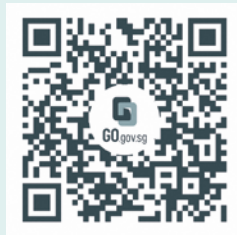


PREVENT WHAT'S
PREVENTABLE WITH
VACCINATION



Go to your doctor to get the recommended vaccinations for you and your loved ones, and check your eligibility for subsidies. Make an appointment with your clinic, so they can make sure that the vaccines are available.

Visit vaccinesprotect.gov.sg for more information on vaccine-preventable diseases, subsidies available and frequently asked questions.



Influenza (flu) and pneumococcal vaccinations are important for seniors and those with medical conditions.

Get the subsidised flu and pneumococcal vaccinations according to the National Adult Immunisation Schedule (NAIS).

Why is it important to get vaccinated?



Your immune system fights germs it is exposed to. It can be strengthened by getting vaccinated.

When you get vaccinated, you teach your body how to fight the germs so that your immune system will remember how to fight them if you are exposed in the future. If you are infected before you get vaccinated, you are at higher risk of falling seriously ill. The infection can lead to complications, disability and even death. Hence, getting vaccinated prevents unnecessary hospitalisation and loss of life.



What are the recommended vaccinations?

Nationally recommended vaccinations are listed in the National Adult Immunisation Schedule (NAIS) and National Childhood Immunisation Schedule (NCIS). The Ministry of Health (MOH), in consultation with the Expert Committee on Immunisation, established the schedules to provide guidance on which vaccinations people should receive to protect against specific vaccine-preventable diseases.



1) Influenza Vaccine (Flu Vaccine)

The flu vaccine protects against influenza, which is caused by the influenza virus. The flu may be confused with the common cold since the symptoms may be similar. However, symptoms of the common cold tend to be milder and colds usually do not result in serious health problems.

In contrast, the flu may cause high fever, sore throat, cough, headache, muscle aches and stuffy nose. Severe cases of flu could even lead to complications such as sinus or ear infection, bronchitis, pneumonia (infection of the lungs), and meningitis (infection of the brain lining and spinal cord).

The flu vaccination is recommended annually or twice per year as the circulating flu viruses are changing and the body's immunity to the flu virus may decrease over time.

Recommended groups:

- Seniors aged 65 years old and above
- People with chronic medical conditions such as diabetes mellitus, asthma, heart disease or other medical conditions
- People with weakened immunity
- People receiving intermediate and long-term care services
- Women at all stages of pregnancy
- Children aged six months to below five years of age



2) Pneumococcal Vaccine

The pneumococcal vaccine protects against severe forms of pneumococcal disease, which are caused by bacteria called *Streptococcus pneumoniae*. The bacteria can cause serious complications such as pneumonia (infection of the lungs), septicemia (blood infection), meningitis (infection of the brain lining and spinal cord).

There are two types of vaccines, i.e. pneumococcal conjugate vaccine (PCV10 and PCV13) and pneumococcal polysaccharide vaccine (PPSV23).

Your doctor will advise on the suitable type of pneumococcal vaccine, as well as the dosage, since it depends on the individual's age and medical condition.

Recommended groups:

- Seniors aged 65 years old and above
- People with chronic medical conditions such as diabetes mellitus, chronic lung, heart, kidney or liver disease or other medical conditions
- People with weakened immunity
- Children below five years of age

National Adult Immunisation Schedule (NAIS)

(for age 18 years or older)

Recommended for adults who meet age requirement
 Recommended for adults with specific medical condition or indication
 Recommended for adults who have not been previously vaccinated, or lack evidence of past infection or immunity

Vaccine	18-26 years	27-64 years	≥ 65 years
Influenza (INF)	1 dose annually or per season		1 dose annually or per season
Pneumococcal conjugate (PCV13)	1 dose		
Pneumococcal polysaccharide (PPSV23)	1 or 2 doses (depending on indication)		1 dose
Tetanus, reduced diphtheria and acellular pertussis (Tdap)	1 dose during each pregnancy		
Human papillomavirus (HPV2 or HPV4)	3 doses (females)		
Hepatitis B (HepB)	3 doses		
Measles, mumps and rubella (MMR)	2 doses		
Varicella (VAR)	2 doses		

For eligible Healthier SG (HSG)-enrolled Singapore Citizens, you can receive fully-subsidised (\$0) vaccinations under the NAIS at your enrolled HSG clinic.

Speak to your doctor about your recommended vaccines.
Visit vaccinesprotect.gov.sg for more information.



How much do vaccinations cost? Are you eligible?

At Healthier SG-enrolled clinics

For eligible Healthier SG (HSG)-enrolled Singapore Citizens, you can receive fully-subsidised (\$0) vaccinations under the NAIS at your enrolled HSG clinic.

At CHAS GP clinics

For Singapore Citizens who are not enrolled in HSG or have enrolled but did not visit your enrolled HSG clinic to receive the recommended vaccinations as per the NAIS, you can expect to pay no higher than the price fee caps after government subsidies as per the table:

Vaccine*# For Singapore Citizens	Healthier SG (HSG) enrollees at the enrolled clinic	Patient's Fee Cap at CHAS GP clinics		
		Pioneer Generation	Merdeka Generation/ CHAS Blue/ CHAS Orange	CHAS Green/ Non-CHAS
Influenza (trivalent or quadrivalent) (INF)	\$0	\$9	\$18	\$35
Pneumococcal conjugate 13-valent (PCV13)		\$16	\$31	\$63
Pneumococcal polysaccharide 23-valent (PPSV23)		\$11	\$22	\$43
Tetanus, reduced diphtheria and acellular pertussis (Tdap)		\$10	\$20	\$40
Human papillomavirus types 16 and 18 (HPV2)	-	-	\$23	\$45
Hepatitis B (HepB)	\$0	\$9	\$19	\$38
Measles, mumps and rubella (MMR)		\$9	\$18	\$35
Varicella (VAR)		\$11	\$23	\$45

*Refer to the National Adult Immunisation Schedule (NAIS) for the recommended age and medical condition/indication

#Applies to certain vaccine brands. Please refer to the MOH website go.gov.sg/vaccine-list for the latest list of subsidised vaccine brands.

Do note that if individuals do not meet the eligibility criteria for the vaccination subsidies, he/she will need to pay the charges as indicated by the clinic.



At Polyclinics

For Singapore Citizens who are not enrolled in HSG or have enrolled but did not visit your enrolled HSG clinic to receive the recommended vaccinations as per the NAIS, you will receive NAIS vaccination subsidies from 50% to 75%. Pioneer Generation and Merdeka Generation seniors will also receive an additional 50% and 25% subsidy from their subsidised vaccination bills, respectively.

At both CHAS GP clinics and polyclinics, MediSave can be used to pay the remaining co-payment cost for vaccinations under the NAIS.

How safe are vaccines?



Globally, vaccines are assessed by the relevant authorities to ensure they meet the required standards of quality, safety and efficacy before they are approved for use, based on the best scientific evidence available. Vaccines for use in Singapore are registered with the Health Sciences Authority (HSA). Following approval of the vaccines, the safety of these vaccines will still be closely monitored and safety concerns will be investigated.

All vaccines, as with any medicines, can have side effects. Mild side effects, such as low-grade fever or pain and redness at the injection site are expected and will go away on their own. Severe side effects are very rare. Getting vaccinated is much safer than getting the infections or complications that result from the infections.