



Kingdom of Bahrain

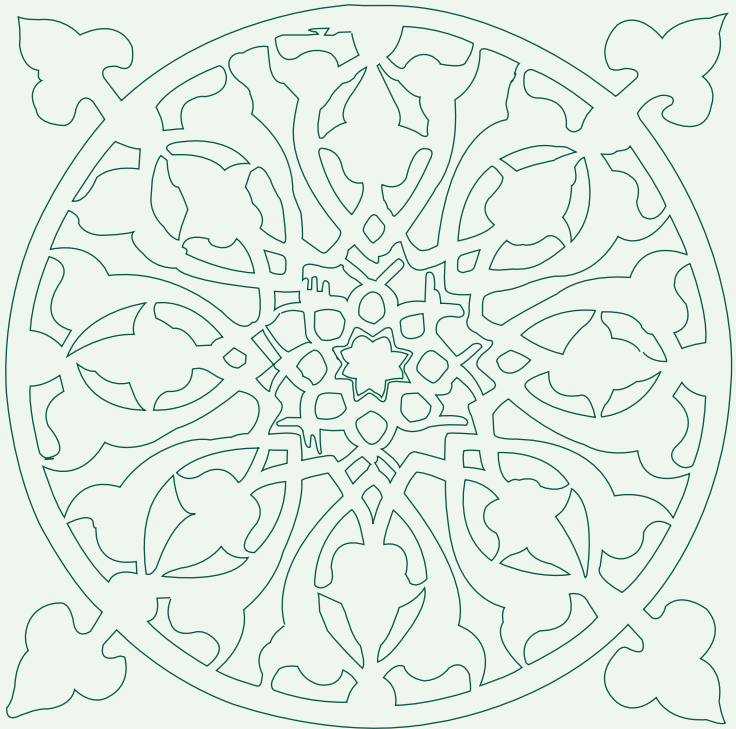


Expanded Programme on Immunisation

What  
parents  
should  
know  
about

Vaccines







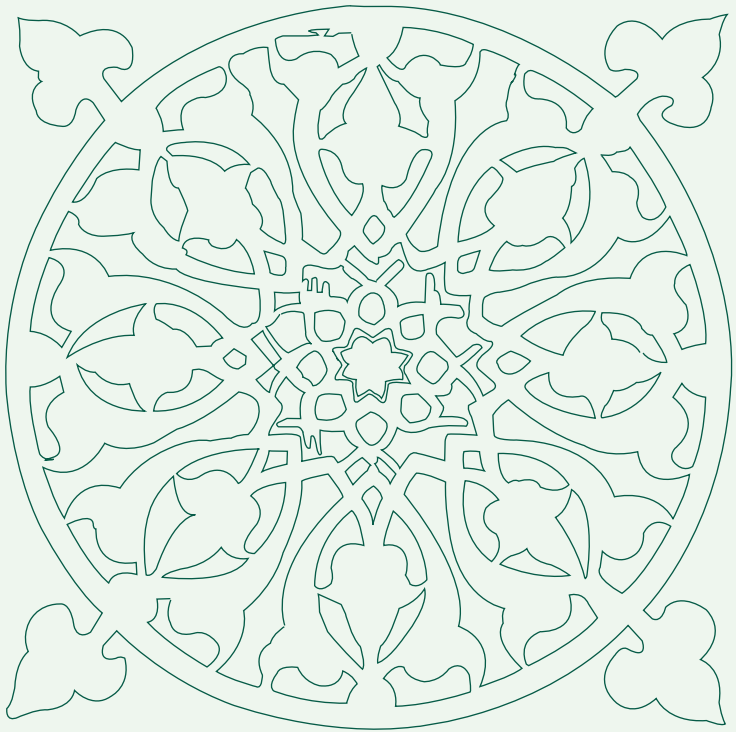
**H.M. King Hamad Bin Isa Al Khalifa**  
The King of the Kingdom of Bahrain



**H.H. Shaikh Khalifa Bin Salman Al Khalifa**  
The Prime Minister



**H.H. Shaikh Salman Bin Hamad Al Khalifa**  
The Crown Prince and Commander-in-Chief  
of the Bahrain Defence Force



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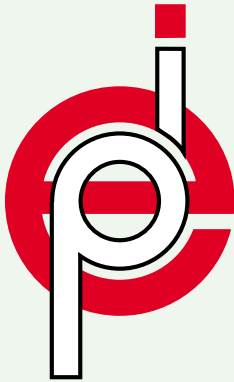
# Vaccines

First Edition  
2004

*Author*

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Head, Immunisation Unit



# Introduction

It gives me great pleasure to introduce this booklet to all parents since it contains information to protect themselves and their children by immunization. Parents will find the facts useful and will profit from reading it.

Vaccines are a strong preventive tool to protect our children from a number of diseases and serious illnesses.

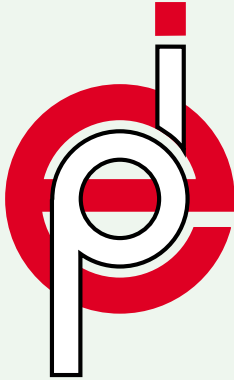
In order to strengthen your relationship with your children and keep them healthy, you have to be in contact with your doctor and the child health care unit at the health center.

Do not hesitate to call the health center whenever you face any problem before or after vaccination. You should be aware that it is a duty and a right to your child.

In this booklet you will find the right answers for commonly asked questions about immunization.

Undersecretary  
Ministry of Health







## How to give your child a healthy start?

*Vaccines help protect your child*

- Learn more about the importance of having your child vaccinated.
- Ask your health-care provider
  - Which vaccines does my child need?
  - How often should I bring my child for checkup and vaccination and when?
  - What should I bring to the checkup and vaccination session?
- Keep track of your child's vaccination record - keep it in a safe place.
- Bring your child's vaccination card to all of his or her health-care appointments.

*Your child deserves a healthy start. You, your health plan and your family doctor can make it happen*





## All children need vaccines

*A healthy child is a happy child*

*Children under age 2 are at special risk.*

They are more likely than older children to become very ill or disabled from a disease. That's why it's very important to vaccinate them on time.

*Vaccines help protect your child from many diseases.*

Some diseases can cause serious health problems, including:

- Life-threatening illness
- Lasting disabilities
- Brain damage
- Rarely death

*The risks from disease are much greater than the risks from vaccines*





# Keep your child safe

## Vaccines help:

### ■ *Strengthen the body's immune (defence) system*

Vaccines enable the body to make antibodies; these antibodies help the body fight disease. Vaccines may be given by:

- Injection (a shot)
- Drops in the mouth (orally)

### ■ *Keep diseases from spreading by vaccination*

When you have your baby vaccinated, you'll also be helping to protect other babies, children and adults.

### ■ *Protect your baby throughout childhood*

Once vaccines are given, antibodies continue to fight disease for months or years. Some vaccines can protect for life. Others may need to be repeated.

*Vaccines prevent infectious diseases from spreading*





## Start by getting the facts

### Misconceptions about vaccines

*Myth: Breastfed babies don't need to be vaccinated.*

Fact: Breastfeeding can help protect your baby, but only for a short time. Vaccines can protect your baby for a long time - often for life!

*Myth: It's dangerous to give so many vaccines at the same time.*

Fact: Studies show that giving several vaccines at one visit is safe and effective.

*Myth: Many children get hurt by vaccines.*

Fact: Severe side effects from vaccines are very rare, less than 1 in 1 million! Some children may have mild side effects, such as a slight fever. These usually last a few hours. Getting the disease can be far more dangerous and painful.

*Myth: Diseases are very rare now. Vaccines aren't really necessary.*

Fact: Certain diseases are rare because of vaccines. If we stopped using vaccines, diseases would spread very quickly, and many children would become very ill.

Before vaccines, thousands of people died from certain diseases every year  
Today, vaccines can help prevent those same diseases





# Vaccines are safe

*All vaccines are tested for safety*

No food, drug or vaccine is 100% risk free. But, special standards help ensure that vaccines are safe and effective to a good extent.

■ *All Vaccines are safety tested*

■ *Vaccines available are approved by World Health Organization (WHO)*

Researchers are working toward combining vaccines into one shot to cut down on the number of shots needed. Some shots are already combined vaccines, for example, the MMR shot protects against measles, mumps and rubella.

■ *Vaccine injuries must be reported*

Health care providers should report any serious reactions from vaccines. These reports are filed using the Vaccine Adverse Event Reporting System. Reports filed do not necessarily mean that a vaccine caused the reaction.

*Today's vaccines are the safest than they have ever been*





## How to prepare for your child's vaccinations?

*Before your child is vaccinated*

### *1. Know what side effects to look for*

Side effects are rare. Most are very mild and last only a few hours. These include:

- Slight fever (less than 38°C)
- Soreness or swelling at the injection site
- Headache
- Irritability

If symptoms last for more than 24 hours, consult the doctor.

### *2. Know when to get help after vaccination*

- Constant crying for more than 3 hours
- Unusual, high-pitched crying

- Unusual sleepiness or difficulty waking up.
- A high fever (40°C or higher)
- Convulsions
- Limpness or unresponsiveness
- Paleness or bluish skin

### *3. Know where to get help*

Call your child's health-care provider immediately if you notice any of the above symptoms.

### *4. Ask for a vaccine booklet and appointment.*

### *5. Go over your child's medical history.*

Tell your child's health-care provider about any special health conditions. These include:

- History of convulsions
- Weakened immune system (for example, HIV infection, AIDS or certain types of cancer)
- Any severe allergies
- Any reaction to previous vaccines
- A current illness

### *6. Know where to get more information*

Call maternal and child health section at the health center





## Ask questions

■ *How do I know which vaccine my child needs?*

Your child's health-care provider should tell you. Check the immunization schedule in the immunisation booklet. This tells you which vaccine your child needs, and when he or she should have them.

■ *Do vaccines cost a lot?*

Vaccines are free and available in all health centers.

■ *Can my child have vaccines if he or she isn't feeling well?*

If your child has a minor upset stomach or a slight cold, he or she can still get vaccines.

■ *What if my baby was born prematurely?*

Infants are vaccinated according to their age, even if they were born prematurely or have a low birth weight.

■ *How do I prepare my child for vaccination?*

- Be honest. Tell your child "it may hurt, but only for a few seconds".
- Tell your child "it's OK to cry". Allow him or her to bring a favourite stuffed toy, if needed. Avoid telling your child to "be brave".
- Let your child know that you will stay with him or her the whole time.

■ *Where can I get more information?*

Call the maternal and child health unit at the health centre.

*Your child needs health care from birth*







## Vaccines help protect your child

*From 11 diseases. See for yourself how serious the risks can be:*

DISEASE	POSSIBLE RISKS
<p><b>Measles</b> Spreads through coughs and sneezes. Symptoms: Fever, rash, cough, runny nose, watery eyes.</p>	<p>Pneumonia (a lung disease), convulsions, encephalitis (inflammation of the brain), death.</p>
<p><b>Mumps</b> Spreads through cough and sneezes. Symptoms: Fever, swollen cheeks and jaw, and swollen glands.</p>	<p>Painful swelling of the testicles or ovaries, encephalitis, meningitis (inflammation of the covering of the brain and spinal cord) and deafness.</p>
<p><b>Rubella (German measles)</b> Spreads through cough and sneezes Symptoms: Fever, rash and swollen glands.</p>	<p>Pregnant women may have miscarriage or stillbirth. Babies may be born deaf or blind, or with heart defects or brain damage.</p>
<p><b>Tetanus (Lockjaw)</b> Enters the body through an open wound. Symptoms: headache, fever, irritability and stiff muscles.</p>	<p>Difficulty in swallowing and breathing, severe muscle spasms, death.</p>
<p><b>Pertussis (Whooping cough)</b> Spreads through cough and sneezes. Symptoms: Similar to common cold, with severe coughing followed by a “Whooping” sound.</p>	<p>Pneumonia, difficulty in breathing, convulsions, brain damage, death.</p>
<p><b>Hepatitis A</b> Spreads through ingestion of contaminated food or drinks. Symptoms: Fatigue, loss of appetite, vomiting, yellow skin or eyes and dark urine</p>	<p>Fulminant hepatitis, relapsing hepatitis A, death (rarely)</p>



Vaccines help protect your child

DISEASE	POSSIBLE RISKS
<p><b>Diphtheria</b>            Spreads through cough and sneezes            Symptoms: Sore throat, fever and chills.</p>	<p>Difficulty in breathing, paralysis, heart failure and death</p>
<p><b>Polio</b>            Spreads through feces or contaminated saliva            Symptoms: Fever, headache and upset stomach, muscle pain and flaccidity.</p>	<p>Paralysis, difficulty in breathing, death.</p>
<p><b>Hepatitis B</b>            Spreads through blood, saliva, semen and other body fluids, or from mother to newborn baby.            Symptoms: Fatigue, loss of appetite, vomiting, yellow skin or eyes, dark urine</p>	<p>Liver disease, Liver cancer, death.</p>
<p><b>Hib disease (Haemophilus influenzae type b) - meningitis</b>            Spreads through cough and sneezes.            Symptoms: Fever, fatigue, vomiting and stiff neck.</p>	<p>Pneumonia, throat infection, brain damage, meningitis and death.</p>
<p><b>Meningococcal meningitis</b>            Spreads through cough and sneezes, and direct contact.            Symptoms: Headache, vomiting and stiff neck.</p>	<p>Skin infections, pneumonia, encephalitis, Reye's syndrome (affects the blood, liver and brain), septicaemia, permanent neurological sequelae, death.</p>



## Recommended immunization schedule in Bahrain

AGE	VACCINE	DOSE
<b>CHILDREN</b>		
At birth	BCG for non Bahraini newborns	Single Dose
2 months	DPT + HB + Hib OPV	1st Dose 1st Dose
4 months	DPT + HB + Hib OPV	2nd Dose 2nd dose
6 months	DPT + HB + Hib OPV	3rd Dose 3rd Dose
12 months	MMR Hepatitis A	1st Dose 1st Dose
18 months	DPT + OPV Hepatitis B + Hib	1st Booster Booster
2 years	Meningococcal Hepatitis A	Single Dose 2nd Dose
5-6 years	DPT OPV MMR	2nd Booster 2nd Booster 2nd Dose
<b>ADOLESCENTS</b>		
12 years	MMR	2nd Dose
13 years	Td	Booster
14 years	Hepatitis B	3 Doses
<b>FOR PREVIOUSLY UNIMMUNISED WOMEN</b>		
Tetanus toxoid	at first contact	TT1
	at least 4 weeks after TT1	TT2
	at least 6 months after TT2	TT3
	at least 1 year after TT3	TT4
	at least 1 year after TT4	TT5
<b>ELDERLY AND HIGH RISK GROUP</b>		
Pneumococcal Polysaccharide		Single dose for $\geq 2$ years
Pneumococcal Conjugate		3 doses for infants
Influenza		Annually
Chickenpox		Single dose 1-12 years 2 doses 6 weeks apart $\geq 13$ years
<b>ADULTS AND HAJJI</b>		
Meningococcal,		Single dose every 3 years
Td		3 primary and a booster every 10 years
Influenza (elderly)		Annually
<b>OTHER VACCINES</b>		
Travellers	Yellow fever	Single dose every 10 years
Travellers	Typhoid	Single dose every 3 years
Post exposure	Rabies	5 doses plus RIG(Single)
Contacts	Hepatitis B	3 doses
Immunocompromised	Killed Polio	5 doses