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# Immunisations

## Protect your child now and in the future

Immunisations, also known as vaccinations, are usually given by injection. Children in the UK are offered vaccinations against a variety of diseases as part of the Healthy Child Programme. A record is kept in the Parent Held Child Health Record (Red Book), which is a book you keep containing information on your child's health.

Immunisations are mainly given during the first five years. It's important to have vaccinations at the right age to keep the risk of disease as low as possible. Don't hesitate to ask your health visitor or GP for advice if you think your child may have missed an immunisation. Childhood immunisations are free and most are given at your GP's surgery.

Some immunisations are given more than once to make sure the protection continues. This is known as a booster, so make sure your child gets it.

If you are pregnant, you will be offered the whooping cough vaccine at your GP's surgery. The ideal time is 28 to 32 weeks of pregnancy so that your baby will be born protected against whooping cough infection. You will also be offered the flu vaccine, which is perfectly safe in pregnancy, to protect against flu.

Babies should have a dose of liquid paracetamol following meningococcal group B disease vaccination to reduce the risk of fever.

### GP says

Immunisations are used to protect children from diseases which can be very serious causing long-term complications and even death.

The protection immunisations offer to your child are worth the small amount of pain.

Check with your health visitor, practice nurse or GP for further information, updates and future immunisations or if your child has a chronic medical condition.

### When to immunise

#### 8 weeks

##### Diseases protected against

**DTaP/IPV/Hib and PCV and MenB and Rotavirus** diphtheria, tetanus, acellular pertussis (whooping cough), inactivated polio vaccine, haemophilus influenzae b (Hib) vaccine and pneumococcal vaccine and meningococcal B vaccine and rotavirus vaccine

#### 12 weeks

##### Diseases protected against

**DTaP/IPV/Hib and Rotavirus** diphtheria, tetanus, acellular pertussis (whooping cough),

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inactivated polio vaccine, haemophilus influenzae b (Hib) vaccine and rotavirus vaccine

**16 weeks**

**Diseases protected against**

**DTaP/IPV/Hib and PCV and MenB** diphtheria, tetanus, acellular pertussis (whooping cough), inactivated polio vaccine, haemophilus influenzae b (Hib) vaccine and meningococcal B vaccine

**12 months old**

**Diseases protected against**

**Hib/MenC** haemophilus influenzae b (Hib) vaccine and meningococcal C vaccine, **PCV** pneumococcal conjugate vaccine, **MenB** meningococcal B vaccine (Booster), **MMR** Measles, mumps and rubella

**Two to seven year olds (including children in school years 1, 2 and 3)**

**Diseases protected against**

**Influenza (flu)** - nasal spray vaccine in autumn each year

**3 years 4 months**

**Diseases protected against**

**DTaP/IPV/Hib** diphtheria or low dose diphtheria, tetanus, acellular pertussis, inactivated polio vaccine, (Pre-School Booster)

**MMR** Measles, mumps and rubella

See the link for video information:

[www.nhs.uk/video/Pages/vaccines-and-your-childs-immune-system.aspx](http://www.nhs.uk/video/Pages/vaccines-and-your-childs-immune-system.aspx)

**1**

Immunisation begins at two months, when baby's natural immunity to illness, begins to drop.

**2**

The protection immunisations offer to your child against serious diseases are worth the small amount of pain.

**3**

Immunisations don't just protect your child during childhood, they protect them for life.