

VACCINATION

PROVIDES GOOD PROTECTION

By having your child vaccinated, you give him or her the best possible protection against several serious diseases.

How do vaccines work?

Vaccines stimulate our defensive cells to create substances called antibodies. This is a completely natural reaction. The antibodies protect people who are vaccinated from diseases caused by the real germs.

When should I have my child vaccinated?

The first vaccination is given at 2 months of age so as to protect your child rapidly. Several doses of the vaccine are sometimes necessary to establish protection and to maintain a sufficient quantity of the protective antibodies.

Your child should receive:

The DTaP-Polio-Hib vaccine	The Meningococcus vaccine	The MMR vaccine	The DTaP-Polio vaccine	The Hepatitis B vaccine	The T ₅ d ₂ vaccine
At 2 months	At 12 months	At 12 months	Between 4 and 6 years of age	In the 4th year of elementary school	Between 14 and 16 years of age
At 4 months		At 18 months			
At 6 months					
At 18 months					
This vaccine protects against:	This vaccine protects against:	This vaccine protects against:	This vaccine protects against:	This vaccine protects against:	This vaccine protects against:
• Diphtheria (D) • Tetanus (T) • Pertussis (aP) • Polio • Severe <i>Haemophilus influenzae</i> type b infections (Hib)	• Group C meningococcus	• Measles (M) • Mumps (M) • Rubella (R)	• Diphtheria (D) • Tetanus (T) • Pertussis (aP) • Polio	• Hepatitis B	• Tetanus (T) • Diphtheria (d)

To better protect your child, do not forget any vaccination and have the vaccination done at the recommended ages.

It is up to you to make an appointment at the CLSC or with your doctor in order to have your child vaccinated.

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Why should I have my child vaccinated when diseases that are avoidable through vaccination have been almost eliminated?

Because these diseases have not disappeared. They are much less present in our country thanks to vaccination, but many germs are still around us. Furthermore, in a number of countries, these diseases are frequent and the germs that cause them can still be transmitted. The diseases can be caught when on a trip. They can also be reintroduced by people coming here from other countries. It is therefore important to continue to get protection against these diseases.

Are vaccines a risk for my child?

Vaccines are very safe. In the great majority of cases, they cause no reaction. The most common side effects (discomfort in the thigh or arm, or a slight fever) are harmless and temporary. Although millions of doses of vaccines are administered throughout the world each year, very few serious reactions are observed. It is much better to receive a vaccine than to run the risk of having a disease that this vaccine can prevent.

Can the vaccines wear out my child's immune system?

Absolutely not. From birth, the human body naturally defends itself against thousands of different germs that are present in food, in the air, in water or on objects. Vaccination stimulates the immune system so that it can combat the disease after contact with the germ that causes it.

If a child is taking antibiotics, can he or she still receive a vaccine?

Yes. A child who has no fever at the time of the vaccination should receive his or her vaccines without delay, even if he or she has an ear infection or a runny nose. There are very few reasons for delaying a vaccination. It is important to have your child vaccinated at the recommended ages.

If a child has a good diet and is in good health, is that sufficient to protect him or her from infectious diseases?

No. Although it is true that a child who is in good health has a better resistance to infections, there is still a risk of catching the diseases and suffering their complications. A good diet and good health are natural allies of the vaccines but do not replace them. It should be noted that a breast-fed child should also be vaccinated at the recommended ages.

MMR vaccine

Combined vaccine against measles, mumps and rubella

*Vaccination provides
good protection*

Having your child vaccinated protects him or her from the following diseases and their complications.



DISEASES

Measles	Mumps	Rubella
Measles cause: • rash • cough • fever • conjunctivitis (red eyes) • general discomfort	Mumps cause: • fever • headaches • swelling of the glands near the jaw	Rubella causes: • rash • swelling of the lymph nodes • arthritis (especially in women)
Complications of measles: • ear infection • pneumonia • convulsions • permanent brain damage in 1 case in 1 000 • death	Complications of mumps: • meningitis • deafness • testicular infection • infection of the ovaries • sterility	Pregnant women who get rubella have a greater risk of miscarriage or of giving birth to a baby with: • deafness • blindness • cardiac malformations • mental retardation • brain damage • other major problems that may result in death

COMPLICATIONS

It is up to you to make an appointment at the CLSC or with your doctor to have your child vaccinated.

Next vaccination appointment: _____

Information on the MMR vaccine

Vaccination is the best way to protect your child from measles, mumps and rubella. The vaccine protects your child from all these diseases, but two doses of the vaccine must be administered to provide the best possible protection. After two doses, the protection lasts a lifetime. Children receive the MMR vaccine at the ages of 12 months and 18 months.

To better protect your child, do not forget any vaccination and have the vaccination done at the recommended ages.

The MMR vaccine is safe. In most cases, **it causes no reaction.**

Possible reactions to the vaccine	What to do
• The child may have redness, swelling or tenderness at the site of the shot. • Sometimes, between the 5th and the 12th day after the vaccination, the child may have fever and a non-contagious redness. A high fever may give the child convulsions.	• Apply a cold, damp compress to the site of the shot. • Give acetaminophen-type medication for fever, such as Tylenol™ or Tempra™ if the child's temperature is 38.5 °C or more. • Consult a doctor if the fever lasts more than 48 hours.

Occasionally, there is swelling of the glands near the jaw or joint pain in the weeks following the vaccination. In rare cases, a temporary reduction in blood cells that aid in coagulation has been reported. In less than one case per million doses, neurological problems have been reported.

Serious allergic reactions are very rare. They occur immediately and the person administering the vaccine can treat them. This is why it is recommended that you remain at the clinic or doctor's office for at least 15 minutes after the vaccine is administered.

For any additional information, talk to the person administering the vaccine, or consult your CLSC or doctor.

DTaP-Polio-Hib vaccine

**Combined vaccine against diphtheria,
tetanus, pertussis (whooping cough), polio
and *Haemophilus influenzae* type b infections (Hib)**

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good protection** »

Having your child vaccinated protects him or her from the following diseases and their complications.



DISEASES

Diphtheria	Tetanus	Pertussis	Polio	Severe Hib infections
Diphtheria causes: • severe sore throat • high fever • respiratory and cardiac problems	Tetanus causes: • spasms of the muscles around the jaw • spasms of the vocal cords • muscle spasms throughout the body	Pertussis causes: • intense coughing that can last for months • difficulty eating, drinking and breathing	Polio causes: • fever • nausea and vomiting • general discomfort • paralysis of arms and legs	Severe Hib infections cause: • epiglottitis (severe swelling in the throat) • pneumonia • meningitis
Complications of diphtheria: • paralysis • death	Complications of tetanus: • death	Complications of pertussis: • pneumonia • convulsions • brain damage • death	Complications of polio: • respiratory problems • permanent paralysis of the legs • death	Complications of Hib: • mental retardation • death

COMPLICATIONS

It is up to you to make an appointment at the CLSC or with your doctor in order to have your child vaccinated.

Next vaccination appointment: _____

Information on the DTaP-Polio-Hib vaccine

Vaccination is the best way to protect your child from diphtheria, tetanus, pertussis, polio and severe Hib infections. The vaccine protects your child from all these diseases, but several doses of the vaccine must be administered to provide the best possible protection.

Children receive their four doses of the DTaP-Polio-Hib vaccine at 2 months, 4 months, 6 months and 18 months, and they receive their DTaP-Polio vaccine between 4 and 6 years of age.

To better protect your child, do not forget any vaccination and have the vaccination done at the recommended ages.

These vaccines are safe.

Possible reactions to the vaccine	What to do
• A few hours after the vaccination, the child may have tenderness, redness or swelling at the site of the shot. – Occasionally, swelling may extend to the limb. – There may be a lump at the site of the shot, which will disappear in a few weeks. • Other possible reactions are persistent crying, vomiting, irritability and drowsiness. • The child may have a fever. This reaction may occur in 15% to 20% of cases. A high fever may give the child convulsions.	• Apply a cold, damp compress to the site of the shot. • Consult a doctor if symptoms persist. • Give acetaminophen-type medication for fever, such as Tylenol™ or Tempra™ if the child's temperature is 38.5 °C or more. • Consult a doctor if the fever lasts more than 48 hours.
Pain and weakness in the arm that persist for several weeks have been very rarely reported. Serious allergic reactions are very rare. They occur immediately and the person administering the vaccine can treat them. This is why it is recommended that you remain at the clinic or doctor's office for at least 15 minutes after the vaccine is administered.	

For any additional information, talk to the person administering the vaccine, or consult your CLSC or doctor.

Meningococcus vaccine

Conjugate vaccine

against group C Meningococcus

Vaccination is the best protection



Having your children vaccinated protects them against group C meningococcal infection and its complications. Meningitis (infection of the brain membrane) and meningococemia (infection of the blood) are two serious illnesses caused by meningococcus. There are many strains (or groups) of meningococcus (A, B, C, Y, W-135). In Québec, the most common are group B (for which there is no vaccine) and group C. The conjugate vaccine protects against group C meningococcus.

DISEASES

Group C Meningococcal Infection causes...

- High fever
- Severe headaches
- Nausea and vomiting
- Decline in general health
- Redness or hemorrhages the size of a pin head or bruises on the skin

COMPLICATIONS

Group C Meningococcal Infection can have the following complications...

- Permanent brain damage
- Amputation of the hands or feet (10 to 15%)
- Death (10 to 15%)

It is up to you to make an appointment at the CLSC or with your doctor to have your child vaccinated.

Next vaccination appointment: _____

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Vaccine information

Vaccination is the best way to protect your children against group C meningococcal infection. In Québec, one dose of the vaccine is recommended for children at age one.

To better protect your children, make sure they get all the required vaccines at the recommended ages.

The conjugate vaccine against group C meningococcus is very effective and very safe. In most cases, **it causes no adverse reactions.**

Possible vaccine reactions	What to do
• Within 72 hours of vaccination, the child may develop redness or increased sensitivity at the vaccine site. • In rare cases, the child may present a fever, irritability, and discomfort.	• Apply a cold, damp compress to the vaccine site. • Administer acetaminophen-type medication if temperature is 38.5 °C or higher. • Consult a doctor if symptoms persist over 48 hours.
Severe allergic reactions are very rare and occur immediately after vaccination. Because the person administering the vaccine can treat such reactions, we recommend that you stay at least fifteen minutes after the vaccine is administered.	

For more information, contact the person administering the vaccine or consult your CLSC or your doctor.