

## Immunisation & CF

Immunisation is a safe and effective way to protect people against many preventable illnesses including influenza, chickenpox, measles and COVID-19. 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, including lung function decline and permanent lung damage.

### 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 contract the illness, but symptom may 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 \(NIP\) Schedule](#). This program is funded by the Australian Government, so these vaccines are provided for free. Additional free vaccinations such as the annual influenza (flu) vaccine, RSV vaccine and COVID-19 vaccinations and boosters are recommended for those eligible.

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 & 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

- [About immunisation](#) (Dept. Health)
- [Influenza vaccine](#) (Dept. Health)
- [COVID-19 vaccine](#) (Dept. Health)
- [Children medically at risk at immunisation](#) (PCH)
- [Influenza vaccine for children](#) (PCH)
- [RSV immunisation for children](#) (PCH)
- [CFWA factsheets](#)