

# Immunizations for children at **12** months

Vaccines are safe. It is safer to get the vaccine than to get the disease. Protect your child and others by getting all vaccines on time.

Four vaccines, given by needle, are recommended at twelve months of age.

## 1. Measles, Mumps and Rubella (MMR) vaccine

A weakened live vaccine that protects against three different diseases:

### Measles (Red Measles)

This disease causes a full body rash and can lead to swelling of the brain (encephalitis) in about 1 in 1,000 people. Encephalitis can cause seizures, deafness, permanent brain damage, or death (1 in 3,000). Measles spreads easily. It can live in small droplets in the air for several hours. You can catch measles just by being in a room where a person with measles has been.

### Mumps

This disease can cause swollen spit (salivary) glands in the cheeks and neck. Mumps can also cause:

- Encephalitis which can lead to seizures or brain damage
- Swelling of the brain lining (meningitis) in about 1 in 20 people.
- Swelling of the testicles (1 in 4 males) or ovaries (1 in 20 females) which can cause sterility
- Permanent deafness (1 in 20,000)
- Miscarriage if infected in early pregnancy

### Rubella (German Measles)

This disease can cause miscarriage, stillbirth, or severe birth defects. Birth defects occur in about nine out of 10 babies born to women who become infected with rubella in the first three months of pregnancy. Birth defects can include deafness, eye problems, and damage to other organs such as the heart, liver, and brain.

### Possible Reactions (side effects):

Many children who get vaccines have no side effects. For those children that do, the side effects are usually mild like soreness, redness, or swelling where the vaccine was given. Some children get a fever and sleep or cry more than usual. These side effects usually go away after a day or two.

Your child might have swelling in the cheeks or neck (salivary glands) or get a rash that looks like measles about seven to 12 days after the MMR vaccine. A child that gets a rash from the vaccine cannot spread measles to others.

### Serious reactions to the MMR vaccine are rare but include:

- Seizures caused by fever (about 1 in 3,000)
- A temporary low platelet count (blood cells that help stop bleeding) can occur in about 1 in 30,000 people
- The possibility of getting encephalitis from measles is about 1 in 1,000 which is much higher than from the vaccine.

### For more information:

HealthLinkBC File #14a

**NOTE: Injected live vaccines such as Varicella and MMR, should be given either on the same day as other vaccines, or separated by an interval of at least 28 days.**



## 2. Chickenpox (Varicella) Vaccine

A weakened live vaccine that protects against chickenpox (varicella) disease. This disease causes red itchy blisters. Serious complications include lung infection (pneumonia), swelling of the brain (encephalitis), and bacterial infections of the skin. Encephalitis can lead to seizures, deafness, or brain damage. About 1 in 3,000 adults die from chickenpox.

## 3. Pneumococcal (PCV 13) Vaccine

A vaccine that protects against pneumococcal disease. This disease can cause blood infection (septicemia), pneumonia, or meningitis (swelling of the brain lining). About one in four die from meningitis caused by pneumococcal disease.

## 4. Meningococcal C (Men C) Vaccine

A vaccine that protects against meningococcal C disease. This disease can cause septicemia and meningitis. Permanent complications include brain damage, deafness, and loss of limbs. Up to 15 in 100 people die from meningococcal disease, even with treatment.

**Spread:** Sneezing, coughing, sharing spit (saliva), or by contact with fluid coming from the chickenpox blisters.

**Possible Reactions (side effects):** Many children who get vaccines have no side effects. For those children that do, the side effects are usually mild like soreness, redness, or swelling where the vaccine was given. Some children get a fever and sleep or cry more than usual. These side effects usually go away after a day or two.

A rash that looks like chickenpox but with less spots can happen about two weeks after getting the chicken pox vaccine. Although rare, a child that gets a rash from the chicken pox vaccine can spread the disease to others if others come into contact with fluid from the blisters. To stop the spread to others, cover the rash until the blisters have crusted over.

## Tell the person giving the vaccines if your child has:



- Had a life threatening allergic reaction to a previous vaccine, vaccine component or latex.
- Had a blood transfusion or blood products within the past 12 months.
- Had a low platelet count (blood cells that help stop bleeding) after getting a MMR vaccine in the past when no other cause was found.
- A weakened immune system from disease or medical treatment.
- Active untreated Tuberculosis.

There is no need to delay getting your child immunized because of a cold or other mild illness.

### For more information:

HealthLinkBC File #44b | HealthLinkBC File #62a | HealthLinkBC File #23a



## Wait in the clinic area for 15 minutes after immunizations

While extremely rare, it is possible that your child could have a life threatening allergic reaction called anaphylaxis (occurs in less than 1 in 1 million). This might include hives, problems breathing, or swelling of the throat, tongue or lips. If this happens after you leave the clinic, call **9-1-1**. Report serious or unexpected reactions to your health care provider.

\*Note: Do not give ibuprofen to a child less than 6 months of age without speaking to a doctor first. Do not give children Aspirin™ or other medicines that contain acetylsalicylic acid (ASA). Giving medicines with Aspirin™ or ASA to children less than 18 years of age can cause Reye Syndrome (a condition that causes damage to the brain and liver).

## Care for your child after immunization

- Hold and cuddle your child.
- Put a cool cloth on the arm or leg where your child was immunized.
- Give your child medicine (acetaminophen or ibuprofen\*) to bring down a fever or to make your child more comfortable.
- Let your child breastfeed more, or give them more to drink.

For more information on making a better immunization experience for your child see: HealthLinkBC Files #50e and #50h



Your child's next immunizations are due at 18 months

Make an appointment today

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