine for Children \(PCH\)](#)
- [Children Medically at Risk and Immunisations \(PCH\)](#)
- [Vaccine Preventable Conditions and Diseases \(Dept Health\)](#)
- [National Immunisation Program \(Dept Health\)](#)
- [How are Vaccines Shown to be Safe? \(Dept Health\)](#)

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Cystic Fibrosis WA

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