

Vaccination protects individuals against diseases that could have serious consequences for their health, for example:



Measles is highly contagious and can be contracted at any age. 3 out of 10 people affected develop complications, which can include ear infection, diarrhoea, pneumonia and encephalitis (inflammation of the brain tissue);



Diphtheria kills 1 in every 10 people who get it, even with treatment;



Almost 9 out of 10 babies born to mothers who had rubella in early pregnancy, will suffer from congenital rubella syndrome (with conditions such as deafness, cataracts and learning disabilities);



Meningococcal disease kills 1 in 10 people affected, even with prompt diagnosis and treatment, while problems including neurological or hearing impairment and amputation occur in up to 20% of survivors;



Pertussis (whooping cough) can be particularly serious in infants, causing coughing spells that may recur for up to two months. Complications include pneumonia, encephalopathy (a disease of the brain), seizures and even death.

Register with the national health system



As a refugee from Ukraine, you can register with a GP and receive healthcare services for FREE. You should register even if you are well. You never know when you may need healthcare and the staff can offer preventive services to keep you healthy.

To register with a GP, you need to find the nearest clinic (POZ, NZOZ). Take a personal document that you have, e.g. a passport, ID card or Pesel.

Are you or someone you care about ill?



Call 800 190 590 (24h) or visit www.nfz.gov.pl, www.gov.pl/web/zdrowie for medical advice, including regarding vaccines

Call 112 if someone is seriously ill or injured and their life is at risk.

Follow the QR code for more information on vaccines and how to register with a GP



Are you and your family protected from Vaccine Preventable Diseases?





Vaccines prevent diseases that could otherwise cause serious health problems, permanent disability or even death.



Vaccines are used each year in hundreds of millions of people of all ages to protect against serious diseases.



If you or your family have not been vaccinated, or if the vaccination series is incomplete, you may receive in the EU/EEA countries the vaccines against most common vaccine-preventable diseases.



These usually include COVID-19, measles, mumps, rubella, diphtheria, tetanus, pertussis (whooping cough) and poliomyelitis.

Protect yourself and your children from vaccine preventable diseases



You and your children can receive for free any of the vaccines that are available free for the Polish population.

Some vaccines need more than one dose. If you started the vaccination for yourself or for your child in your own country and have not finalised it, ask health staff to check if you need a catch-up dose.



Vaccines are very safe. Side effects after getting vaccinated are mostly mild and usually last one to two days. The most common side effects are fever (a temperature over 38.5 °C), and redness, swelling and tenderness around the area where the needle went into the skin.

When and what vaccines are routinely given in Poland?

Vaccines are offered to people of all ages



Children and adolescents from 0 to 19 years old need vaccinations to protect them from infectious diseases including measles, mumps, rubella (MMR), rotavirus, diphtheria, whooping cough, polio, tetanus, hepatitis B, tuberculosis (TB), pneumococcal and Haemophilus influenzae type B (Hib) infections.

Vaccination for these diseases are mandatory and free of charge.



Children above 5 years old and adults can receive COVID-19 vaccines. While vaccinated people can still catch the infection, the current COVID-19 vaccines are very good at protecting you from serious illness and death.

COVID-19 vaccines are for free.

Vaccination for other diseases are recommended but people have to pay for them. Here are some examples:



Children can get vaccines against meningococcal and chickenpox and yearly vaccines against flu.



Teenagers can get another top up (booster) vaccination to protect them for some of the diseases, including meningitis. They are also offered the human papillomavirus (HPV) vaccine which can prevent some cancers.



Pregnant women can get vaccines to protect themselves and the baby from whooping cough and flu.

Older people can get vaccines to protect them against flu and pneumonia.



COVID-19 vaccines:



In Poland all citizen above 5 years old can be vaccinated against COVID-19.

People of all ages can suffer from severe forms of COVID-19. However, people over 60 years, pregnant women and those with underlying health conditions are especially vulnerable to severe COVID-19 disease.

It is important that you complete the primary vaccination course, usually 2 doses depending on the vaccine, and then receive a booster dose to be well protected.



If you started the vaccination in Ukraine, you might not be able to get the second dose or the booster with the same vaccine. However, vaccination with another type of vaccine is usually well tolerated, and combinations can even induce better protection against COVID-19.



Discuss with health staff and they can advise what vaccines you and your children can receive.