



**CHILDHOOD IMMUNISATION PROGRAMME  
NEWSLETTER: July 2016**

The purpose of this newsletter is to provide information about the childhood immunisation programme to Children's Centre staff across Kent, Medway, Surrey and Sussex.

**Why do we vaccinate children?**

Vaccination is one of the greatest breakthroughs in modern medicine. No other medical intervention has done more to save lives and improve quality of life. Serious diseases such as smallpox and polio have been eradicated in Europe and the UK. Many of the diseases that we vaccinate against within the childhood immunisation programme are rare but if children are not vaccinated they will return with a vengeance. There have been a number of new immunisation programmes for children since 2013 including rotavirus, nasal flu and meningitis B vaccines. Research into new vaccines continues and there will be many more potentially lifesaving vaccines in the years to come.

**What are the childhood vaccinations and when should they be given?**

When	Diseases protected against	Vaccine given
8 weeks old	Diphtheria, tetanus, pertussis (whooping cough), polio and Haemophilus influenzae type b (Hib)	DTaP/IPV/Hib (5 in 1)
	Pneumococcal (13 serotypes)	Pneumococcal conjugate vaccination (PCV)
	Meningococcal group B (MenB)	MenB
	Rotavirus gastroenteritis	Rotavirus
12 weeks old	Diphtheria, tetanus, pertussis, polio and Hib	DTaP/IPV/Hib (5 in 1)
	Rotavirus	Rotavirus
16 weeks old	Diphtheria, tetanus, pertussis, polio and Hib	DTaP/IPV/Hib (5 in 1)
	Pneumococcal (13 serotypes)	PCV
	MenB	MenB
1 year old	Hib and MenC	Hib/MenC
	Pneumococcal	PCV
	Measles, mumps and rubella (German measles)	MMR
	MenB	MenB booster
2-4 years old and children in school years 1, 2 & 3	Influenza (each year from September)	Nasal flu or injectable flu vaccine if unable to have the nasal flu
3 years 4 months old or soon after	Diphtheria, tetanus, pertussis and polio	DTaP/IPV
	Measles, mumps and rubella (German measles)	MMR
Girls aged 12 to 13 years	Cervical cancer caused by human papillomavirus (HPV)	HPV (two doses 6 months apart)
Fourteen years old	Tetanus, diphtheria and polio	Td/IPV
	Meningococcal groups A, C, W and Y disease	MenACWY

**Are childhood vaccinations safe?**

Vaccines have to be thoroughly tested for safety before they are made routinely available to the population. The safety of each vaccine is continually monitored, even after it has been introduced. The Medicines and Healthcare products Regulatory Agency (MHRA) is responsible for checking the safety of vaccines and they continually collect information on vaccine safety and suspected side effects.

## What are the common side effects of vaccinations for children under 5 years of age?

- Some babies may have some swelling, redness or a small hard lump where the injection was given, that can last for 2-3 days
- Some babies get a fever; a fever is a temperature over 37.5°C.  
**If the baby has a fever:** the parent should make sure the baby does not have too much clothing or bedding on them, give them plenty of cool fluids but should **not** put them in a bath, sponge them down or put a fan on them
- **MenB:** Fever is common when the MenB vaccine is given at two and four months. The parent will be advised by the nurse or doctor to give infant paracetamol suspension following the vaccination
- **MMR:** After six to ten days, the measles vaccine starts to work and may cause a fever, a measles-like rash, and loss of appetite but the child is not infectious to others.  
After two to three weeks, the mumps vaccine may cause fever and swollen glands in some children.  
After 12-14 days rubella vaccine may cause a brief rash and a slightly raised temperature.  
A further rash may occur 6 weeks after the injection.

If parents are worried about their child, they should be advised to speak to their doctor or call the NHS on 111.

For more information see the NHS leaflet 'What to expect after vaccinations':

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/448789/8584-what-to-expect-after-vaccination-2015-2P-A5-02-web.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/448789/8584-what-to-expect-after-vaccination-2015-2P-A5-02-web.pdf)

## Myths about vaccination

### It is a MYTH:

1. that a child's vaccinations have to be avoided or delayed if they have a mild illness without a fever, such as a cough or cold, or if they have an allergy, such as asthma, hay fever or eczema
2. that a baby's vaccinations have to be avoided or delayed if they were premature
3. that a baby's vaccinations have to be avoided if they have a history of febrile seizures or convulsions (related to fever) or epilepsy, or there is a family history of such conditions
4. that vaccinations can overload a baby's immune system. In fact, only a tiny fraction of a baby's immune system is used by childhood vaccines and they come into contact with many more bugs in their daily life
5. that homeopathy can be used as an alternative to vaccinations to protect children against potentially serious infections. In fact, there is no evidence that homeopathy can protect children against disease and illness.
6. that it is unsafe for babies to go swimming around the time of a vaccination. In fact, babies can go swimming at any time before and after their vaccinations.

## 5 in 1 Vaccination

The 5-in-1 vaccine is one of the first vaccines a baby will have. It is given as a single injection to protect the baby against five serious childhood diseases: diphtheria, tetanus, whooping cough (pertussis), polio and Hib (Haemophilus influenzae type b). The 5 in 1 vaccine is given at 8 weeks, 12 weeks and 16 weeks of age and the baby requires all three doses to ensure adequate protection.

When the child reaches three years and 4 months of age they will be given a booster vaccine (pre-school booster) to protect the child against diphtheria, tetanus, whooping cough and polio.

At 14 years of age the child will be given a further booster (teenage booster) to protect them against tetanus, diphtheria and polio.

Parents should be encouraged to take their children to all immunisation appointments and avoid delaying them where possible.

For further information please go to:

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/418624/PHE\\_2015\\_Imm\\_babies\\_08\\_WEB.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/418624/PHE_2015_Imm_babies_08_WEB.pdf)

## Vaccination against meningococcal disease

A new vaccine to provide protection against meningitis B was introduced in 2015 and is being offered to babies as part of the routine NHS childhood vaccination programme. The **Men B** vaccine is recommended for babies aged 8 weeks, followed by a second dose at 16 weeks, and a booster at one year of age. The Men B vaccine will protect babies against infection by meningococcal group B bacteria, which are responsible for more than 90% of meningococcal infections in young children. Meningococcal infections can be very serious and may cause meningitis and septicaemia (blood poisoning), which can lead to severe brain damage, amputations and in some cases death.

The **Men C** vaccine was previously offered to babies at 12 weeks of age but from the 1<sup>st</sup> July 2016 it will no longer be given. This is due to the success of the Men C programme which was introduced in 1999 and there are now very few cases of invasive Men C disease.

However babies will receive a vaccination against meningitis C in the **Hib/Men C** vaccine which is a single injection given to one-year-old babies to protect them against haemophilus influenzae type b (Hib) and meningitis C.

Children will also receive a further booster dose against meningitis C as a teenager within Men ACWY vaccine. The Men ACWY vaccine is given by a single injection and protects against four different causes of meningitis and septicaemia – meningococcal A, C, W and Y diseases.

The **Men ACWY** vaccine is given to children aged 14 years in school or community clinics as part of the routine adolescent immunisation programme.

For further information go to:

<http://www.nhs.uk/Conditions/vaccinations/Pages/meningitis-B-vaccine.aspx>

<http://www.nhs.uk/Conditions/vaccinations/Pages/men-acwy-vaccine.aspx>

<http://www.nhs.uk/Conditions/vaccinations/Pages/hib-men-C-booster-vaccine.aspx>

## MMR Vaccination

The MMR vaccine is given as a single injection to babies usually within a month of their first birthday. They will then have a second injection of the vaccine before starting school, around three years and four months of age. The vaccine protects against three separate diseases – measles, mumps and rubella (German measles). The vaccination rates for MMR have decreased in recent years especially for the 2<sup>nd</sup> dose. It is very important that parents are encouraged to have their children vaccinated for MMR and to ensure that their child has both doses. This year there has been an outbreak of measles in London and the South so it is extremely important that children are vaccinated and protected against this disease that may cause serious complications such as pneumonia, bronchitis or encephalitis.

For further information and common questions regarding MMR please go to:

<http://www.nhs.uk/Conditions/vaccinations/Pages/mmr-questions-answers.aspx>

## Rotavirus Vaccination

Rotavirus is an oral vaccine against rotavirus infection, a highly infectious stomach bug that typically affects babies and young children, causing diarrhoea, sometimes vomiting, tummy ache and fever. Most children recover at home within a few days, but nearly one in five will need to see their doctor, and one in ten of these end up in hospital as a result of complications such as extreme dehydration. A very small number of children die from rotavirus infection each year. The vaccine is given as two doses for babies aged 8 weeks and 12 weeks and is given as a liquid from a dropper straight into the baby's mouth for them to swallow. Since its introduction into the childhood vaccination programme, the vaccine has prevented more than 70% of cases of rotavirus infection.

For more information please go to:

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/193110/DoH\\_8415\\_Rotavirus\\_factsheet\\_8pp\\_04\\_accessible.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/193110/DoH_8415_Rotavirus_factsheet_8pp_04_accessible.pdf)

## **Pneumococcal Vaccination**

The pneumococcal vaccine protects against pneumococcal infections which can lead to pneumonia, septicaemia (a kind of blood poisoning) and meningitis. The vaccine protects against 13 strains of the pneumococcal bacterium. Babies receive the pneumococcal vaccine as three separate injections, at 8 weeks, 16 weeks and one year of age.

For further information go to:

<http://www.nhs.uk/Conditions/vaccinations/Pages/pneumococcal-vaccination.aspx>

## **Children's flu vaccination**

This year the school-aged childhood flu vaccination programme will be extended to include those in school years 1, 2 and 3. Children aged 2, 3 and 4 years old will continue to be vaccinated against flu by their GP. The vaccine of choice for children is Fluenz Tetra® which is given as a nasal spray. Some children are unable to have the nasal flu vaccine and these children can be offered an injectable flu vaccine.

The age range for this vaccination includes:

2, 3 or 4 years of age: DOB 01/09/11 - 31/08/14

Year 1: DOB 01/09/10 - 31/08/11

Year 2: DOB 01/09/09 - 31/08/10

Year 3: DOB 01/09/08 - 31/08/09

Children in school years 1, 2 and 3 will be offered the vaccination by school health teams either in school or in community clinics.

All eligible children should be offered the flu vaccination as they are seen as the "super spreaders" of flu and vaccinating this population may protect those who are more vulnerable within the community. Last year vaccination rates dropped for 2, 3 and 4 year olds. Reaching these children continues to be extremely important, not only for their own protection and to prevent the spread of flu to others, but also to introduce flu vaccination as part of a routine healthcare for children every autumn.

For further information please see:

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/526367/PHE\\_Protecting\\_Child\\_Flu\\_May16.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/526367/PHE_Protecting_Child_Flu_May16.pdf)

### ***Additional information outside of the childhood immunisation schedule:*** **Pertussis (whooping cough) vaccination for pregnant women**

Women who are pregnant should be encouraged to attend their GP to be vaccinated against pertussis (whooping cough). They can have the vaccination from 20 weeks of pregnancy and it will protect the baby by passing the immunity through the placenta and will provide protection until they are old enough to be routinely vaccinated against whooping cough at two months of age. Women should be reassured that there is no evidence to suggest that the vaccine is unsafe for their unborn baby.

Whooping cough is a highly infectious, serious illness that can lead to pneumonia and brain damage, particularly in young babies. Most babies with whooping cough will need hospital treatment and some may die. Women should be aware that they need to be vaccinated for each pregnancy in order to protect their unborn baby.

For more information go to:

<http://www.nhs.uk/conditions/pregnancy-and-baby/pages/whooping-cough-vaccination-pregnant.aspx>

### **Flu vaccination for pregnant women**

Women who are pregnant are also eligible to have a flu vaccination from October to March at any stage of their pregnancy. They should be encouraged to attend their GP surgery to request flu vaccination as early as possible within the flu season. They will benefit from having the flu vaccine because:

- it reduces their chance of getting serious complications from flu, such as pneumonia
- it reduces the risk of having a miscarriage or the baby being born prematurely or with a low birth weight due to flu
- it will help protect the baby, as the baby will continue to have some immunity against flu for the first couple of months of their life

For further information please go to:

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/451735/9407\\_PHE\\_Pregnancy\\_Flu\\_DL\\_leaflet\\_06b\\_web.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/451735/9407_PHE_Pregnancy_Flu_DL_leaflet_06b_web.pdf)

## ADDITIONAL RESOURCES

Common questions about vaccinations

<http://www.nhs.uk/chq/Pages/category.aspx?CategoryID=67>

Vaccination timeline

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/246403/Vaccination\\_time\\_line\\_1796\\_to\\_2013.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/246403/Vaccination_time_line_1796_to_2013.pdf)

Complete vaccination schedule

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/510450/PHE\\_2016\\_Complete\\_Immunisation\\_Schedule\\_A4\\_17032016.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/510450/PHE_2016_Complete_Immunisation_Schedule_A4_17032016.pdf)

Vaccination calendar for parents

<http://www.nhs.uk/Tools/Pages/NHsvaccinationplanner.aspx>

A guide to immunisations up to one year of age leaflet:

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/418624/PHE\\_2015\\_Imm\\_babies\\_08\\_WEB.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/418624/PHE_2015_Imm_babies_08_WEB.pdf)

Pre-school immunisations leaflet:

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/522119/PHE\\_9809\\_Preschool\\_A5\\_28p\\_2016\\_02\\_web.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/522119/PHE_9809_Preschool_A5_28p_2016_02_web.pdf)

Immunisations for young people leaflet:

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/468691/PHE\\_9476\\_Young\\_people\\_A5\\_20p\\_15\\_web.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/468691/PHE_9476_Young_people_A5_20p_15_web.pdf)

Information on childhood flu including downloadable leaflets:

<http://www.nhs.uk/conditions/vaccinations/pages/child-flu-vaccine.aspx>

## OUR CONTACT DETAILS

Screening & Immunisation Team

Tel: 01233 658405. Team email: [phst@nhs.net](mailto:phst@nhs.net)