

If you have any concerns about anything you have heard, it is always best to discuss it with a health professional.

WHICH VACCINE WILL MY CHILD RECEIVE?

Eight Weeks old
DTaP/IPV/Hib/HepB
MenB
Rotavirus

Twelve Weeks old
DTaP/IPV/Hib/HepB
Rotavirus
PCV

Sixteen Weeks old
DTaP/IPV/Hib/HepB
MenB

12 months - 13 months
Hib/MenC
PCV
MMR
MenB booster

Two to eight years old
Influenza

Three years four months
DTaP/IPV
MMR

Boys & Girls age 12 to 13 years
HPV
(two doses 6-24 months apart)

Fourteen years old
Td/IPV
MenACWY

Meaning of the abbreviations:
D: Diphtheria
IP: Pertussis (whooping cough)
T: Tetanus
IPV: Poliovirus
MM: Measles
M: Mumps
R: Rubella
MMR: Measles, mumps and rubella
MMRV: Measles, mumps, rubella and varicella
HPV: Human papillomavirus

To arrange an immunisation appointment, contact your GP practice or health visitor. Additional immunisation sessions are provided for you at some local centres.

DETAILS OF YOUR LOCAL GP PRACTICES:

Practice	Location
Spring Hill Practice ☎ 020 8806 6993	Tollgate site 57 Stamford Hill London N16 5SR
The Clapton Surgery ☎ 020 8806 7735	4, Urban Hive Theydon Road Health Centre Theydon Road London E5 9BQ
Stamford Hill Group Practice ☎ 0208 800 1000	2 Egerton Rd, London N16 6UA
Cranwich Road ☎ 020 8802 2002	62-64 Cranwich Road London N16 5JF
Healy Medical Centres ☎ 020 8806 1611	200 Upper Clapton Road London E5 9DH
Fountainy Road Practice ☎ 020 7683 4854	1A Fountainy Road Cazenove, London N16 7EA
Rosewood Practice ☎ 020 7683 4847	1A Fountainy Road Cazenove, London N16 7EA
Elm Practice ☎ 020 7683 4839	1A Fountainy Road Cazenove, London N16 7EA
Riverside Practice ☎ 020 8806 1928	14 Theydon Road London E5 9BQ

"Immunisation protects your child and your community"
"Immunisation protects - immunise your child today"

IMMUNISATION SCHEDULE

Immunisation
The safest way to protect your child



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Hackney

**ANSWERING
YOUR QUESTIONS**



There has been a recent outbreak of measles in Hackney. It is important that your child gets their vaccinations on time. This leaflet contains information about which vaccinations your child should have, and at what age they should be administered. If you have missed a vaccination don't worry, contact your GP, it's never too late to catch up.

We have also answered some of your common questions and concerns here.

How does immunisation work?

Immunisation works by preparing the body to fight diseases so that if your child comes into contact with the disease later, they can fight it off safely.

Is immunisation safe?

Yes. All medicines, including immunisations, are thoroughly tested and continuously monitored.

Immunisations are among the safest medicines and given to millions of children around the world and have been for many years.

Will giving my child so many immunisations at the same time overload their immune systems?

No. In theory a baby could respond to around 10,000 immunisations at any one time. Immunisations are given in different combinations and at recommended times to ensure the best protection for your children.

Are the diseases that we immunise against dangerous?

Yes. Your child is at risk from serious complications from these diseases and even death. The following is a list of the diseases and what they can do to your child:

Diphtheria: a serious disease that can damage the heart and nervous system

Tetanus: will affect the nervous system leading to muscle spasms and breathing problems

Whooping cough (pertussis): a very infectious disease that can be particularly serious in young babies

Polio: attacks the nervous system and brain and can affect the chest muscles which can stop a child breathing

Haemophilus influenzae type B: can lead to blood poisoning, pneumonia and meningitis

Measles: children develop a high fever, rash and feel very unwell. Most children recover however some develop complications including chest infections, fits, infection of the brain (encephalitis) and brain damage

Mumps: can lead to fever, headache and painful swollen glands in the neck. May result in deafness, viral meningitis and encephalitis

Rubella: can be mild in children but very serious for unborn babies affecting their sight, hearing, heart and brain. In many cases expectant women catch rubella from their own or friend's children, so it is particularly important that children have their two doses of the MMR vaccine. These diseases are dangerous and in some cases can cause death.

Meningitis: a serious infection that occurs when the lining around the brain and spinal cord becomes inflamed. The infection is mostly caused either by bacteria or a virus. The most common form is bacterial meningitis which can lead to severe brain damage, amputation, deafness, blindness, epilepsy, blood poisoning (septicaemia) and in some cases death. The bacteria can spread to people through prolonged close contact.

Rotavirus: Prevents illness caused by stomach bug. It is a highly infectious stomach bug which causes diarrhoea in under-fives in this country. The vaccine is given to infants under the age of four months, preventing vomiting and diarrhoea cases caused by rotavirus

Human Papillomavirus (HPV): HPV infections and cervical pre-cancers in boys and girls/young men & women. Two doses of the HPV vaccine are recommended for all boys and girls at ages 12-13; the vaccine can be given as early as age 9. If you wait until they're older, they may need three doses instead of two. For further information speak to your doctor or health provider.

Isn't it better for my child to get the disease itself, to build up their own immunity, rather than to immunise them?

No. We have just seen how dangerous these diseases are. It is much safer to immunise your child than to risk the disease. It is important that they have had the full course of immunisations to ensure they are fully protected. All the

common side effects are all much safer than the diseases themselves.

What are the common side effects of immunisation?

Your child may have:

- redness, swelling or tenderness at the injection site
- irritability and feeling unwell for about 24- 48 hours
- a temperature, but not for long

You can contact your doctor if you are concerned.

Why do we have to start immunising our children at such a young age? I would rather wait until they are older.

The timings of these immunisations have been tried and tested to ensure the best protection for your child and that they work effectively. The side effects are less when immunisations are given at the recommended times and if you delay, your child won't be protected; many of the diseases are particularly serious in babies.

Why are some immunisations given in more than one dose? Is my child protected with just one?

Doses are spread out to prepare your child's immunity and provide protection into adult life. If your child has only had one dose of a set, they're not fully protected; they need to complete the full course at the recommended times. However, if your child has missed a dose, it is never too late to catch up.

If my child has a cold can they be immunised?

The doctor or nurse will always assess your child before making a decision to immunise. If your baby has a snuffie, but is not feverish, they can almost certainly be immunised. If they have a high fever we usually wait until they are better.

I have heard from people in the community that immunisations do not always work. Is this true?

Most children who have caught measles and mumps after their immunisations have not had the full course. No immunisation gives 100% protection, so very occasionally, even when a child is fully immunised, they can still get the disease but this will be milder and far less dangerous than if they had not been immunised. It is much safer to have your child immunised than to risk them catching the disease.