

Everything about

Baby & Child Vaccinations

Age	Vaccine	How it is administered?
Birth	BCG (tuberculosis vaccine)	Injection in the arm
	OPV (oral polio vaccine)	Oral drops
6 weeks	OPV (oral polio vaccine)	Oral drops
	RV (rotavirus vaccine)	Liquid by mouth
	DTaP-IPV-Hib-HepB (diphtheria-tetanus-acellular pertussis-injectable polio-Haemophilus influenza b-Hepatitis B vaccine)	Injection in the thigh
	PCV (pneumococcal conjugate vaccine)	Injection in the thigh
10 weeks	DTaP-IPV-Hib-HepB (diphtheria-tetanus-acellular pertussis-injectable polio-Haemophilus influenza b-Hepatitis B vaccine)	Injection in the thigh
14 weeks	RV (rotavirus vaccine)	Liquid by mouth
	DTaP-IPV-Hib-HepB (diphtheria-tetanus-acellular pertussis-injectable polio-Haemophilus influenza b-Hepatitis B vaccine)	Injection in the thigh
	PCV (pneumococcal conjugate vaccine)	Injection in the thigh
6 months	Measles	Injection to the thigh or arm
9 months	PCV (pneumococcal conjugate vaccine)	Injection in the thigh
12 months	Measles	Injection to the thigh or arm
18 months	DTaP-IPV-Hib-HepB (diphtheria-tetanus-acellular pertussis-injectable polio-Haemophilus influenza b-Hepatitis B vaccine)	Injection to the thigh
6 years	Td (tetanus, reduced dose diphtheria vaccine)	Injection in the arm
9 years onwards	HPV (1)	Injection in the arm
	HPV (2) 6 months later	
12 years	Td (tetanus, reduced dose diphtheria vaccine)	Injection in the arm

Keeping up with your baby's vaccination schedule can help strengthen & protect their immunity.

Baby Vaccinations
 that little bit extra for a healthy future.

that little bit extra

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BMI Basics: *A quick guide*

Weight Categories	BMI (kg/m ²)
Underweight	<18.5
Healthy Weight	18.5 - 24.9
Overweight	25 - 29.9
Obese	30 - 34.9
Severely Obese	35 - 39.9
Morbidly Obese	40>

Know your BMI to help prevent cholesterol, diabetes, and high blood pressure.

BMI Matters

it's that little bit extra for your health.

This poster is intended for informational purposes only and is not a substitute for professional medical advice. For personalised health guidance, consult with your healthcare provider or speak to your Ringpharm pharmacist

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Cholesterol Basics: *A quick guide*

Amount	Total mmol/l	Total mg/dl	LDL mg/dl	HDL mg/dl	Triglycerides mg/dl
Ideal	Below 5	<200	<100	>60	<150
Borderline	5 - 6	200 - 239	130 - 259	Women: 40-59 Men: 50-59	150 - 199
Too high	Above 6	>240	High: 160 - 189 Very high: >190	Women: <40 Men: <50	High: 2000 - 499 Very High: >500

**Ensuring that your cholesterol levels
are 5 mmol/L or lower can prevent
heart diseases!**

Cholesterol Testing
that little bit extra for a healthier heart

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Blood Sugar Basics: *A quick guide*

Blood Glucose Level Chart

	Glucose in mmol/l	Fasting mg/dl	After eating mg/dl	2-3 hours after eating mg/dl
Normal	4-7	80 - 100	170 - 200	120 -140
Impaired Glucose	7-10	101-125	190-230	140-160
Diabetic	Above 10	>126	220-300	>200

Understanding your blood sugar helps prevent diabetes, heart disease, and nerve damage - get checked today.

Blood Sugar Testing
that little bit extra for a balanced life

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Blood Pressure Basics: *A quick guide*

Blood Pressure Category	Systolic mm Hg (upper number)		Diastolic mm Hg (lower number)
Normal	Less than 120	and	Less than 80
Elevated	120-129	and	Less than 80
High Blood Pressure (Hypertension) Stage 1	130-139	or	80-89
High Blood Pressure (Hypertension) Stage 2	140 or higher	or	>240
Hypertension Crisis (Consult your doctor immediately)	Above 6	and/or	>240

Knowing your blood pressure is key to preventing heart attacks, strokes, and other serious health risks.

Blood Pressure Checks
that little bit extra for a stronger you.