

# Portugal's Childhood Vaccination Program (PNV)

In Portugal, PNV offers free vaccines to all residents, no matter their nationality or SNS registration/resident card. These vaccines stop serious illnesses and are given at local health centres (centros de saúde). Vaccines that are not included in the PNV may need a prescription and are usually available at pharmacies or health centres with an associated cost.

Carefully prepared by



**NIALP**  
INTERCULTURAL ASSOCIATION LISBOA  
(AN IMMIGRANT ASSOCIATION)



## Why Vaccinate?

- Protects your child from diseases like measles and polio;
- Keeps safe those who can't be vaccinated;
- Ensures long-term health and reduces the risk of complications from preventable diseases.

## How to Access?

If you are new in Portugal, bring your vaccine records and ID to the health centre. Even without SNS registration or resident card, you can get the vaccine. Newborn babies get their first vaccine at the hospital, then continue at health centres.

# When Vaccinate?

Starting autumn-winter 2025-2026, babies up to 10 months will get vaccinated against RSV (Respiratory Syncytial Virus)

## Birth

→ Hepatitis B (HBV)

## 6 & 18 Months

→ DTPa - HB - IPV - Hib (3<sup>rd</sup> and 4<sup>th</sup>)

## 2 & 4 Months

→ Hexavalent vaccine (1<sup>st</sup> and 2<sup>nd</sup>) - DTPa - HBV - IPV - Hib  
→ Pneumococcal (1<sup>st</sup> and 2<sup>nd</sup>) - Pn13  
→ Meningococcal B (1<sup>st</sup> and 2<sup>nd</sup>) - MenB

## 12 Months

→ Pn13  
→ MenB  
→ Meningococcal C  
→ Measles, Mumps, Rubella (MMR)

## 5 Years

→ DTPa - IPV (5<sup>th</sup>)  
→ MMR (2<sup>nd</sup>)

## 10 Years

→ HPV (boys and girls) 2 doses, 6 month apart  
→ Tetanus, Diphtheria - Td (5<sup>th</sup>)

## FAQ

→ **Mild Illness:** Kids with a cold or low fever can still be vaccinated.

→ **Early Vaccination:** Allowed in special cases (travel, exposure); consult your healthcare provider.

→ **Missed Doses:** Schedule can be adjusted, but should be done quickly.

### Legend:

**DTPa** = Diphtheria, Tetanus and Pertussis

**IPV** = Poliovirus

**Hib** = Haemophilus influenzae infections



## Myths

Vaccines cause autism

Vaccines overload immunity

Vaccines have harmful ingredients



## Facts

Studies show vaccines don't cause autism; the claim was false.

Children's immune systems handle multiple vaccines safely and effectively.

Ingredients are safe and contain no microchips or dangerous toxins.