

## 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 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 (NIP). This program is funded by the Australian Government, so these vaccines are provided for free.

Additional free vaccinations such as the flu and COVID-19 are recommended. Western Australians aged 12 years and over can now book a COVID-19 vaccination.

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.

### Vaccinations for Family and Friends

As many diseases are highly contagious, it is important to encourage those around you, especially close family members, to keep up-to-date with their vaccinations.

The more people in your circle who have immunity, the more difficult it is for viruses to spread.

This provides protection for vulnerable people in the community including people with CF and those who are not able to be vaccinated.

## 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

- [Roll up for WA \(COVID-19 vaccinations\)](#)
- [Influenza Vaccine for Children](#) (PCH)
- [Children Medically at Risk and Immunisations](#) (PCH)
- [Vaccine Preventable Conditions and Diseases](#) (Dept health)
- [National Immunisation Program Schedule](#) (Dept health)
- [How are Vaccines Shown to be Safe?](#) (Dept health)
- [CFWA Factsheets](#)

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