

# *Immunizations*

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## **Immunization Facts**

Immunizations (vaccinations) help protect people from disabling and deadly diseases. Serious complications such as life-long breathing problems, permanent brain damage, and paralysis can be caused by diseases that can be prevented by a vaccine. Immunizations are very important for children as well as adults.

## **Important immunizations**

### **For children:**

Children who are properly immunized will lead healthier lives and will be less likely to spread deadly diseases to other people. All children should be immunized against:

- Hepatitis B
- Diphtheria, Pertussis (Whooping cough) and Tetanus
- Haemophilus influenza type B (Meningitis)
- Poliomyelitis (Polio)
- Measles, Mumps and Rubella (German measles)
- Chickenpox (Varicella)

### **For adults:**

Adults should be immunized for the same diseases as children if they have not already acquired immunity either by vaccination or by previously having had the disease. Many diseases are more severe for adults than children. For example, adults are more likely than children to suffer medical complications if they get chickenpox. And rubella is usually a mild disease in children, but may cause spontaneous abortion or birth defects if women become sick from rubella while they are pregnant.

## **Facts about immunizations**

- Immunizations may cause mild reactions such as swelling at the site of the injection, low grade fever, a mild rash or nausea.
- The risk of getting a serious childhood disease is much greater than the risk of having a serious reaction to a vaccination.
- Many immunizations require more than one dose to become fully effective.
- Some immunizations must be given at a specific age. It is important to follow the recommended childhood immunization schedule and to discuss your child's individual immunization schedule with your health care provider.
- People may be at higher risk for getting certain diseases because of their occupation, hobbies or traveling to/living in certain parts of the world. There are many new preventive vaccines available. Ask your health care provider about preventive vaccines that may be appropriate for you.
- Immunized people not only protect themselves from dangerous diseases, but also help to stop the spread of disease to other people.



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