

It is normal to have minor side effects from any medication - including immunisation

Vaccine injections may cause the following reactions

- Localised pain and redness at the injection site
- Fever, which is mostly mild and resolves quickly
- Drowsiness or tiredness after injection

Talk to your GP or practice nurse if you have any concerns.

Remember to ask your GP or practice nurse about a 4 year old healthy kids check



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Is your 4 year old school - ready?



What does school ready mean?

- As you prepare to enrol your child in the kinder or prep year it is important that your child's immunisations are up to date
- Keeping up to date with immunisations means that your child can attend school without the risk of contracting serious infectious diseases
- **Make an appointment to see your GP, practice nurse or contact your local council to arrange an appointment**
- Don't forget to take your child's blue book (personal health record)

What immunisations does a 4-year old need?

- ☑ MEASLES - MUMPS - RUBELLA
- ☑ DIPHTHERIA - TETANUS - WHOOPING COUGH - POLIO
- ☑ PNEUMOCOCCAL BOOSTER
(for predisposing medical conditions only, check with your GP)

Where can I find more information about immunisation

- Speak to your GP, practice nurse or contact your local council
- www.immunise.health.gov.au
- www.dhhs.tas.gov.au



Disease statistics and realities

- **Diphtheria** - A serious communicable disease with 5-10% fatality, which has the highest death rate in the very young or the elderly. 1 in 15 patients die as the bacteria release a toxin.
- **Measles** - One of the most severe and highly infectious diseases. One measles case in 70 requires hospital admission. Some of the complications include pneumonia, convulsions and 1 in 200 children develop encephalitis. Measles is still prevalent amongst unvaccinated children.
- **Mumps** - Since 2004 in Australia, there has been an increase in mumps cases amongst unvaccinated or partially vaccinated young adults. In the US and UK there have been large outbreaks in recent years amongst young adults.
- **Polio** - In 1% of cases acute flaccid paralysis occurs. There has only been 1 case in 30 years in Australia, but there is still a risk with people originating from countries where routine vaccination does not occur.
- **Rubella** - The greatest risk is during pregnancy with infection in the first 10 weeks of pregnancy resulting in foetal damage in 90% of cases.
- **Tetanus** - Acute often fatal disease caused by bacteria found in soil, resulting in muscle rigidity and spasms.
- **Whooping Cough** - A very infectious disease. 42% of babies with whooping cough caught the disease from their mother.
- **Pneumococcal Disease** - Refers to a range of illnesses caused by the pneumococcus bacterium. Including pneumonia, bacteraemia, sepsis, meningitis and middle ear infections. Children under two years and the elderly are most susceptible.

Myths & Realities about Immunisation

MYTH: Vaccines weaken or overwhelm the immune system

FACT: vaccines strengthen the immune system by inducing protection against specific diseases.

MYTH: Homeopathic preparations are an alternative to conventional vaccines

FACT: There is no scientific basis to support the use of homeopathic preparations. The Society of Homeopaths in the UK does not encourage its members to advise patients against vaccination.

MYTH: Infectious diseases are not serious

FACT: Diseases targeted by immunisation can be fatal and were common in Australia and overseas before vaccinations.

MYTH: Diseases are virtually eliminated so vaccination is not needed

FACT: The reason that these diseases are not seen frequently in Australia is because of vaccination. Without vaccination the disease could come back. People may also bring these diseases from other countries.

MYTH: Many cases of disease for which vaccines are given occur among the vaccinated

FACT: Due to differences in individuals not all vaccinated people develop immunity, however, vaccines in childhood are 85 - 95% effective.

MYTH: Measles, Mumps and Rubella vaccines cause autism and inflammatory bowel disease

FACT: Numerous medical reviews have found no link between MMR and autism. A review by the World Health Organisation concluded that scientific data do not show any causal link.

MYTH: Vaccines are not safe

FACT: All vaccines must pass stringent safety testing.

