



Heart Disease and Vaccines:

Your Vaccine Checklist for Staying Heart-Smart



THE IMPORTANCE OF VACCINES

Chronic diseases, including heart disease, can weaken your immune system and increase your risk of contracting potentially serious infectious diseases like pneumonia, influenza, COVID-19 and respiratory syncytial virus (RSV). They can also put you at **higher risk of severe complications from these vaccine preventable diseases.**

Vaccines help **reduce the likelihood of hospitalisation and death**, due to complications from respiratory diseases¹⁻³ and also contributes to overall health of your immune system.

Monitoring and keeping up to date with your vaccinations are **crucial for protecting yourself**, especially if you have an underlying health conditions.

To learn more about vaccines and the immune system, visit <https://www.health.gov.au/our-work/immunisation-get-the-facts/the-top-facts-about-immunisation/how-does-immunisation-work>



TRACKING YOUR VACCINATIONS

Ensuring your vaccines are current is easy:

- Ask your healthcare professional or vaccination provider for a copy of your Immunisation History Statement
- Access your statement at www.mygov.au
- Use this checklist to track your vaccinations



GETTING VACCINATED

Tracking your vaccination history will help you plan future vaccinations and booster shots before they are due. Vaccinations can be given at the following locations (may vary for your local area, state or territory):

- General practices
- Pharmacies
- Community health or council clinics
- Aboriginal Medical Services

The Australian National Immunisation Program (NIP) recommends the following vaccines for people with heart disease:*

Recommended vaccines ⁴	Dose frequency [†]	Date of vaccination	Next vaccine due
Influenza (flu)	Annual	DD/MM/YYYY	MM/YYYY
Pneumococcal	One-time vaccination with booster as directed by your doctor	DD/MM/YYYY	MM/YYYY
COVID-19	As per guidelines in the Australian Immunisation Handbook	DD/MM/YYYY	MM/YYYY
RSV	1 dose	DD/MM/YYYY	MM/YYYY

Other vaccines may be considered, based on your condition and risk profile. Talk to your healthcare professional about which vaccines are right for you.

Additional vaccines ⁴	Dose frequency [†]	Date of vaccination	Next vaccine due
Shingles (herpes zoster)	2 doses given 2-6 months apart	DD/MM/YYYY	MM/YYYY
Diphtheria, tetanus, and pertussis (dTpa)	Booster every 10 years	DD/MM/YYYY	MM/YYYY
Meningococcal	1 or 2 doses depending on vaccine prescribed by your doctor	DD/MM/YYYY	MM/YYYY
Haemophilus influenzae type B (Hib)	As prescribed by your doctor	DD/MM/YYYY	MM/YYYY
Measles, mumps, rubella (MMR)	Up to 2 doses at least 4 weeks apart	DD/MM/YYYY	MM/YYYY

*The vaccines listed in the NIP are free to those with at-risk criteria. However, check with your healthcare professional or vaccination centre regarding any potential consultation or administration fees. Please note, the RSV vaccine is not included in the NIP.

[†]Please check immunisation frequency for children.

For more information about your chronic condition and the vaccines that are right for you, speak to your healthcare professional or visit www.health.gov.au

Disclaimer: This brochure contains general information only. It is not intended as a substitute for medical advice provided by a qualified healthcare professional. Hearts4heart does not provide diagnostic or treatment advice for any heart condition. Please seek advice from your doctor or other qualified healthcare professional if you have specific questions or concerns regarding heart disease or any other health issue.

1. Australian Academy of Science. The science of immunisation/Questions and answers. 2021. Available at: <https://www.science.org.au/files/userfiles/learning/documents/immunisation/2021/science-of-immunisation-QA-with-references-2021.pdf> Accessed online 17 January 2025. **2.** Vila-Corcoles, A, Ochoa-Gondar, O, Rodriguez-Blanco, T, et al. Clinical effectiveness of pneumococcal vaccination against acute myocardial infarction and stroke in people over 60 years: the CAPAMIS study, one-year follow-up. *BMC Public Health*. 2012; Mar 22:12:222. **3.** Behrouzi B, Bhatt DL, Cannon CP, et al. Association of influenza vaccination with cardiovascular risk: A meta-analysis. *JAMA Netw Open*. 2022;5(4):e228873. **4.** Australian Government Department of Health and Aged Care Australian Immunisation Handbook. Available at: <https://immunisationhandbook.health.gov.au> Accessed 8 February 2025. H4H0005. Date of preparation: February 2025.



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