

## Missed Immunisations

### Why immunisation is important

Vaccination is the most effective medical intervention in the world.

Immunisation is important to your child's health as it provides the best possible protection against dangerous infections and diseases. Vaccination saves millions of lives every year and provides protection for your child and your family.

### Childhood Immunisations Timetable

From 8 weeks to 4 years of age, your child should have had the following vaccines:

- 3 6-in-1 vaccines (Diphtheria, Heb B, Hib, Polio, Tetanus & Pertussis)
- 2 Rotavirus doses
- 3 Men b vaccines
- 2 Pneumococcal vaccines
- 2 MMR vaccines

### Missed Vaccines

If a scheduled vaccine is missed, don't delay. Reach out to your healthcare provider right away to reschedule.

If your child has missed multiple vaccines, your healthcare provider may suggest certain vaccines to be given together at different times to catch up. This ensures your child is protected as soon as possible.

Regular health check-ups help to monitor your child's health and ensure their vaccine schedule is up to date.

If your child has received vaccination in another country it's important to keep your GP informed.

### Myths surrounding vaccines

#### Myth: Vaccines cause autism

The widespread fear that vaccines increase the risk of autism originated from a 1997 study whose author has since lost his medical license.

After the study was published, it came out that the main author had a financial incentive for the study to be published.

After more was learned about the study, the other authors removed their names. That study has also been debunked by many other studies that used larger groups of children.

The causes of autism and autism spectrum disorders have never been established. But many autism experts are increasingly convinced that autism is determined before birth — well before any vaccinations.

### Flu vaccine

#### What is it ?

The flu vaccine helps protect against flu (influenza), which can be a serious or life-threatening illness. It's offered on the NHS every year in autumn or early winter to people at higher risk of getting seriously ill from flu.

#### Why are children are offered the flu vaccine?

Flu can be very unpleasant for children and can sometimes cause serious problems, such as pneumonia.

Children can catch and spread flu easily. Vaccinating them also helps protect others who are at higher risk of getting seriously ill from flu, such as babies, anyone who's pregnant and older people.

#### Who can have the vaccine?

- The children's flu vaccine is offered on the NHS every year in autumn or early winter.
- Children aged 2 or 3 years
- School-aged children (Reception to Year 11)
- Children aged 6 months to 17 years with certain long-term health conditions

#### How is the children's flu vaccine is given?

The children's flu vaccine is usually given as a quick and painless nasal spray in each nostril.

Children who cannot have the nasal spray vaccine will get a different flu vaccine, given as an injection into the upper arm or thigh. Children can get the flu vaccine at the same time as other vaccines.

#### **Side effects of the children's flu vaccine**

The most common side effects of the children's flu vaccine are mild and get better in 1 to 2 days.

Side effects of the nasal spray flu vaccine can include:

- a blocked or runny nose
- loss of appetite
- feeling tired
- a headache

Side effects of the flu vaccine injection can include:

- pain or soreness where the injection was given
- a slightly raised temperature
- an aching body

#### **COVID-19**

##### **Why is it needed?**

Vaccines are offered because viruses change and protection fades over time. It's important to top up your protection if you're at increased risk of serious illness from COVID-19.

Getting a COVID-19 vaccine can:

- help to reduce your risk of getting severe symptoms
- help you to recover more quickly if you catch COVID-19
- help to reduce your risk of having to go to hospital or dying from COVID-19
- protect against different strains of COVID-19

##### **How is COVID-19 vaccine safety checked?**

The safety of the vaccines has been extensively reviewed in both adults and children by the independent Medicines and Healthcare products Regulatory Agency (MHRA).

##### **Common side effects of COVID-19 vaccination**

Like all medicines, the COVID-19 vaccines can cause side effects, but not everyone gets them. Most side effects of the COVID-19 vaccination are mild and should not last longer than a week, such as:

- a sore arm from the injection
- feeling tired
- a headache
- feeling achy
- mild flu-like symptoms

##### **Who can have a seasonal COVID-19 vaccine?**

When seasonal COVID-19 vaccines are available, they will be offered to people who are at increased risk from COVID-19. The NHS will contact people directly to offer the vaccine.

##### **Myth: Natural immunity is better than vaccination**

No. In general, it is better to prevent sickness by getting vaccinated rather than getting an infection.

Getting infected with a germ may provide some people with a longer lasting immune response but at higher risk. For example, getting a Haemophilus influenzae type b (Hib) bacterial infection could lead to permanent deafness, brain damage or even death.

Childhood vaccines protect children from serious diseases and complications. Vaccines also lower the chance of spreading a disease.

##### **Myth: Too many vaccines are given at once and too close together.**

The immunization schedule is determined by decades of medical evidence showing there's an optimal window of time when vaccines are most effective in preventing — and when children are most vulnerable to — these diseases.

We are exposed to millions and millions of live microbes every day and vaccines contain very small amounts of an inactive or weakened virus/bacteria. Our immune systems,

including young babies, are very effective and will not become overloaded.

### **Frequently Asked Questions**

#### **Is my child likely to have a fever after being vaccinated?**

Some children may be a little unsettled and can develop a slight fever, which should last no longer than 2 days.

- Give them plenty to drink
- Give them liquid paracetamol if needed

NOTE: do not give aspirin to children under 16 unless prescribed by a doctor

#### **Why do children need certain vaccines?**

Childhood vaccinations provide protection against many serious diseases, and the schedule is set to provide the best possible protection at the point in time where it will be the most effective.

#### **Why is the UK different to other countries?**

Most countries around the world offer the same vaccines for babies, children and adults. The main reason for differences are that some infectious diseases only affect certain countries more than others, and the capacity of health services to deliver new vaccines varies.

#### **What do vaccines contain and are they safe?**

Vaccines contain a number of different ingredients that ensure they can work effectively. Some vaccines contain very small amounts of viruses or bacteria that have been weakened. There is no risk of healthy people catching any disease from a vaccine. The ingredients in a vaccine are safe and are regulated by the Medicine and Healthcare Regulatory Agency (MHRA).

### **Shedding of vaccine virus (Flu)**

Although vaccinated children do shed a small amount of vaccine virus for a few days after vaccination, the virus does not survive for long outside of the body and the dose is below that normally needed to infect others.

There is no need for any child or staff member to be excluded from school during the period when LAIV is being offered or in the following weeks. This is in contrast to natural flu infection, which spreads easily during the flu season. Expert doctors at Great Ormond Street Hospital, who deal with many children with very serious immune problems, do not recommend keeping such children off school purely because of vaccination.

### **Resources:**

[Home \(e-bug.eu\)](http://Home(e-bug.eu))

[NHS vaccinations and when to have them - NHS \(www.nhs.uk\)](http://NHS(vaccinations and when to have them - NHS (www.nhs.uk)))

[Ministerial Briefing – Annual Flu Programme 2021/22 \(govdelivery.com\)](http://Ministerial Briefing – Annual Flu Programme 2021/22 (govdelivery.com))