

Vertaling Engels 'Vaccinaties' – p.68 uit Kindboekje

Why vaccinate?

A vaccination protects your child, but also your family and friends, against certain infectious diseases, some of which can be very serious. Eventually, vaccinations can eradicate illnesses.

What is a vaccine?

A vaccine consists of dead or strongly weakened germs of a disease. As a reaction to the vaccine, your own immune system creates antibodies. After this, the immune system will recognise the actual disease much faster and can use antibodies to neutralise the intruder. Sometimes the antibodies degrade as years pass by, and a new vaccination is necessary.

We strongly recommend you to have your child fully vaccinated

In the interests of the child and his/her surroundings, we recommend using the entire basic scheme, proposed by the Belgian Health Council. The basic scheme consists of vaccines against the following childhood diseases: Polio, Diphtheria (croop), Tetanus (lockjaw), Pertussis (whooping cough), Haemophilus Influenzae B, Hepatitis B (jaundice), Measles, Mumps, Rubella (scarlet fever), Meningococcus C, Pneumococcus and Rotavirus. Start on time and adhere to the ages in the vaccination schedule. In this way, you ensure that your baby enjoys timely and optimum protection. Only the polio vaccination is legally mandatory.

Serious side-effects are extremely rare

Slight side-effects are possible: a slight fever (less than 38.5°C), minor pain, redness, swelling or hardening of the injection location, sometimes a small lump or diarrhoea (after rotavirus vaccination). No treatment is needed for this and it improves spontaneously.

A vaccination against measles, mumps or scarlet fever can be accompanied with a slight temperature, possibly between the 5th and 12th day after vaccination. Sometimes there is also a light red skin rash and/or temporary aches in the joints. If your child cries abnormally, has severe pain or causes you concern, contact your doctor. The best way to deal with fever can be found in this booklet, under the heading 'fever' (pages 63 and 64).

There is no scientific proof of a link between vaccination and serious or chronic diseases. In the following table, you can learn more about the consequences of the infectious illnesses and possible side-effects of vaccines.

Vaccines not included in the scheme

In addition to the vaccines in the basic scheme, there are also other vaccines, for example against meningococcus B, hepatitis A, chicken pox and vacation vaccinations. These are not recommended as routine vaccines for systematic vaccination of each child. Whether it is necessary for your child to be given these vaccinations is something you should discuss with your GP or paediatrician.

Measles and travelling

The number of cases of measles is rising in the European Union. Children between 6 and 12 months who are travelling to a risk area (e.g. Romania, Greece, Italy and France) can have an earlier vaccination from the age of 6 months. These early vaccinations should be seen as an additional dose.

The other two vaccination moments stated in the vaccination scheme are still required for proper protection.

Check, as parent, your own vaccinations before departure.