



# CONGENITAL HEART DISEASE IMMUNISATION FOR YOUNG PEOPLE



## Why are they important?

Keeping up to date with vaccinations is important for everyone. Being immunised provides significant protection against dangerous diseases. Some young people with heart conditions benefit not only from routine immunisations but also may need to be extra vigilant about flu shots and other preventative vaccines that are not on the standard immunisation schedule.

It is important to note that if you are living with a chronic condition, you may be more susceptible to getting infections or becoming ill, so speak to your cardiologist or GP about which immunisations you might need to consider.

## What do I need to know?

As you enter adolescence there are several immunisations that are important to have to help keep you in good health. Everyone is different, and this may impact the frequency of your vaccination, others are only required when you travel, some may even be years apart depending on your situation. Your GP and treating medical team can help you in ensuring you are up to date with your immunisations. If you are unsure it is always best to check by making an appointment with your GP or asking about immunisations at your next visit.

Recommended ages for some immunisations vary across states and in the setting of some health conditions. As you approach your teenage years it's worth checking with your medical team (GP, Cardiologist, Nurse) as to when you should get these immunisations; it is a simple thing you can do to help keep well.

## Further information and useful links:

- The National Immunisation Program: Immunise Australia [immunise.health.gov.au](http://immunise.health.gov.au)

## Where can I go for further help?

People with congenital heart disease face unique challenges, treatment and often repeated surgeries for their entire lives, and support is critical at every stage of the journey – from when congenital heart disease is diagnosed through childhood, the teenage years and into adulthood.

HeartKids is the only national charity dedicated to supporting Australians of all ages impacted by congenital heart disease, the leading cause of infant death in Australia and a complex chronic disease requiring lifelong treatment.

HeartKids provides  
lifelong support for heart kids  
and their families



For over forty years, HeartKids has provided timely support to infants, young people and adults living with congenital heart disease all across Australia. We also fund life-saving research, provide reliable and evidence-based information and advocate for the needs of impacted families.

Our support is a commitment for life.



Medtronic Australasia has supported the development of this factsheet for educational purposes, with no influence on the clinical content.

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HeartKids information does not replace professional medical advice.  
People should ask their doctor any questions about diagnosis and treatment.  
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