



宝宝现在四岁了，建议注射哪些疫苗呢？

What vaccines are recommended now my child is

4 years?

SKAI : 分享关于免疫的知识

Now your child is four years old, a combined DTPa-IPV vaccine is recommended. This vaccine strengthens children's immunity to four diseases (see next page). It is given as a needle, usually in your child's arm.

How will the vaccines affect my child?

The DTPa-IPV vaccine affects children in much the same way as the vaccines they have had before. 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. There is 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, and comforting cuddles during vaccination or straight after are also known to help reduce pain¹.

Vaccines can make some children feel a little unwell for a few days. 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, or a slight swelling under their ears. These symptoms can make children grizzly or unsettled for a day or two. Some children get a small hard bump (nodule) in one or both of the spots where the needles went in. These bumps don't usually hurt and go away by themselves after a few weeks.

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. 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 or 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 child'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 diphtheria, tetanus, pertussis or polio². 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 strengthens their immunity to measles, mumps

现在孩子四岁了，建议接种百白破-灭活脊髓灰质炎 (DTPa-IPV) 混合疫苗。该疫苗可增强孩子对四种疾病的免疫力 (见下页)。该疫苗是注射的，通常是在胳膊上。

疫苗会如何影响孩子？

百白破-灭活脊髓灰质炎 (DTPa-IPV) 疫苗对孩子的影响与之前接种过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，让孩子打针更容易些。他们可能能够两针同时注射。

你也可以做些事情来帮忙。可以到药房买一种贴片，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贴好。在打针时，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、吹纸风车或吹泡泡和安慰的拥抱都会有助于减轻疼痛¹。

疫苗可能会让某些孩子在几天内感到有点不适。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、或耳朵下面有轻微肿胀。这些症状可能会使孩子在一两天内啼哭或难安抚。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。

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，多给孩子喝些水会有些帮助。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[®], Dymadon[®]) 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白喉、破伤风、百日咳或脊髓灰质炎²。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。

这些疫苗可以预防宝宝患上哪些疾病？

其中一针可以增强孩子对麻疹、腮腺炎和风疹的免疫力，并可预防孩子患上水痘。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，但在附近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？

白喉是一种严重的疾病，会导致孩子的咽喉生出粘膜 (或皮) 并阻碍

and rubella, and protects your child against varicella (chickenpox). All of these diseases are less common than they were before most children living in Australia were vaccinated, but are still common in other nearby countries. Children can still get these diseases in Australia, especially if they aren't vaccinated.

Are the diseases serious?

Diphtheria is a serious disease that can cause a membrane (or skin) to grow over a child's throat and stop them from breathing. Diphtheria is very rare in Australia now, but the vaccine is still used to protect children from catching diphtheria from people who have travelled to places where it is more common².

Tetanus is sometimes called lockjaw. Tetanus affects all the muscles in the body, including the ones used for breathing. The germ that causes tetanus lives in the soil, which means children can get tetanus through a cut, a burn, a bite or even just a prick (from a nail or a thorn)².

Pertussis is usually called whooping cough. It spreads very easily from one person to another through the air when someone who has it coughs or sneezes. The germ that causes it irritates the airways causing coughing fits that can be very severe. Small babies can die from whooping cough².

Polio causes muscle paralysis in the limbs and can also affect the breathing muscles and the heart. It is rare in Australia but more common in countries nearby. Children catch polio when they put their hands or toys in their mouths after someone who has the disease (but may not be sick yet) has touched them².

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

Serious side effects can happen, but they are very, very rare. 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 vaccines². 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 children². **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 against you can:

- go to the SKAI website, 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 starts high school, it is recommended they have booster doses of some of the vaccines they have already had. A short series of HPV vaccines is also recommended for adolescents to protect them from the human papillomavirus (HPV), which can cause cancers of the mouth, throat and reproductive organs.

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

呼吸。白喉现在在澳大利亚非常罕见，但该疫苗仍在使用，以预防儿童从曾去过白喉更常见的地方的人身上感染白喉²。

破伤风有时被称为牙关紧闭症，会影响身上所有肌肉，包括用于呼吸的肌肉。引起破伤风的病菌生活在土壤中，这意味着儿童可能通过割伤、烧伤、咬伤或甚至只是刺伤（被钉子或刺扎一下）而感染²。

百日咳通常被称为咳嗽。在患病者咳嗽或打喷嚏时，很容易就会经由空气从一个人传播到另一个人。引起百日咳的病菌会刺激呼吸道引起咳嗽发作，且可能非常严重。小婴儿可能会因咳嗽而死亡²。

脊髓灰质炎可导致四肢肌肉麻痹，还可能会影响呼吸肌和心脏。该病在澳大利亚很罕见，但在附近一些国家更常见。儿童如果将被有该病（但可能还没有生病）的人碰过的手或玩具放进嘴里会感染脊髓灰质炎²。

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。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）²。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）分之一²。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: talkingaboutimmunisation.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。

下一步是什么？

当孩子开始上中学时，建议他们注射几剂已经接种过的疫苗的加强针。还建议青少年接种在短期内注射完的一系列人乳头瘤病毒（HPV）疫苗，以预防他们患上人乳头瘤病毒（HPV），该病毒会导致口腔、咽喉和生殖器官的癌症。

在给孩子打针之前，你有什么问题需要解答吗？

..... 我没有什么问题

参考资料

1. Taddio A等，《减轻疫苗注射时的疼痛：临床实践指南》。《2015年加拿大医学会杂志》；187:975-982。
2. 《澳大利亚免疫手册》第10版（2015年6月更新）。澳大利亚政府卫生部：堪培拉。

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