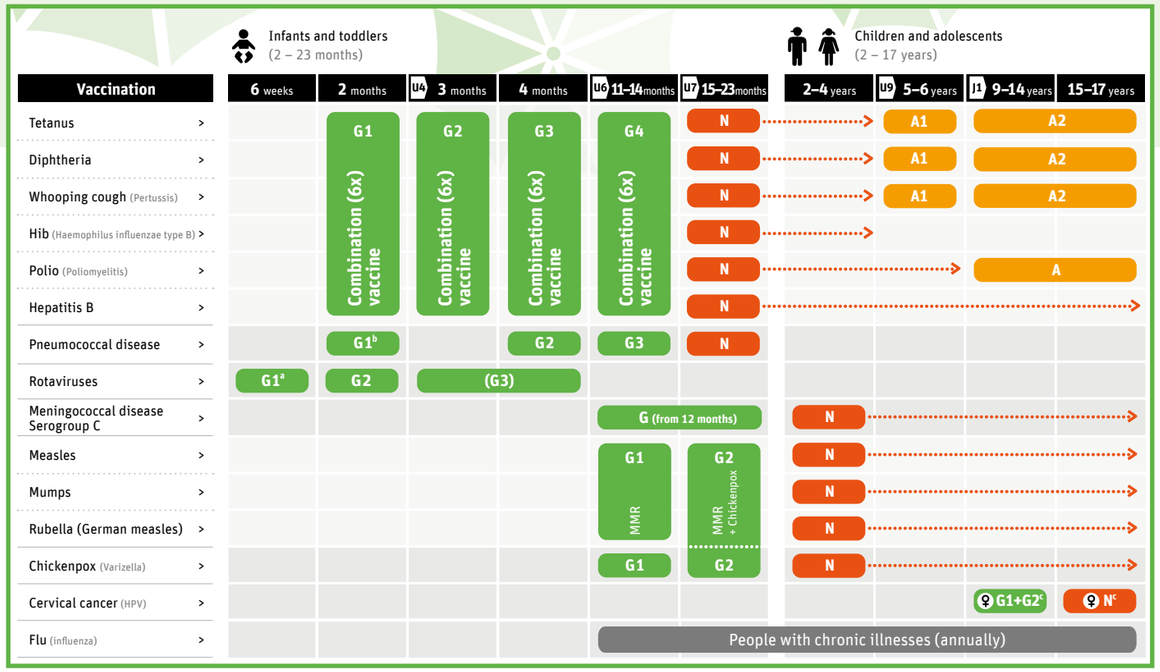
Overview of the most important vaccinations during childhood and adolescence

according to the recommendations issued by the German Standing Committee on Vaccination (STIKO), as of August 2016



U Overlaps with routine check-ups for children

G Primary immunisation (up to 4 doses of vaccine G1–G4)

S Standard vaccination

♀ Vaccination recommended for girls and young women

J Overlaps with routine check-ups for adolescents

N Catch-up vaccination (on incomplete vaccine protection)

A Booster vaccination

One less pneumococcus injection

Since 2015, infants are now recommended to receive three pneumococcus vaccinations instead of four – at the ages of two, four and eleven months. Premature babies receive an additional injection at the age of three months. Pneumococcus bacteria can cause middle-ear infections, pneumonia and meningitis.

a Wherever possible, the 1st vaccination should be given from the end of the 6th week of life; 2 or 3 oral vaccinations depending on the vaccine (G2/G3), which should be administered at least 4 weeks apart

b Premature babies receive an additional vaccination at the age of 3 months (4 vaccinations in total)

c Depending on the vaccine, 2 vaccine doses at the age of 9 –13 or 9 –14 years, 3 vaccine doses for HPV catch-up vaccination from the age of 13 or 14 years

More information

is available ...

- from the brochure **„Impfschutz für die ganze Familie – 20 Fragen 20 Antworten" [Protecting your family with vaccines – 20 questions, 20 answers]**
  Order no.: 62100219
  Order from: BZgA, 50819 Köln
  or via email: order@bzga.de
- 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
  Order from: BZgA, 50819 Köln
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- from **www.kindergesundheit-info.de**
- from **www.impfen-info.de**
- from the Robert Koch Institute website at **www.rki.de**

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Wissen, was schützt.

Impfen im Kindesalter
(ENGLISCH)

Vaccinations

Protecting your child against infectious diseases

BZgA Bundeszentrale für gesundheitliche Aufklärung

Vaccinations:
A safe and sound decision

For many parents, the words "childhood diseases" bring to mind harmless infections whose symptoms are mild and have no lasting complications. Yet suffering through a disease such as measles, mumps and whooping cough is anything but "child's play". These illnesses can have very serious consequences and some children may suffer from damage done by the disease for the rest of their lives. Even with all the advances in modern medicine, this damage cannot always be prevented.

The German Standing Committee on Vaccination (STIKO) recommends the following vaccinations for children and adolescents:

- Rotaviruses (infants aged 6 to 24 or 32 weeks)
- Diphtheria
- Tetanus
- Whooping cough (Pertussis)
- Polio
- Hepatitis B
- Hib (Haemophilus influenzae b)
- Pneumococcus
- Meningococcus
- Measles
- Mumps
- German measles (rubella)
- Chickenpox
- Influenza (for chronic conditions)
- Human papillomavirus (HPV) (girls aged 9 to 14 years)

HPV vaccination:

Since 2014, HPV vaccination has been recommended for girls aged 9 to 14 years instead of 12 to 17 years, as was previously recommended. Older girls should receive any necessary catch-up vaccinations before reaching age 18. The vaccination age was lowered to enable girls to develop early immunity to HPV types that may later cause cervical cancer.

Why should I have my child vaccinated?

Even though many infectious diseases have become rare in Germany thanks to consistent vaccination – state borders do not stop viruses or bacteria. Many people travel frequently and there is always a risk that these diseases may be brought back into the country. Only a consistently high level of vaccination 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 sick – like bacteria and viruses. When we become ill, specific antibodies are formed for this purpose, which are capable of rendering the pathogen harmless. At the same time, "memory cells" can be formed: if the pathogen is encountered again, the body can attack it immediately before we become sick.

It is precisely this procedure that a vaccination mimics:

1. Pathogens that have been weakened or killed off are administered to the body in tiny amounts that are incapable of causing a real infection.
2. The immune system reacts to the injection of pathogens and forms antibodies, which from then on circulate in the system.
3. If the body encounters the live pathogen, the antibodies can act immediately to stop an illness occurring.

Start immunisation at an early age

The body needs to be "trained" to be able to make enough antibodies against a specific infectious disease. For some diseases, this can only be achieved by receiving multiple doses of the vaccine. To achieve the best immunisation protection, it is important that vaccinations are given at the recommended times.

IMPORTANT TO KNOW

You should therefore start building up your child's protection from immunisation at an early age. Only in this way can effective protection be provided during the susceptible baby and infant stage. In addition, it is not just your child who will benefit. If diseases can no longer spread, this will also protect people who cannot be vaccinated due to their age or because they are suffering from certain illnesses.

Some vaccinations offer lifelong protection, while others must be repeated one or more times during school age, adolescence and/or adulthood.

Catching up on missed vaccinations

If you ever miss a vaccination, you should catch up on the missed vaccination as soon as possible. Please see the back for an immunisation schedule showing recommended vaccination dates and possible catch-up vaccinations.

Very few side effects

Some parents worry about the possibility of side effects from vaccination. Modern vaccines, however, are safe, have very few side effects, and are, in terms of safety, some of the most extensively researched drugs in medicine. Mild reactions such as redness or swelling at the injection site, or even a slight rise in temperature, are possible. Generally, though, they offer no cause for concern. They are merely proof of the fact that the body is responding to the vaccination and usually disappear within one to two days.

These days, serious complications from vaccinations only occur in exceptionally rare cases. Complications from infectious diseases are common, however, and they are often serious. These can be avoided with vaccinations!

Reimbursement of costs

The costs of the vaccinations recommended by the German Standing Committee on Vaccination [STIKO] are paid for by public health insurers. This is regulated by the National Guidelines on Vaccination ("Schutzimpfungsrichtlinie").

Important!

Many vaccinations can be given during early routine check-ups (U4, U6, U7, U9 and J1). Your paediatrician will be happy to tell you more about the various options for combination vaccines.