



Where can I get vaccinated?

You can get vaccinated out at your “own” health centre or at the closest health centre to where you currently live, even if it is not the one that you “belong to”. This is in line with the premise that the National Vaccination Plan is universal and is intended for everyone in Portugal for whom vaccination is indicated.

In Odemira, you can get vaccinated at the main health centre or at one of its various branches, but you always need to book in advance. You can do this in person or by sending an email to csodemira@ulsla.min-saude.pt

Sources:

<https://www.sns24.gov.pt/guia/programa-nacional-vacinacao/>

<https://www.dgs.pt/paginas-de-sistema/saude-de-a-a-z/programa-nacional-de-vacinacao/programa-nacional-de-vacinacao.aspx>



Useful contacts:

UCSP Odemira: 283 320 130

ULSLA: 269 818 100

To make an appointment at the

ULSLA: 213 189 300

csodemira@ulsla.min-saude.pt

SUB – Basic Emergency

Service: 283 322 133

National emergency number 112

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Integration of migrants

2020-2022

- MunicipalPlan -



The importance of VACCINATION





National Vaccination Program 2020

Recommended general scheme



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Vaccine Illness	Age											
	Birth	2 months	4 months	6 months	12 months	18 months	5 years	10 years	25 years	45 years	65 years	10/10 years
Hepatitis B	HepB 1	HepB 2		HepB 3								
<i>Haemophilus influenzae b</i>		Hib 1	Hib 2	Hib 3		Hib 4						
Diphtheria, tetanus, pertussis		DTPa 1	DTPa 2	DTPa 3		DTPa 4	DTPa 5					
Polio		IPV 1	IPV 2	IPV 3		IPV 4	IPV 5					
<i>Streptococcus pneumoniae</i>		PCV ₁₃ 1	PCV ₁₃ 2		PCV ₁₃ 3							
<i>Neisseria meningitidis B (a)</i>		MenB 1	MenB 2		MenB 3							
<i>Neisseria meningitidis C</i>					MenC							
Measles, mumps, rubella					MMR 1		MMR 2					
Human papillomavirus infections (b)								HPV 1,2				
Tetanus, diphtheria and pertussis (c)									Tdpa - Pregnant women			
Tetanus and diphtheria (d)									Td	Td	Td	Td

(a) MenB: applicable to those born ≥2019

(b) HPV: also applicable to males, born ≥2009. Schedule 0, 6 months

(c) Tdpa: Applicable to pregnant women only. One dose in each pregnancy

(d) Td: according to age, recommended intervals between doses should be applied, with reference to the date of administration of the previous dose. From 65 years of age, vaccination is recommended if the last dose of Td was ≥10 years ago; the following doses are administered every 10 years.



What is the National Vaccination Programme?

The National Vaccination Programme is a universal programme that is **free of charge** and **accessible to all people present in Portugal**. It was started in 1965 for the purpose of protecting individuals and the general population against diseases with the greatest potential to constitute threats to public and individual health and for which there is effective protection by vaccination.

Individually, the aim is that the vaccinated person will be immune to the disease in question or, if complete immunity cannot be achieved, that they will have a milder form of the disease when they come into contact with the infectious agent that causes it.

In terms of the population, vaccination is intended to eliminate, control or minimise the impact of the disease in the community. For this to be achieved, the percentage of vaccinated people in the population must be as high as possible.

What vaccines are currently included in the National Vaccination Plan and at what ages should they be administered?

The vaccines included in the National Vaccination Plan currently in force (PNV 2020) aim to provide the best and lasting protection at the most appropriate age and as early as possible.

Alternatively, when for some reason the recommended general schedule has not been followed, there are delayed and/or late vaccination schedules, which allow adequate vaccination of children and adults at any age, taking into account the vaccine(s) that they may or may not already have received. Every opportunity to complete or update the vaccination schedule should be taken advantage of, even if the recommended age has been exceeded.



People from other countries and/or whose vaccination record has not yet been computerised should visit the health centre in their area of residence and request the transcription of their record to the National Platform for Vaccination Registration and Management (VACINAS).