



# 宝宝现在12个月了，建议注射哪些疫苗呢？

What vaccines are recommended now my baby is

# 12 months?

SKAI : 分享关于免疫的知识

现在宝宝已经12个月大了，建议接种三种疫苗（4价脑膜炎球菌结合疫苗（4vMenCV）、13价肺炎球菌多糖结合疫苗（13vPCV）、麻腮风三联疫苗（MMR））。这三种疫苗可预防儿童患上五种疾病（见下页）。这些疫苗都是注射的，通常是在胳膊上。

## 疫苗会如何影响宝宝？

建议12个月大的孩子注射的疫苗对孩子的影响与出生第一年接种的疫苗的影响差不多。打针会有点儿疼，大多数孩子注射后会哭几分钟。医生或护士可以做一些事情，让宝宝打针更容易些。他们可能能够两针同时注射。

孩子打针时你也可以做些事情帮忙。大家知道糖可以减轻幼儿的疼痛，因此在马上就要接种疫苗之前给孩子喝些含糖饮料或吃一根棒棒糖确实有帮助。还可以在药房买一种贴片，用于麻痹孩子的皮肤。贴片需要在去看医生或护士前约一小时就帖好。在看医生时，你可以带上游戏或玩具来分散孩子的注意力，或鼓励孩子深呼吸。我们还知道，在打针时或打完后立即给孩子手持式视频游戏、吹纸风车或吹泡泡、安慰的拥抱以及喂母乳都会有助于减轻疼痛<sup>1</sup>。

这些疫苗会让大多数孩子在几天内感到有点不适。这些症状可能会使孩子疲倦、啼哭或难安抚，有些孩子会比平常睡得多一点。对这些疫苗的最常见的反应是注射部位发红、疼痛或肿胀、不太想吃东西、发烧、轻微头痛、全身发痒、皮疹、恶心（感觉想吐）、或耳朵下面有轻微肿胀。有些孩子在一个或两个打针的地方会形成一个小硬块（结节）。这些硬块通常不疼，几周后就会自行消失。有些孩子在接种麻腮风三联疫苗（MMR）后十天左右会出现发烧或轻微皮疹。这些反应通常不会持续超过几天，而且比疫苗接种所能预防孩子患上的疾病要轻得多<sup>2</sup>。

## 如果宝宝有其中一种反应，该怎么办？

如果孩子感觉发热，给孩子穿着轻薄（夏天）的衣服，并多给孩子喝些水或多喂几次母乳会有些帮助。如果孩子打针部位有一个疼痛的红点，在上面敷块冷布会有些帮助。扑热息痛（Panadol<sup>®</sup>、Dymadon<sup>®</sup>）也可以帮助缓解发烧和疼痛。（请务必遵循包装上的说明。）医学研究发现，拥抱确实会让孩子感觉更好些。今天可以提醒医生或护士给你一份宣传单，帮助你记住这些事情。如果你担心宝宝对疫苗接种的反应，可以向医生或最近的急诊科寻求帮助，或者可以在白天或晚上的任何时间拨打健康直通服务（Health Direct）电话1800 022 222

## 疫苗有效吗？

疫苗几乎总能预防儿童患上由A、C、W或Y型脑膜炎球菌引起的脑膜炎球菌病、侵袭性肺炎球菌病、麻疹、腮腺炎或风疹。有时，接种过的儿童仍然会患上其中某种疾病，但与没有接种疫苗的孩子相比，症状会轻得多，恢复得也更快。

Now that your child is 12 months old, three vaccines are recommended (4vMenCV, 13vPCV, and MMR). These three vaccines protect children from five diseases (see next page). These vaccines are all given as needles, usually in your child's arms.

## How will the vaccines affect my child?

The vaccines recommended for children at 12 months affect them in much the same way as the vaccines given in the first year. The needles hurt a bit and most children cry for a few minutes afterwards. There are some things your doctor or nurse can do to make getting needles easier for your child. They may be able to give both needles at once.

There are also some things you can do to help too. Sugar is known to reduce pain for young children so giving your child a sugar-sweetened drink or a lolly just before getting the vaccines really helps. There is also a patch you can buy at the chemist that can be used to numb your child's skin. These need to be stuck on about an hour before you visit the doctor or nurse. You can bring an activity or toy to distract your child or encourage them to take deep breaths during the visit. Hand-held video games, blowing paper windmills or bubble mix, comforting cuddles and breastfeeding during vaccination or straight after are also known to help reduce pain<sup>1</sup>.

These vaccines make most children feel a little unwell for a few days. These symptoms can make children tired and grizzly or unsettled and some sleep a little more than they usually do. The most common reactions to these vaccines are redness, soreness and swelling where the needle went in, not wanting to eat very much, fever, a slight headache, an achy feeling all over, a rash, nausea (feeling sick), or a slight swelling under their ears. Some children get a fever and a slight rash about ten days after having the MMR vaccine.

These reactions don't usually last more than a day or two, and they're a lot less serious than the diseases vaccinations protect children from<sup>2</sup>.

## What can I do if my child gets one of these reactions?

If your child feels hot, it can help to dress them in light (summer) clothes and give them extra water to drink or offer extra breastfeeds. If your

child has a sore, red spot where the needle went in, it can help to put a cool cloth on it. Paracetamol (Panadol®, Dymadon®) can also help to ease a fever and relieve soreness. (Always follow the instructions on the packet.) Medical research has found that cuddles really do make children feel better. You can remind your doctor or nurse to give you a leaflet to help you remember these things today. **If you are worried about your baby's reaction to a vaccination, you can get help from your doctor, or the nearest emergency department, or you can call Health Direct on 1800 022 222 at any time of the day or night.**

## Do the vaccines work?

The vaccines almost always prevent children from getting meningococcal disease caused by meningococcus types A, C, W, or Y, invasive pneumococcal disease, measles, mumps, or rubella. Sometimes children who are vaccinated still catch one of these diseases, but they usually get much milder symptoms and recover more quickly than children who haven't had the vaccine.

## What are the diseases these vaccines protect my child from?

One of the needles protects your child from meningococcal disease caused by four types of meningococcus (A, C, W, and Y). The second protects your child from pneumococcal disease caused by 13 types of pneumococcus. And the third protects your child from three diseases, called measles, mumps and rubella. All of these diseases are much less common than they were before most children living in Australia were vaccinated but are still common in other countries around us. Children can still get these diseases in Australia, especially if they aren't vaccinated.

## Are the diseases serious?

**Meningococcal disease** is caused by bacteria (germs) called meningococcus. This disease can cause brain swelling (meningitis) and blood poisoning (sepsis). It spreads from person to person just like a cold. Children who catch meningococcal disease often have parts of their hands, toes, arms or legs amputated (cut off) to save their lives. Children who survive Hib meningitis often have brain damage<sup>2</sup>.

**Pneumococcal disease** is caused by germs (bacteria) that can cause swelling around the brain (meningitis), infection in the lungs (pneumonia), ear infections (otitis media) that can damage hearing, and other serious diseases. Children can catch it from each other just like they catch colds<sup>2</sup>.

**Measles** is best known as a disease that causes a spotty rash. It spreads very easily, even before the rash starts, when a person who has caught it coughs or sneezes and another person is nearby. Measles can be very serious. It causes lung infections (pneumonia), blindness, bleeding (thrombocytopenia) and brain diseases (called meningitis and SSPE). SSPE is very rare but children who get it do not survive. People who catch measles as children can also develop serious health issues later in life<sup>2</sup>.

**Mumps** causes fever (high temperature), headache, sore throat, aching muscles and painful swellings in the neck, and sometimes the underarms or groin. Rarely, mumps can cause a brain infection (meningitis or encephalitis). It spreads like a common cold<sup>2</sup>.

**Rubella** is sometimes called 'german measles'. It is usually a very mild illness, like a common cold, but it spreads very easily from one person to another. If a pregnant woman catches rubella, her baby will almost certainly be born deaf, blind or brain damaged. Vaccinating young children also protects mothers and babies from rubella<sup>2</sup>.

## I've heard vaccines can have serious side effects. Is this true?

Serious side effects can happen, but they are very, very rare. About one child out of every 3000 has febrile convulsions<sup>2</sup> (fits or seizures) about seven to 10 days after their first MMR vaccination. This can happen when a child's temperature (fever) goes up suddenly. Febrile convulsions

## 这些疫苗可以预防宝宝患上哪些疾病？

其中一针可以预防孩子患上由四种脑膜炎球菌 (A、C、W和Y) 引起的脑膜炎球菌病。第二种疫苗可以预防孩子患上由13种类型的肺炎球菌引起的肺炎球菌病。第三种疫苗可以预防孩子患上三种疾病，称为麻疹、腮腺炎和风疹。现在大多数生活在澳大利亚的儿童都接种疫苗，所有这些疾病都不像之前那么常见了，但在周围其他国家仍然很常见。儿童仍然可能会在澳大利亚患上这些疾病，特别是如果不接种疫苗的话。

## 这些疾病严重吗？

脑膜炎球菌病是由称为脑膜炎球菌的细菌 (病菌) 引起的。脑膜炎球菌病可引起脑肿胀 (脑膜炎) 和血液中毒 (败血症)。该病就像感冒一样在人与人之间传播。患有脑膜炎球菌病的儿童，他们的部分手、脚趾、胳膊或腿部会被截肢 (切断) 以挽救他们的生命<sup>2</sup>。

肺炎球菌病是由可能导致大脑周围肿胀 (脑膜炎)、肺部感染 (肺炎)、可损害听力的耳部感染 (中耳炎) 和其他严重疾病的病菌 (细菌) 引起的。此病就像感冒一样会在儿童之间互相传染<sup>2</sup>。

麻疹人们最熟知的一种引起斑点状皮疹的疾病。麻疹很容易传播，甚至在出疹之前就具传染性，当患者咳嗽或打喷嚏而另一个人就在附近时就会传播。麻疹可能会非常严重，会导致肺部感染 (肺炎)、失明、出血 (血小板减少症) 和脑部疾病 (称为脑膜炎和亚急性硬化性全脑炎 (SSPE))。亚急性硬化性全脑炎非常罕见，但患病儿童却无法存活下来。在儿童期患过麻疹的人还可能在今后出现严重的健康问题<sup>2</sup>。

腮腺炎可导致发烧 (高热)、头痛、喉咙痛、肌肉酸痛和颈部有时是腋下或腹股沟疼痛肿胀。腮腺炎很少会引起脑部感染 (脑膜炎或脑炎)。该病会像普通感冒一样传播<sup>2</sup>。

风疹有时称为 '德国麻疹'，通常是一种非常轻微的疾病，像普通感冒一样，但很容易从一个人传播到另一个人。如果孕妇感染风疹，婴儿几乎肯定会在出生时出现耳聋、失明或脑损伤。给幼儿接种疫苗还可以预防母亲和婴儿感染风疹<sup>2</sup>。

## 听说疫苗会有严重的副作用。是真的吗？

严重的副作用可能会发生，但非常非常罕见。在接种首剂麻腮风三联疫苗 (MMR) 后约7至10天，每3000名儿童中约有一名会出现热性惊厥<sup>2</sup> (抽风或抽搐)。当孩子的体温突然升高 (发烧) 时可能会发生这种情况。当幼儿患上会导致发烧的疾病 (如感冒) 时会比接种疫苗后更常出现热性惊厥。当孩子体温不再上升时，就会停止。有这种反应的孩子通常很快就会恢复。

每百万 (1,000,000) 名接种麻腮风三联疫苗 (MMR) 的儿童中约有三至五名会有一种导致瘀青或出血的反应 (血小板减少症)，通常持续一到六个月，然后会好转。

不到百万 (1,000,000) 分之一的儿童会对其中某种疫苗中的某种成分有严重的过敏反应 (过敏症)<sup>2</sup>。如果有这种反应，通常会在你和孩子离开诊所前发生。医生或护士知道如何帮助有这种反应的儿童快速恢复。过敏症很可怕，但极为罕见。

持续超过几小时或几天的副作用极为罕见，所占比例不到接种儿童的百万 (1,000,000) 分之一<sup>2</sup>。如果你担心孩子，可以向医生或最近的急诊科寻求帮助或拨打健康直通服务 (Health Direct) 电话1800 022 222

## 在哪里可以获得更多信息？

如果想要获得更多信息，了解儿童疫苗接种或疫苗接种可预防儿童患上哪些疾病，你可以：

- 访问SKAI网站: [talkaboutimmunisation.org.au](http://talkaboutimmunisation.org.au)
- 或者在下面空白处写下你的问题，在见医生或护士时询问他们。

happen more often when toddlers have an illness that gives them a fever (like a cold) than they do after vaccination. Once the child's temperature stops going up, the seizures stop. Children who have this reaction usually recover quickly.

About three to five in every one million (1,000,000) children who get MMR vaccine have a reaction that results in bruising or bleeding (thrombocytopenia). It usually lasts for between one and six months and then gets better.

Fewer than one in one million (1,000,000) children have a serious allergic reaction (anaphylaxis) to one of the ingredients in one of the vaccines<sup>2</sup>. If this happens, it usually happens before you and your child leave the clinic. Your doctor or nurse knows how to help children who have this reaction to recover very quickly. Anaphylaxis is frightening but extremely rare.

Side effects that last more than a few hours or a few days are extremely rare and happen for less than one in one million (1,000,000) vaccinated children<sup>2</sup>. **If you are worried about your child, you can get help from your doctor or the nearest emergency department or call Health Direct on 1800 022 222.**

**Where can I get more information?**

If you would like more information about childhood vaccination or the diseases they protect children from you can:

- go to the SKAI website, [talkingaboutimmunisation.org.au](http://talkingaboutimmunisation.org.au)
- or you can write your questions in the space below and ask your doctor or nurse when you see them.

**What is next?**

When your child is 18 months old, two more vaccines are recommended. One is a combined MMRV vaccine to strengthen their immunity to measles, mumps and rubella, and to protect them from varicella (chickenpox). The other is another dose of DTPa vaccine to strengthen their immunity against diphtheria, tetanus and pertussis.

**What questions would you like answered before getting your child's needles?**

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I have no questions

**References**

1. Taddio A, et al. Reducing pain during vaccine injections: clinical practice guideline. Canadian Medical Association Journal 2015;187:975-982.
2. Australian Immunisation Handbook 10th Edition (Updated June 2015). Australian Government Department of Health: Canberra.

**下一步是什么？**

孩子18个月大时会建议再接种两种疫苗。一种是四痘混合疫苗 (MMRV)，以增强孩子对麻疹、腮腺炎和风疹的免疫力，并预防孩子患上水痘。另一种是另一剂百白破 (DTPa) 疫苗，以增强孩子对白喉、破伤风和百日咳的免疫力。

**在给孩子打针之前，你有什么问题需要解答吗？**

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我没有什么问题

**参考资料**

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