

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



- Local inflammation at the site of the injection
- Low grade temperature
- Crying
- Decreased appetite
- 1 in 20 has:
 - Faint red rash, non infectious
 - Swollen glands
 - Stiff neck or joint pains

Note: Serious side effects are very rare, and your doctor or practice nurse will discuss these with you.

Where can I get more information on immunisation?

- Speak to your GP or Practice Nurse
- Contact your local public health unit or council
- Access your state health department's website
- See www.immunise.health.gov.au



Don't forget to ask about a 4 year old healthy kids check

What is a Healthy Kids Check?

The Healthy Kids Check is for every four year old in Australia to have a basic health check to see if they are healthy, fit and ready to learn when they start school.

How can my child have a Healthy Kids Check?

Just ring your general practice and ask for an appointment for a Healthy Kids Check. The health check can be performed by either the GP or the practice nurse depending on their availability.

The check will include the following basic physical examinations and assessments:

- | | |
|---------------------|---------------|
| ■ Height and weight | ■ Oral health |
| ■ Eyesight | ■ Toileting |
| ■ Hearing | ■ Allergies |
| ■ Immunisation | |

The health check may include the following matters, at the discretion of the GP / Practice Nurse

- | | |
|--------------------------|-------------------------------|
| ■ Diet | ■ Speech and language |
| ■ Physical activity | ■ Developmental milestones |
| ■ Lifestyle risk factors | ■ Fine and gross motor skills |
| ■ Behaviour and mood | |



Picture source: *Get set 4 life*, Australian Government Department of Health and Ageing, 2008 Commonwealth of Australia, copyright Commonwealth of Australia reproduced by permission.

Data source: *Myths and Realities responding to arguments against immunisation, A guide for providers* and *The Australian Immunisation Handbook 9th Edition*. Australian Government Department of Health and Ageing 2008.

AGPN wishes to acknowledge General Practice Tasmania and Western Australia General Practice Network for the original development of this resource

AGPN acknowledges the financial support of the Australian Government Department of Health and Ageing.

Is your 4 year old ready for school ?



What does school ready mean?

- As you prepare to enrol your child in kindergarten or pre-primary 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.
- Evidence of your child's vaccination history may be required when you enrol your child at kindergarten or pre-primary.

What immunisations does a 4 year old need?

- ☑ MEASLES - MUMPS - RUBELLA
- ☑ DIPHTHERIA - TETANUS - WHOOPING COUGH
- ☑ POLIO
- ☑ PNEUMOCOCCAL BOOSTER
(23VPPV for predisposing medical conditions only... check with your doctor)

- Make an appointment to see your GP or immunisation clinic to arrange an appointment.
- Don't forget to take your child's personal health record.



Disease statistics

- **Diphtheria** - A serious communicable disease with 5-10% fatality, with the highest death rate in 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. Complications of measles include pneumonia, convulsions and encephalitis with 1 measles case in 70 requiring hospital admission. 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 who are not fully vaccinated.
- **Polio** - In 1% of cases acute flaccid paralysis occurs. There has only been 1 case in 30 years in Australia but Australians remain at risk from unvaccinated individuals. Polio is still a big risk in many countries.
- **Rubella** - The greatest risk is for pregnant women as infection in the first 10 weeks of pregnancy results in foetal damage or death in 90% of cases.
- **Tetanus** - Acute often fatal disease caused by bacterium resulting in muscle rigidity and painful spasms.

Myths & Realities about Immunisation

Myth - Vaccines weaken or overwhelm the immune system

Reality - vaccines strengthen the immune system by inducing protection against specific diseases.

Myth - Homeopathic preparations are an alternative to conventional medicine

Reality - 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

Reality - Diseases targeted by immunisation can be fatal and were common in Australia prior to our national vaccination program.

Myth - Diseases are virtually eliminated so vaccination is not needed

Reality - Vaccine preventable diseases are not seen frequently in Australia because of high vaccination rates. Travellers returning from countries where vaccine-preventable diseases are still common have been known to bring diseases into Australia.

Myth - Many cases of disease for which vaccines are given occur among the vaccinated

Reality - No vaccine is 100% effective. Due to differences in individuals not all vaccinated people develop immunity. Most childhood vaccines are 85 - 95% effective.

Myth - Measles, Mumps & Rubella vaccines cause autism and inflammatory bowel disease

Reality - The World Health Organisation's review of scientific studies concluded that there is no causal link.

Myth - Vaccines are not safe

Reality - All vaccines must pass stringent safety testing before being licensed and released in Australia

