

Immunisations

Protect your child now and in the future

Immunisations, also known as vaccinations are usually given by injection. Children in the UK are offered vaccinations against a variety of diseases as part of the Healthy Child Programme. You can get advice on the vaccinations from your GP, practice nurse or health visitor. A record is kept in the Parent Held Child Health Record (Red Book), which is a book you keep containing information on your child's health.

Immunisations are mainly given during the first five years. It's important to have vaccinations at the right age to keep the risk of disease as low as possible. Don't hesitate to ask your health visitor or GP for advice - that's what they are there for! Childhood immunisations are free and most are given at your GP's surgery.

Some immunisations are given more than once to make sure the protection continues. This is known as a booster, so make sure your child gets it.

If you are pregnant, you will be offered the whooping cough vaccine at your GP's surgery. The ideal time is 28 to 32 weeks of pregnancy so that your baby will be born protected against whooping cough infection, a very serious infection for young babies.

GP says

Immunisations are essential to protect children from diseases which can be very serious, causing long-term complications and even death.

If you wish to have further information on childhood immunisations, visit www.nhs.uk or speak to your health visitor, practice nurse or GP.

| When to immunise | Diseases protected against |
|---------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Birth to 12 months | <ul style="list-style-type: none">▪ BCG protects against tuberculosis (TB) |
| Two months old | <ul style="list-style-type: none">▪ Diphtheria, tetanus, pertussis (whooping cough), polio and haemophilus influenzae type b (Hib)▪ Pneumococcal disease▪ Rotavirus▪ MenB* |
| Three months old | <ul style="list-style-type: none">▪ Diphtheria, tetanus, pertussis, polio and Hib▪ Meningococcal group C disease (MenC)▪ Rotavirus |
| Four months old | <ul style="list-style-type: none">▪ Diphtheria, tetanus, pertussis, polio and Hib▪ Pneumococcal disease▪ MenB* |
| Between 12 and 13 months old - within a month of the first birthday | <ul style="list-style-type: none">▪ Hib/MenC▪ Pneumococcal disease▪ Measles, mumps and rubella (German measles)▪ MenB (Booster) |

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|-------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Two, three and four years olds | <ul style="list-style-type: none"> ▪ Influenza - The flu nasal spray vaccine is to be gradually rolled out to other age groups in future years, consult your practice nurse or health visitor |
| Three years four months old or soon after | <ul style="list-style-type: none"> ▪ Measles, mumps and rubella ▪ Diphtheria, tetanus, pertussis and polio (Pre-School Booster) |

*Babies should have a dose of liquid paracetamol following meningitis B vaccination to reduce the risk of fever.

Make sure you keep your child's Red Book in a safe place. It is your only complete record of their childhood immunisations and it is often needed later in life. The MenB vaccine will be introduced as part of the routine childhood vaccination programme, check with your health visitor.

For updates please see www.walthamforestccg.nhs.uk/childhealthguide

1

Immunisation begins at two months, when baby's natural immunity to illness, begins to drop.

2

The protection immunisations offer to your child against serious diseases are worth the small amount of pain.

3

Immunisations don't just protect your child during childhood, they protect them for life.