

宝宝现在18个月了，建议注射哪些疫苗呢？

What vaccines are recommended now my baby is

18 months?

SKAI : 分享关于免疫的知识



Three combined vaccines (Hib, MMRV and DTPa) are recommended for babies who are 18 months old. These vaccines strengthen children's immunity to seven diseases and protect them from one more (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 who are 18 months old affect them in much the same way as the vaccines they usually get during their first year. The needles hurt a bit and most children cry for a few minutes afterwards. You can ask your doctor or nurse if they can give two of the needles at once so that the whole process is over just a little bit more quickly.

There are also some things you can do to help. There is a patch (EMLA®) you can buy at the chemist that you can use to numb your child's skin. You'll need to stick the patches on about an hour before you visit the doctor or nurse. You can also bring an activity or toy to distract your child during their vaccination. Encouraging young children to take deep breaths while they are getting needles - by blowing paper windmills or soap bubbles, or distracting them with a song, a video, or a game - actually reduces their pain. Cuddling a parent or carer, or breastfeeding during vaccinations (or straight afterwards) make them hurt less too¹.

Vaccines can make some children feel a little unwell for a day or two. 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. 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 from².

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.

建议18个月大的宝宝接种三种混合疫苗（乙型流感嗜血杆菌（Hib）、四痘混合疫苗（MMRV）和百白破疫苗（DTPa））。这些疫苗可增强儿童对七种疾病的免疫力，并预防孩子患上更多一种疾病（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？

建议孩子18个月大时注射的疫苗对宝宝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，大多数宝宝注射后会哭几分钟。你可以询问医生或护士是否能够两针同时注射，以便使整个打针过程可以稍微快一点儿。

宝宝打针时你也可以做些事情帮忙。可以到药房买一种贴片（EMLA®），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。你可以带上游戏或玩具在打针时来分散孩子的注意力。在打针时鼓励幼儿深呼吸——吹纸风车或吹肥皂泡，或用歌曲、视频或游戏来分散孩子的注意力——确实会减轻疼痛。在打针时让孩子抱着父亲、母亲或照顾者或喂母乳也会让孩子减轻疼痛¹。

疫苗可能会让某些孩子在一天两天内感到有点不适。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天两天内感到疲倦、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。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一天两天，而且比疫苗接种所能预防宝宝患上的疾病要轻得多²。

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, 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由乙型流感嗜血杆菌引起的疾病、麻疹、腮腺炎、风疹、水痘、白喉、破伤风和百日咳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乙型流感嗜血杆菌疾病、麻疹、腮腺炎和风

宝宝现在18个月了，建议注射哪些疫苗呢？

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 disease caused by Hib germs, measles, mumps, rubella, varicella (chickenpox), diphtheria, tetanus, and pertussis². 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 children's immunity to measles, mumps and rubella, and protects them from varicella. The other strengthens their immunity to diphtheria, tetanus and pertussis. 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?

Hib bacteria (germs) cause a variety of serious illnesses, including swelling around the brain (meningitis), blood poisoning (sepsis), swelling in the throat (epiglottitis) and infection in the lungs (pneumonia). Babies can die from the diseases caused by Hib and those who survive often have brain damage. Hib spreads from person to person just like a common cold².

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 life².

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 cold².

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 rubella².

Varicella is usually called chickenpox. It is a virus that spreads easily from person to person like a cold or flu. It causes fever and itchy red spots that become blisters. The condition is usually mild for children, but can be very serious for adults. Pregnant women who get chickenpox can get pneumonia, encephalitis (brain swelling), and hepatitis (liver disease). Their babies may be born underweight, with scars on their skin, or with arms, legs and brains that do not develop normally. These babies can also get a painful disease called shingles in the first few years of their lives. Vaccinating children against varicella helps protect mothers and babies².

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.

疹的免疫力，并可预防孩子患上水痘。另外一种会增强孩子对白喉、破伤风和百日咳的免疫力。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？

乙型流感嗜血杆菌细菌（病菌）可引起多种严重疾病，包括脑部肿胀（脑膜炎）、血液中毒（败血症）、咽喉肿胀（会厌炎）和肺部感染（肺炎）。婴儿可能会因乙型流感嗜血杆菌引起的疾病而死亡，而存活者则往往会有脑损伤。乙型流感嗜血杆菌就像普通感冒一样在人与人之间传播²。

麻疹人们最熟知的是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²。

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²。

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。给幼儿接种疫苗可以预防母亲和婴儿感染风疹²。

水痘是一种病毒，很容易在人与人之间传播，就像感冒或流感一样。水痘会引起发烧和发痒的红斑，然后变成水泡。对于儿童来说，病况通常很轻微，但对于成年人来说可能会非常严重。患有水痘的孕妇可能患上肺炎、脑炎（脑肿胀）和肝炎（肝病）。她们的婴儿可能出生时体重过轻，皮肤上有疤痕，或者手臂、腿部和大脑不能正常发育。这些婴儿在生命的最初几年也可能患上一种叫做带状疱疹的痛苦疾病。给儿童接种水痘疫苗有助于保护母亲和婴儿²。

白喉是一种严重的疾病，会导致孩子的咽喉生出粘膜（或皮）并阻碍呼吸。白喉现在在澳大利亚非常罕见，但该疫苗仍在在使用，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。

听说这些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²（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的儿童中约有三至五名会有一种导致瘀青或出血反应（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）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。

宝宝现在18个月了，建议注射哪些疫苗呢？

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.

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 convulsions² (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 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 the 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 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 question in the space below and ask your doctor or nurse when you see them.

What is next?

When your child is four years old a combined DTPa/IPV vaccine is recommended to strengthen their immunity to diphtheria, tetanus, pertussis and polio. It is given as a needle in your child's arm.

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.

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？

孩子四岁大时会建议接种百白破/灭活脊髓灰质炎 (DTPa/IPV) 混合疫苗，以增强孩子对白喉、破伤风、百日咳和脊髓灰质炎的免疫力。疫苗是在胳膊上注射的。

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

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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