

*Tiakina tō tamaiti me te whānau, haria ō tamariki kia rongohia ki te rongō ārainga mate*



### Expected reactions

Mild reactions are common after immunisation and may last up to two days. These expected reactions are:

- pain, swelling and redness in the area where the injection was given
- low-grade fever
- being unsettled and generally unhappy.

### What to do

- Give extra fluids to drink.
- Give them paracetamol as advised by your nurse or doctor.

More serious reactions are very rare.

Children need to wait at the clinic or surgery for 20 minutes after a vaccine is given. This is to make sure treatment is at hand if an allergic reaction called anaphylaxis occurs. Anaphylaxis is very rare and causes dizziness, noisy breathing and a skin rash. Drugs given by your doctor or nurse to treat this reaction work quickly and safely.

***If concerned about your child after an immunisation, contact your doctor.***

### Immunisation certificate

- You will be asked to present your child's immunisation certificate when your child starts at an early childhood service, kōhanga reo or school.
- Your child does not have to receive immunisations – it is your choice.
- The immunisation certificate will show what immunisations your child has had and when they had them.
- Ask your doctor or nurse to provide you with the immunisation certificate.

### The National Immunisation Register

- The National Immunisation Register (NIR) is a computerised information system that will hold all the immunisation details of your child. (A separate pamphlet on the NIR is also available.)
- The NIR will prompt reminder notices from your doctor's practice when your child's immunisations are overdue.
- You can choose to opt off the NIR but you will need to complete and sign an opt-off form.

### For more information about immunisation

- Talk to your doctor, practice nurse, Plunket nurse or healthcare provider.
- Order the free booklet *Childhood Immunisation: More Information for Parents* (code HE1323) or *National Immunisation Register (NIR)* (code HE1501) from [www.healthed.govt.nz](http://www.healthed.govt.nz) or collect from your health care provider.
- See your *Well Child/Tamariki Ora Health Book*.
- Ministry of Health: [www.moh.govt.nz](http://www.moh.govt.nz)
- Immunisation Advisory Centre (IMAC): [www.immune.org.nz](http://www.immune.org.nz) or freephone 0800 466 863

This resource is available from [www.healthed.govt.nz](http://www.healthed.govt.nz) or the Authorised Provider at your local DHB.

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New Zealand Government



# Immunise your children



## Protect your child and family – immunise

- Immunisation protects your child from **serious diseases** throughout life.
- The vaccines on the National Immunisation Schedule are **safe** and **effective**.

### Childhood immunisations are free. Kāore he utu mō ngā rongoā ārainga mate.

- Your family doctor or practice nurse will give the immunisations.
- Immunisations begin when your child is six weeks old.
- Immunisations will be given as injections in the arm or leg. Two or three injections will be given at each visit.

### For their best protection, babies should receive all the immunisations at the recommended times.

- Immunisations given will be recorded in your child's *Well Child/Tamariki Ora Health Book* and on the National Immunisation Register.
- If you are not sure whether your child has had all the immunisations, check with your doctor or nurse.

The Ministry of Health supports immunisation. However, it is your **choice** whether or not to immunise your child.

## Vaccines and immunisation

Vaccines stimulate your child's body to make antibodies against the infection. These antibodies will protect your child from the disease. This is called immunisation.

All severe reactions are reported by your doctor and are monitored to ensure the safety of the immunisation programme.

## The National Immunisation Schedule\*

| Age                        | Diseases covered and Vaccines   |
|----------------------------|---|
| <b>6 weeks</b>             | Diphtheria/Tetanus/Whooping cough/Polio/Hepatitis B/ <i>Haemophilus influenzae</i> type b<br>1 injection (INFANRIX® -hexa)<br><br>Pneumococcal<br>1 injection (Prevenar®) |
| <b>3 months</b>            | Diphtheria/Tetanus/Whooping cough/Polio/Hepatitis B/ <i>Haemophilus influenzae</i> type b<br>1 injection (INFANRIX® -hexa)<br><br>Pneumococcal<br>1 injection (Prevenar®) |
| <b>5 months</b>            | Diphtheria/Tetanus/Whooping cough/Polio/Hepatitis B/ <i>Haemophilus influenzae</i> type b<br>1 injection (INFANRIX® -hexa)<br><br>Pneumococcal<br>1 injection (Prevenar®) |
| <b>15 months</b>           | <i>Haemophilus influenzae</i> type b<br>1 injection (Hiberix™)<br><br>Measles/Mumps/Rubella<br>1 injection (M-M-R® II)<br><br>Pneumococcal<br>1 injection (Prevenar®)     |
| <b>4 years</b>             | Diphtheria/Tetanus/Whooping cough/Polio<br>1 injection (INFANRIX™ -IPV)<br><br>Measles/Mumps/Rubella<br>1 injection (M-M-R® II)   |
| <b>11 years</b>            | Diphtheria/Tetanus/Whooping cough<br>1 injection (BOOSTRIX™)  |
| <b>12 years girls only</b> | Human papillomavirus**<br>3 doses given over 6 months (GARDASIL®)   |

\* from June 2008 \*\* from 2009

## Immunisation protects your child from these diseases

**Diphtheria** affects the throat, making it hard to breathe and swallow. It may also affect the nerves, muscles and heart.

***Haemophilus influenzae* type b** causes meningitis (an infection of the membranes around the brain), and infection and swelling in the throat, which blocks the breathing passages. It can also cause pneumonia and infection of the joints and under the skin.

**Hepatitis B** attacks and damages the liver. Symptoms include nausea, tiredness and jaundice.

**Human papillomavirus (HPV)** can cause cervical cancer. It is a sexually transmitted infection.

**Measles** causes a rash, a runny nose, a cough and sore, watery eyes. It may also cause pneumonia, ear infections and brain damage.

**Mumps** causes swelling around the face, fever and a headache. Mumps may cause swelling of the brain and deafness.

**Pneumococcal disease** causes meningitis and septicaemia (blood poisoning). It may also cause pneumonia and sinus and ear infections.

**Polio (poliomyelitis)** can paralyse the body and affect the muscles that help you breathe.

**Rubella** causes a mild illness, a rash and joint pain. It is serious if a pregnant woman catches rubella early in her pregnancy. Her baby may be born with serious problems such as deafness, blindness, heart defects and brain damage.

**Tetanus** infects the body through a cut or graze. Tetanus causes muscles to stiffen and spasm. It may affect the breathing muscles.

**Whooping cough** (pertussis) damages the breathing tubes and causes coughing spells with vomiting and difficulty in breathing. Pertussis may lead to pneumonia, fits, coma, swelling of the brain and brain damage.

Some babies may be offered additional immunisations. Discuss these with your lead maternity carer.

- Babies of mothers who are hepatitis B carriers will be offered hepatitis B vaccine and HBIG (hepatitis B immunoglobulin) antibodies soon after birth.
- Babies at risk of tuberculosis will be offered BCG (Bacillus Calmette-Guérin) vaccine.