



## WHO SHOULD I CONTACT FOR ADDITIONAL INFORMATION?

The Health Centre of your area of residence

NHS 24 Helpline [Linha SNS 24]:

**808 24 24 24**

Available 24/7

Health Office of the Regional Health Administration of Lisbon and Tagus Valley (ARSLVT) at the National Centre of Migrant's Integration Support (CNAIM):

**935 329 453 218 106 173**

[fernanda.silva@arslvt.min-saude.pt](mailto:fernanda.silva@arslvt.min-saude.pt)

If you need assistance with translation, please contact the Telephone Translation Service of the High Commission for Migrations (ACM, I.P.):

**808 257 257 218 106 191**

Available on working days from 9 am to 7 pm



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# VACCINATION



### WHY IS VACCINATION IMPORTANT?

Vaccination aims to develop defences against certain diseases, for example tetanus, hepatitis B, polio, COVID-19, meningitis and measles, among others, protecting individual health and public health.

### WHO HAS ACCESS TO VACCINATION IN PORTUGAL?

Access to vaccination in Portugal is a fundamental right of every citizen.

The National Vaccination Program is a universal program, free and accessible to all people residing (regular or irregular) in Portugal.

### WHAT IS THE NATIONAL VACCINATION PROGRAM?

It is a program of the National Health Service (SNS) that recommends and makes vaccines available free of charge to all people living in Portugal, from birth.

### WHERE CAN I GET VACCINATED?

You should go to the Health Centre where you are registered or the Health Centre closest to your area of residence. You should present your vaccination history, if you do not have it, the Health Centre will support you in order to find a solution adapted to your situation.



### AM I REQUIRED TO GET VACCINATED?

No, but it is strongly recommended that you do so for the sake of your health and the community.

### DO I HAVE TO PAY TO GET VACCINATED?

No. The vaccines mentioned in the National Vaccination Program are free of charge, even for people without a National ID Number and in an irregular situation of residence. The same goes for the vaccinations against COVID-19.



### I AM OVER 18, DO I STILL HAVE TO BE VACCINATED?

Yes, vaccination against diphtheria and tetanus is recommended, with boosters throughout life. In addition to these vaccines, you may also need other vaccinations in order to avoid health problems, for example, pneumococcal vaccine, and if you are pregnant you also need to be vaccinated against pertussis. You should seek advice from your Health Centre.

If you were not vaccinated in childhood, or if you do not have a record of your vaccinations, simply contact the nursing staff at the Health Centre where you are registered, or in your area of residence.

### HOW CAN I GET VACCINATED AGAINST COVID-19?

If you have a National User Number, you can get vaccinated under the same conditions as nationals. If you do not have a National User Number, you should self-schedule through the COVID-19 Vaccination Portal or go to the Vaccination Centre that is operating in the "Drop-in" modality.

### IS VACCINATION OF CHILDREN COMPULSORY?

It is strongly recommended that children be vaccinated as per the National Vaccination Program. Failure to vaccinate can put the health of the child themselves and their community at risk.