OVERVIEW OF THE MOST IMPORTANT VACCINATIONS DURING CHILDHOOD AND ADOLESCENCE

according to the recommendations issued by STIKO (status as at August 2010)

Vaccination against / Age on vaccination	Age in months					Age in years		
	2	3	4	11–14	15–23	5–6	9–11	12–17
	At the same time as some early detection studies							
		U4		U6	U7	U9		J1
Tetanus (T)	G1	G2	G3	G4		A1	A2	
Diphtheria (D/d)	Combination vaccination	Combination vaccination	Combination vaccination	Combination vaccination		A1	A2	
Whooping cough (aP)						A1	A2	
Hib (Haemophilus influenzae Typ b)								
Poliomyelitis (IPV)							A	
Hepatitis B (HB)							G (for unvaccinated persons)	
Pneumococci	G1	G2	G3	G4				
Meningococci				G (from 12 months)				
Measles, mumps, rubella (MMR)				G1	G2			
Chickenpox (varicella)				G1	G2		G (without prior chickenpox disease/vaccination)	
Cervical cancer (HPV) Standard vaccination for girls								G1-3
Flu (Influenza)	Annually in children and adolescents with chronic diseases							

G = **Basic immunisation** (up to four partial vaccinations, G1-G4)
A = **Boosters** (up to two partial vaccinations)

MORE INFORMATION

is available...

» in the brochure **das baby: Informationen für Eltern über das erste Lebensjahr [The Baby: Information for Parents on the First Year of Life]**
Order no.: 11030000
Ordering address: BZgA, 51101 Köln
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» in the parents' folder **Gesund groß werden [Growing up Healthily]**
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» at **www.kindergesundheit-info.de** and

» at **www.impfen-info.de**

» on the website of the Robert Koch institute, **www.rki.de**

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Vaccinations

Safe protection of children against infectious diseases

Parent information

BZgA
Bundeszentrale für gesundheitliche Aufklärung

VACCINATIONS: A SAFE AND GOOD DECISION

In many parents the words “childhood diseases” conjure up the notion of harmless diseases that progress smoothly and without consequences. But measles, mumps, whooping cough and so on should not be seen as just ‘kids’ stuff’, in view of the fact that they can often entail serious consequences.

Some children suffer the consequences their entire lives. These cannot always be prevented, even with the means available to modern medicine.

PLEASE NOTE! Some infectious diseases are highly contagious, resulting in whole infection chains. These can then affect contact persons – parents, pregnant women, newborn siblings, playmates and others – who may suffer seriously.

The German Standing Committee on Vaccination (STIKO) recommends that children and adolescents be vaccinated against the following illnesses or pathogens:

- **Diphtheria**
- **Tetanus**
- **Whooping cough**
- **Poliomyelitis**
- **Hepatitis B**
- **Hib (Haemophilus influenzae b)**
- **Pneumococci**
- **Meningococci**
- **Measles**
- **Mumps**
- **German measles**
- **Chickenpox**
- **Human papillomaviruses (HPV, cervical cancer)**
- **Flu (in children with chronic complaints)**

WHY SHOULD I HAVE MY CHILD VACCINATED?

Even though many infectious diseases have become rare in Germany thanks to consistent inoculation – state borders do not stop viruses or bacteria. Many people travel frequently and there is always a risk that these diseases may be reimported. Only a constantly high inoculation level can prevent infectious diseases spreading again.

HOW DOES THE IMMUNE SYSTEM WORK?

Our immune system has the job of defending us against the pathogens that make us ill – like bacteria and viruses. When our body falls sick, specific antigens or antibodies are formed for the purpose, which can then render the pathogen harmless. At the same time memory cells can be formed, which in case of renewed contact with the pathogen will repel it immediately, before the illness is able to break out.

It is precisely this procedure that a vaccination mimics:

1. Pathogens that have been weakened or killed off are administered to the body without causing a bona fide illness.
2. The immune system reacts to the injection of pathogens and forms antibodies, which from then on circulate in the system.
3. In case of contact with a real pathogen, the antibodies will immediately guard against an illness occurring.

START IMMUNISATION AT AN EARLY AGE

The body needs to be “trained” to be able to create sufficient antibodies against a specific infectious disease. For this purpose, several doses of a vaccine need to be administered to combat some diseases. In order to develop safe protection through immunisation it is important that the vaccinations be given at the recommended times.

You should therefore start developing safe immunisation protection for your child at an early stage. Only this will provide effective protection during the sensitive baby and infant stage.

Some vaccinations will protect your child an entire lifetime, others must be repeated one or more times during school age, adolescence and/or adulthood. If you protect your child properly, this not only benefits your child – it is also a good thing for your family and fellow human beings.

PLEASE NOTE! Some vaccinations can be given at the same time as the regular childhood check-ups (U4, U6, U7, U9 and J1). Your paediatrician will be happy to explain the various combination vaccinations available. The reverse of this leaflet contains an overview of the recommended inoculation dates.

HARDLY ANY SIDE-EFFECTS

Some parents worry about possible vaccination side-effects. Modern vaccines, however, are safe, have only few side-effects, and are among the drugs subjected to the furthest reaching investigations. Mild vaccination reactions such as redness or swelling at the injection site, even a slight rise in temperature, are possible. Generally, though, they are no reason for concern. They are merely proof of the fact that the body is reacting to the vaccination and usually disappear within one to two days.

These days, serious vaccination complications only occur in exceptionally rare cases. Complications from infectious diseases are, however, quite frequent and many are serious. These can be avoided through vaccinations!

PROTECTION – FREE OF CHARGE

The costs of recommended vaccinations are borne by the various health insurance funds, which means that they will not cost your child a penny.

PLEASE NOTE! The co-payment system does not apply to vaccinations or childhood check-ups.