

Getting up to date with your vaccinations



Being up to date with your vaccinations before surgery can reduce your risk of complications and improve your recovery.

It will lower your risk of:

- being unwell and needing to delay your surgery, and
- some infections and their complications.

The key vaccines for adults are:

- COVID-19,
- influenza (flu),
- pneumococcal disease, and
- shingles.

These vaccines are free for:

- certain age groups, such as people over 65 years of age,
- Aboriginal people, and
- people with some health conditions such as diabetes, cancer, immune disorders, kidney, heart and lung disease.

Speak to your GP, practice nurse, Aboriginal Medical Service or your pharmacist to find out which vaccines you should receive.

Resources:

- [SESLHD Public Health Unit – Immunisation Information for the public](#)
- [NSW Health – Adult Vaccination](#)

Aboriginal specific resources:

- [NSW Aboriginal Immunisation Health Worker Program](#)
- [Flu Vaccine Information Sheet for Aboriginal Communities](#)
- [Yarning to Make Health Decisions Together – Agency for Clinical Innovation](#)
- [Shield Yourself from Shingles First Nations Brochure](#)
- [Shield Yourself from Shingles First Nations Fact Sheet](#)