



GET IT?

It's a vaccination shot.  
Please get it.

# VACCINATION

Taking precautions for a healthy life

→ [get-your-vaccination.bayern](https://www.get-your-vaccination.bayern)



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## A little shot with a huge effect

Vaccinations are one of the most effective ways to protect oneself against serious infectious diseases. They can save lives. Your own and that of others.

That is why the Bavarian State Working Group on Vaccination (LAGI) has compiled an overview of the most important vaccinations for you.

At **every stage of life**, it is important to be equipped with a complete and timely immunisation because of each person's individual risk of infection, for example:

- for children before starting at a day-care centre or school,
- in professional life (especially in medical or childcare professions or travelling),
- for women of childbearing age,
- for pregnant women and fathers-to-be,
- for senior citizens and people with chronic diseases and
- for travellers.

## Invest time in your health

In the table you will find an overview of the standard vaccinations recommended by the Standing Committee on Vaccination (STIKO). Further vaccinations, e.g. for travel or chronic illnesses, may be advisable on an individual basis.

Take the time to check your vaccination booklet and ask your doctor or your pharmacist for advice on your vaccination protection.

It will be time well invested - in your health.

When?	Against what? <sup>2</sup>	How often?
<b>Babies/infants</b>		
From birth to 1st birthday	Respiratory syncytial virus (RSV)	1 injection of RSV-antibodies just before / during first RSV season (october – march)
6 weeks	Rotaviruses	2 or 3 oral vaccinations at 4-week intervals
2, 4, 11 months	Tetanus, diphtheria, polio, Hib, pertussis, hepatitis B, pneumococci	3 combination vaccinations (six-fold vaccine) and 3 pneumococcal vaccinations
2, 4, 12 months	Meningococcus B <sup>3</sup>	3 vaccinations
11 months (in the case of imminent entry into into day nursery: from 9 months onwards)	Measles, mumps, rubella, varicella	1st vaccination (measles-mumps-rubella combination vaccine (MMR) and varicella vaccine)
15 months		2nd vaccination MMRV combination vaccine
12 months	Meningococcus C	1 vaccinations
<b>Children/adolescents</b>		
5 to 6 years	Tetanus, diphtheria, pertussis	1st booster vaccination (combination vaccine)
9 to 16 years	Tetanus, diphtheria, pertussis and polio	2nd booster vaccination (combination vaccine)
9 to 14 years	Human papillomaviruses (HPV)	2 vaccinations (3 vaccination doses in the case of catch-up vaccinations as from age ≥ 15 years)
If a child has not yet been vaccinated: Catch-up vaccinations up to their 18th birthday	i. a. tetanus, diphtheria, hepatitis B, HPV, meningococcus C, measles, mumps, rubella, varicella	Depending on previous vaccinations
<b>Adults</b>		
From age 18	i. a. tetanus, diphtheria, pertussis <sup>4</sup> , catch-up polio vaccination if applicable	1 booster vaccination every 10 years
	COVID-19	Basic immunity from 3 exposures to pathogen (infection / vaccination, at least 1 vaccination)
From age 18 to about 53 (all those born after 1970 who have had no or only one vaccination in childhood or do not know)	Measles	1 vaccination (MMR combination vaccine), a total of 2 vaccinations if indicated for occupational purposes
Women of childbearing age	Rubella, varicella (if missing)	2 rubella vaccinations (usually as MMR) and 2 varicella vaccinations
Pregnant women	Influenza	1 vaccination as from the 2nd trimester
	Pertussis	1 vaccination at the beginning of the 3rd trimester
Persons who come into contact with newborns	Pertussis	Pertussis vaccination every 10 years (as a combination vaccine with tetanus, diphtheria)
<b>Senior citizens</b>		
From age 60	Tetanus, diphtheria, pertussis <sup>4</sup> , catch-up polio vaccination if applicable	1 booster vaccination every 10 years
	Influenza	1 vaccination every year in autumn
	COVID-19	1 vaccination every year in autumn
	Pneumococci	1 vaccination
	Herpes zoster	2 vaccinations (inactivated vaccine) at intervals of 2 to max. 6 months
From age 75 onwards	RSV	1 vaccination in late summer / autumn
<b>All age groups</b>		
Stay in a risk area	FSME	3 vaccinations, 1 booster vaccination every 3 or 5 years resp.

<sup>1</sup> complete recommendations of the STIKO: [www.stiko.de](http://www.stiko.de); Information: [get-your-vaccination.bayern](http://get-your-vaccination.bayern)

<sup>2</sup> Explanation of individual pathogens/illnesses: RSV (respiratory diseases), Rotaviruses (diarrhoeal disease), tetanus, polio/poliomyelitis, Hib (Haemophilus influenzae type b, e.g. meningitis), pertussis (whooping cough), hepatitis B (liver inflammation), pneumococci (e.g. pneumonia), varicella (chickenpox), meningococcus B and C (meningitis, sepsis, etc.), HPV (human papillomavirus, including cervical cancer and other types of cancer, especially in the genital area), influenza (viral flu), herpes zoster (shingles), TBE (tick-borne encephalitis, etc.).

<sup>3</sup> The catch-up vaccinations against Men B are recommended up to the 5th birthday.

<sup>4</sup> once with the next tetanus/diphtheria vaccination due

## Good reasons to be well protected

### **Vaccinations are a privilege.**

In Germany, you can be vaccinated any time by the doctor of your choice against many dangerous illnesses. Certain vaccinations are also offered in some pharmacies. The vaccinations recommended by the Standing Committee on Vaccination (STIKO) are generally paid for by your health insurance.

### **Vaccinations are a chance.**

If very many people get vaccinated, dangerous pathogens can be wiped out by region or even worldwide. Polio and smallpox have successfully been eradicated in the past. You can contribute towards measles being wiped out in Europe!

### **Vaccinations mean taking responsibility.**

By getting vaccinated, you not only protect yourself and your child from catching dangerous pathogens, but you can also often protect those around you for whom vaccinations are often not possible (e.g. babies, persons with a weakened immune system, pregnant women).

### **Vaccinations are well tolerable.**

Modern vaccines are effective and safe. Before making any recommendation, the STIKO examines these aspects based on the scientific knowledge available worldwide, and thoroughly assesses its recommendations on this basis. The benefits of vaccinations far outweigh possible risks.

### **Vaccinations are simple.**

Thanks to well tolerable combination vaccines, one single vaccination often suffices to protect against numerous dangerous pathogens or diseases. Thus, you and your child are spared repeated "shots" and frequent visits to the doctor.

You can find more information on the subject of vaccinations at **[get-your-vaccination.bayern](https://www.get-your-vaccination.bayern.de)**.



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Bayerische Landesarbeitsgemeinschaft Impfen, LAGI  
[www.lagi.bayern.de](http://www.lagi.bayern.de)

Geschäftsstelle am Bayerischen Landesamt  
für Gesundheit und Lebensmittelsicherheit  
Eggenreuther Weg 43  
91058 Erlangen

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The Bayerische Landesarbeitsgemeinschaft Impfen (Bavarian State Working Group on Vaccination), LAGI for short, is an industry-independent association of doctors, pharmacists, the Bavarian State Ministry of Health, Care and Prevention midwives, the public health service, health insurance companies and science which aims to provide professional and comprehensive vaccination advice for the Bavarian population.

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