

For more information on vaccinations, visit the **NHS choices** website

- Vaccination schedule
- Personalised planner
- More information on signs/symptoms

English not your first language?



联系医疗中心接种疫苗有关的更多信息



الاتصال بالمركز الطبي لمزيد من المعلومات حول التطعيمات



टीकाकरण के बारे में अधिक जानकारी के लिए चिकित्सा केंद्र से संपर्क करें



تماس با مرکز پزشکی برای اطلاعات بیشتر در مورد واکسن



ویکسینیشن کے بارے میں مزید معلومات کے لئے میڈیکل سینٹر سے رابطہ کریں



Kontakttoni qendrën mjekësore për më shumë informacion në lidhje me vaksinat



Contactati centrul medical folosit pentru mai multe informații despre vaccinare



Skontaktuj się z centrum medyczne, aby uzyskać więcej informacji na temat szczepień



Obráťte sa na lekárské centrum pre viac informácií o očkovaní

Sources

<http://www.nhs.uk/Conditions/vaccinations/Pages/vaccination-saves-lives.aspx>

Centers for Disease Control and Prevention, USA (photos)

Portsmouth Group Practice



Childhood vaccinations

Why are they so important?

Important information about stopping
your child from getting
life-threatening diseases

Cosham Park Avenue Surgery, Cosham Park Avenue, PO6 3BG
Crookhorn Lane Surgery, Crookhorn Lane, PO7 5XP
Heyward Road Surgery, Heyward Road, PO4 0DY
Kingston Crescent Surgery, 92 Kingston Crescent, PO2 8AL
Paulsgrove Surgery, 194 Allaway Avenue, PO6 4HJ
Somerstown Surgery, Tyseley Road, PO5 4EZ

What are vaccinations?

- Medications that the body thinks **look similar** to bugs that cause disease
- Allows the body to develop defences to **serious** diseases without becoming **infected** by them

Which diseases do we protect children against?

All the following diseases used to be **common** and **deadly** before vaccinations became available

Diphtheria

Potentially fatal infection of nose, throat and skin

Spread by **coughs** and **sneezes**

Can lead to:

- Inflammation of the heart
- Difficulty breathing (pictured)
- Nerve damage



Tetanus

Potentially fatal infection of nerves and muscles

Causes **painful contraction** of the **face**, **body** and **breathing muscles**

More than 1 in 10 cases are fatal



Common vaccination **myths**

- *“Vaccines have dangerous side-effects that we don’t know about!”*

Common side-effects are not serious (headache, sore arm, low-grade fever) and serious side-effects are **rare!**

Risk of disease complications **far** outweigh risk of vaccine

- *“Why expose my child to things that their immune system isn’t developed enough to handle?”*

We vaccinate **because** a child’s immune system isn’t as developed - it is safer than getting the disease itself!

Children are **constantly** being exposed to bugs at **school**, at **home** and **outside!**

Nothing in the vaccine is capable of causing disease in a **healthy** child

- *“There’s no point vaccinating against diseases that don’t happen any more!”*

Preventable diseases no longer happen **because** of vaccines

If the number of people being vaccinated drops...serious, preventable illnesses could return!

- *“Vaccines like the MMR give children autism!”*

Claimed in 1998 by Andrew Wakefield, who suggested single vaccines instead (for his financial benefit)

He was found to have used false data & was struck off

Many studies have since shown no link between any vaccine and autism

Autism seems more common now, as there is more awareness

When do we vaccinate?

8 Weeks	<ul style="list-style-type: none"> • 1st diphtheria, tetanus, pertussis, polio, Hib • 1st pneumococcal • 1st rotavirus • 1st Men B • 1st Hep B
12 Weeks	<ul style="list-style-type: none"> • 2nd diphtheria, tetanus, pertussis, polio Hib • 2nd rotavirus • 2nd Hep B
16 Weeks	<ul style="list-style-type: none"> • 3rd diphtheria, tetanus, pertussis, polio, Hib • 3rd Hep B • 2nd pneumococcal • 2nd Men B
12-13 Months	<ul style="list-style-type: none"> • Hib, Men C • 1st measles, mumps, rubella • Booster: pneumococcal • Booster: Men B
2 & 3 Years	<ul style="list-style-type: none"> • Annual: children's flu vaccine • Annual: children's flu vaccine
3 Years 4 Months	<ul style="list-style-type: none"> • Booster: diphtheria, tetanus, pertussis, polio • 2nd measles, mumps and rubella
4, 5 & 6 Years	<ul style="list-style-type: none"> • Annual: children's flu vaccine • Annual: children's flu vaccine • Annual: children's flu vaccine

Where can your child be vaccinated?

You can book by telephone on 02392 009191 or drop in to book at Reception.

Remember to bring along your child's Red Book .

Polio

Potentially fatal viral infection

Most people will be okay

Can cause **permanent paralysis, muscle wasting and bone deformity**

Can lead to **failure of breathing muscles**



Pertussis (Whooping Cough)

Highly contagious bacterial infection of the lungs and airways

Spread by coughs and sneezes

Severe bouts of coughing

Children <6 months are at higher risk of breathing problems



Haemophilus influenzae Type B (HiB)

Potentially fatal infections of:

- Airway
- Linings of brain
- Lungs
- Blood

Most will make your child **very ill**

The **most severe** HiB infections can result in death



Rotavirus

Highly infectious viral illness affecting **babies** and **young children**

Children can become **severely dehydrated**

Haemophilus influenzae Type B (HiB)

Potentially fatal infections of:

- Lungs / lower airways
- Ears
- Sinuses
- Linings of brain (meningitis)
- Blood (septicaemia)

Spread by **coughs** and **sneezes**

Children **<2 years** are at risk of **severe infections**

Meningitis B & C

Potentially fatal infection of the **lining of the brain** and **spinal cord**

Can also cause **life-threatening septicaemia** (blood infection)



Spread by **coughs** and **sneezes**

Symptoms to look out for:

- Headache
- Neck stiffness
- Sensitivity to light
- Non-blanching rash
- Fever
- Drowsiness

Requires **urgent medical treatment**

- **1 in 10** cases result in **death**

Measles

Potentially **life-threatening** viral infection

Spread by **coughs** and **sneezes**

Can lead to:

- Pneumonia
- Voice box infection (laryngitis)
- Brain infection (encephalitis)

Can give children **severe learning disabilities**



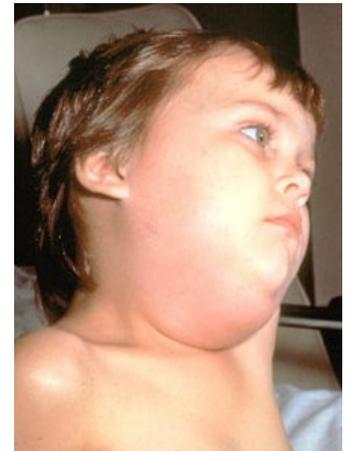
Mumps

Highly infectious viral illness of glands in the neck

Spread by **coughs** and **sneezes**

Can lead to

- Meningitis & encephalitis (fatal)
- Testicle infection (infertility)



Rubella “German measles”

Highly infectious viral illness

Spread by **coughs** and **sneezes**

Potentially **very serious** for the babies of **unvaccinated pregnant women**

- Brain & heart abnormalities
- Cataracts & deafness

