

## CHECK YOUR VACCINATIONS BEFORE TRAVELLING

Many infectious diseases that are rare or well controlled in Estonia thanks to vaccination may still be common in other countries. This means that while travelling, you may be exposed to viruses and bacteria against which vaccination is not routinely offered in Estonia.

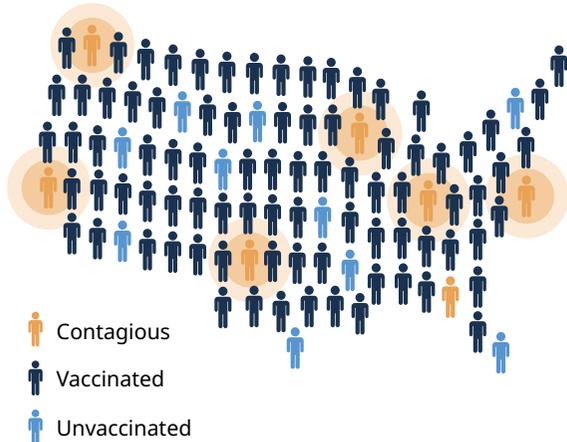
It is recommended to consult your family doctor or a travel medicine specialist at a hospital vaccination clinic at least six weeks before your trip. Depending on your destination, additional vaccines may be required.

Reliable information about vaccination is available at [vaktsineeri.ee](http://vaktsineeri.ee)

## GETTING VACCINATED PROTECTS BOTH YOU AND THOSE AROUND YOU

The more people who are vaccinated, the lower the risk of widespread outbreaks and the re-emergence of rare or nearly eliminated infectious diseases. This type of protection is known as community or herd immunity.

Herd immunity helps stop the spread of disease and also protects those who cannot be vaccinated for medical reasons. That's why it is important for adults to keep their vaccinations up to date.



PROTECT YOUR HEALTH AND THE HEALTH OF YOUR LOVED ONES – GET VACCINATED CONSCIOUSLY AND ON TIME. THIS HELPS CREATE A SAFER FUTURE FOR GENERATIONS TO COME.

## VACCINES ARE SAFE AND EFFECTIVE

All vaccines used in Estonia are thoroughly researched and proven to be safe. The safety of vaccines is continuously monitored by the Estonian Medicines Agency, as well as by international organisations such as the European Medicines Agency (EMA), the World Health Organization (WHO), and the European Centre for Disease Prevention and Control (ECDC).

In Estonia, adults can get vaccinated at family doctor's, pharmacies, hospital vaccination offices, private medical institutions, and through occupational health services.

### The need for vaccination depends on several factors:

- A person's history of infectious diseases.
- Vaccines that have already been administered.
- Job-related risk factors.
- The presence of disease outbreaks in Estonia.
- Whether the person belongs to a risk group due to underlying conditions or medications.
- Planned travel in the near future.

## PAYING FOR VACCINATION

All adults in Estonia can receive the diphtheria and tetanus vaccine free of charge. Some vaccines (e.g. against influenza, pneumococcal, and meningococcal infection) are also free for people in risk groups (including pregnant women, individuals aged 60 and over, and nursing home residents). You can get information about whether you belong to a risk group from your family doctor.

Other vaccines are paid services, and prices depend on the price list of the healthcare provider offering the vaccination.

Timely vaccination provides effective protection against life-threatening infectious diseases that can strike unexpectedly at any age.

Family doctor's helpline **1220**

[vaktsineeri.ee](http://vaktsineeri.ee)  
[terviseportaal.ee](http://terviseportaal.ee)



[vaktsineeri.ee](http://vaktsineeri.ee)

## Recommended vaccinations for adults



## PROTECT YOUR HEALTH!

Getting vaccinated at the right time helps protect you from dangerous infections that can strike without warning.

TERVISEKASSA



TERVISEAMET

## INFECTIOUS DISEASES CAN STRIKE AT ANY AGE

As an adult, you can protect yourself from many serious and unpredictable diseases by keeping your vaccinations up to date.

We are exposed to thousands of harmful microbes every day. Our immune system works continuously – often without us realizing it – to keep us healthy. Vaccination strengthens this natural defense by helping the body recognize and fight off specific threats.

Vaccines help build immunity in a way that mimics the body's response to a real infection, allowing it to stop dangerous germs before they can spread. This not only protects the individual but also helps reduce the spread of disease in the community. However, immunity can fade over time, which is why some vaccines need booster doses to remain effective.

## THE DIPHTHERIA AND TETANUS VACCINE SHOULD BE RENEWED EVERY 10 YEARS

Adults should receive a diphtheria and tetanus booster every ten years to maintain long-term immunity against these serious diseases. Vaccinations are available through family doctors, vaccination offices, many pharmacies and occupational health physicians.

## DON'T OVERLOOK SEASONAL INFECTIONS

It is important to follow seasonal vaccination recommendations, especially during periods when infectious disease outbreaks occur in Estonia or when the risk of exposure increases – such as during the flu season. Getting vaccinated before the season begins provides protection against severe illness. It is particularly important for people in high-risk groups: older adults, people with weakened immune systems or serious chronic conditions, young children, and pregnant women.

All of Estonia is considered a high-risk area for tick-borne encephalitis, and infected ticks are widespread throughout the country. Therefore, vaccination against tick-borne encephalitis is recommended for both children and adults, especially for those living in rural areas or spending time in nature.

Ticks are active in Estonia from April to October, when the average air temperature rises above 7 °C. Vaccination against tick-borne encephalitis can be carried out year-round. The primary vaccination course consists of three doses: the first two are administered 1–3 months apart, and the third about a year later. After that, revaccination with a single dose, according to vaccination recommendations, is required to maintain protection. Vaccination is paid and available through family doctors, vaccination clinics, and many pharmacies across Estonia.

## AGE-BASED RECOMMENDATIONS FOR ADULT VACCINATION

DISEASE AGAINST WHICH VACCINATION IS GIVEN	19–26 YEARS OLD	27–49 YEARS OLD	50–64 YEARS OLD	≥ 65 YEARS OLD
Diphtheria and tetanus	For all adults: 1 dose every 10 years (free vaccine)			
Measles, mumps and rubella	For unvaccinated or partially vaccinated adults			
Hepatitis A	For adults who have not been vaccinated and have not previously had the illness			
Hepatitis B	For unvaccinated adults			
Influenza	For all adults: 1 dose annually before the flu season (October–November)			
HPV (human papilloma virus)	Up to 26-year-olds*	Consult with a doctor**		
Pneumococcal infection	For at-risk adults up to 64 years of age			Recommended for everyone over 65 years old
Meningococcal infection	For travellers to high-risk areas and people in risk groups			
Chickenpox	For adults who have not been vaccinated and have not previously had the illness			
Shingles				Recommended for everyone over 50 years old
Polio	For adults who have not been vaccinated			
Yellow fever	For travellers to high-risk areas			
Typhoid fever	For travellers to high-risk areas			
Tick-borne encephalitis	For adults who have not been vaccinated and have not previously had the illness			

\* Although HPV vaccination is most effective before sexual activity begins, typically at the age of 12–14, it can still be beneficial later in life, helping to prevent diseases and cancers caused by HPV.

\*\* It is recommended to discuss the need for HPV vaccination with your gynecologist, andrologist, or an infectious disease doctor.

## VACCINATION DURING PREGNANCY

During pregnancy, infectious diseases can pose a risk to both the expectant mother and her unborn baby. Because pregnancy affects the immune system, the risk of serious complications from infections increases. That's why it's especially important to ensure vaccinations are up to date both before and during pregnancy.

## INACTIVATED VACCINES ARE SAFE FOR BOTH MOTHER AND BABY

Vaccination during pregnancy helps protect both the expectant mother and the developing baby. It can also provide important immunity to the newborn during the first months of life.

Pregnant women are offered only vaccines that have been proven safe for both mother and child. Depending on individual needs, vaccination during pregnancy may include protection against influenza, rabies, hepatitis A and B, tick-borne encephalitis, whooping cough (pertussis), tetanus, diphtheria, pneumococcal and meningococcal diseases, and typhoid fever.

The suitability of each vaccine depends on its type and the stage of pregnancy. Consult your healthcare provider to determine which vaccines are recommended and safe for you.

## VACCINATION REMAINS IMPORTANT IN LATER LIFE

The immune system gradually starts to weaken from the age of fifty. By the age of 60–65, this can lead to reduced immune function, significantly increasing the risk of severe infectious diseases. That's why getting vaccinated on time becomes especially important with age.

Older adults are advised to get vaccinated against influenza and pneumococcal disease: the flu vaccine should be administered annually before the flu season, and the pneumococcal vaccine according to the recommended schedule. Vaccination against shingles is also recommended for people over 50.

Those over 65 who are in close contact with infants should be vaccinated against whooping cough (pertussis). Vaccination - especially against influenza and pneumococcal infections - is strongly recommended for individuals with chronic conditions such as asthma; heart, lung, liver, or kidney disease; diabetes; or cancer.