

麻疹、腮腺炎、风疹和水痘

疫苗接种信息

国家疫苗接种项目计划为18个月大的儿童提供免费的MMRV联合疫苗，以保护他们不患麻疹、腮腺炎、风疹和水痘。

麻疹

麻疹是一种严重且传染性极强的病毒性疾病，会引起发热、流鼻涕、咳嗽和眼部酸痛发红，并伴有皮疹。

大约在每15位感染麻疹的儿童当中，约有一人会患上肺炎，并且有千分之一会患上脑炎。对于每十位患有麻疹脑炎的儿童，会有一人死亡，很多人患上永久性脑损伤。

一种叫做亚急性硬化性全脑（SSPE）的罕见疾病会在感染麻疹好几年之后发作。它会迅速破坏大脑并且一定会致命。

麻疹通过感染者的咳嗽和喷嚏传播，此时感染者还没有意识到自己已经生病了。

腮腺炎

腮腺炎会引起发热、头痛和唾液腺炎症。每5000位儿童当中，约有一人会出现脑部炎症，但是永久性副作用十分罕见。大约有五分之一感染腮腺炎的成年男性会产生疼痛的睾丸炎症和肿胀。在极少数情况下它可能导致不育和永久性耳聋。

腮腺炎通过感染者的咳嗽和喷嚏传播，此时感染者还没有意识到自己已经生病了。

风疹

风疹会引起腺体肿大、关节疼痛和面部及颈部的皮疹，这些症状将持续两至三天。三千分之一的感染者会出现血小板不足，继而导致淤青或流血。六千分之一的感染者会患上脑炎。

对于在怀孕前20周内感染风疹的孕妇，风疹是非常危险的。这会导致新生儿的严重畸形。耳聋、失明、心脏缺陷以及智力缺陷都可能发生。

风疹通过感染者的咳嗽和喷嚏传播，此时感染者还没有意识到自己已经生病了。

风疹的传染性极强，保护怀孕母亲和她们孩子的最好方法就是确保她们在怀孕之前注射疫苗。



水痘

水痘是一种传染性极强的疾病，起初会出现大片红斑，并在数小时内变成水泡。这种斑点通常见于胸部、脸部和身体的其他部位。大多数感染水痘的人会发热，感到不适并可能有严重的瘙痒。

有时水痘会演化成更加严重的疾病，例如细菌性皮肤感染，它会导致疤痕、肺炎或脑炎甚至各年龄段的死亡。感染水痘的成年人通常会有更严重的症状。

在怀孕期间感染水痘会导致新生儿的严重畸形。在临近分娩期感染会导致新生儿的严重感染。

水痘通过咳嗽、喷嚏以及与皮疹水泡内液体的直接接触传播。

研究表明两剂水痘疫苗可以为儿童提供更好的保护，并降低日后感染一种轻微水痘的风险。政府免费提供MMRV疫苗中的一剂水痘疫苗。第二剂水痘疫苗可凭处方购买。

麻疹、腮腺炎、风疹和水痘(MMRV)疫苗

国家疫苗接种项目计划为18个月大的儿童提供免费的MMRV联合疫苗，保护他们不患麻疹、腮腺炎、风疹和水痘。

然而，四岁以下儿童在注射第一针疫苗时不建议选择MMRV，因为这会增加他们患高热惊厥的风险。

儿童应在12个月大时注射麻疹、腮腺炎和风疹（MMR）疫苗，但不注射水痘疫苗。

对鸡蛋过敏的儿童注射MMR MMRV疫苗是安全的。

不建议14岁及以上的人注射MMRV疫苗，这个年龄段的人如有需要，可分别注射MMR疫苗和水痘疫苗。

接种前检查清单

在接种之前，如果您的孩子有以下情况，请务必告知免疫人员：

- ☐ 感到不适（体温高于 38.5 °C）
- ☐ 对任何疫苗产生过严重反应
- ☐ 对任何疫苗成分产生过严重反应
- ☐ 对某种东西严重过敏
- ☐ 在上个月注射过活疫苗
- ☐ 近期服用过免疫球蛋白或接受过输血治疗
- ☐ 患有导致免疫力低下的疾病或正在接受会导致免疫力低下的治疗

MMRV疫苗的可能副作用

副作用通常是轻微的并且耐受性良好，比疾病并发症出现的频率低得多。MMRV疫苗的副作用常常在疫苗接种的第七至十天出现并会持续一到两天。

疫苗接种后第七至十天出现的副作用

- 注射部位的疼痛、发红或肿大
- 注射部位出现肿块，可能持续数周甚至数月
- 发热（可能会超过39 °C）
- 轻微的红色皮疹（不会传染）
- 鼻头伤风症状
- 唾液腺肿大

疫苗接种后第5至26天出现的副作用

- 类似水痘的轻微皮疹

对疫苗接种后副作用的处理

- 多补充液体，如果有发热，不要给他们穿太多衣服。
- 尽管不建议在疫苗接种之后经常使用扑热息痛，但是如果有发热，可以服用扑热息痛。请查看标签上的正确剂量或咨询药剂师——尤其是给儿童服用扑热息痛。
- 时注射部位的一个小而硬的肿块可能持续几周甚至数月。不必为此担忧，它不需要治疗。

罕见副作用

任何一种疫苗都有很小的可能性会引起严重过敏反应。这也是为什么我们建议您接种疫苗之后在诊所或诊疗室停留至少15分钟，以防需要进一步的治疗。

如接种之后出现严重或意料之外的副作用，请立即去看医生或直接去医院。

您也可以致电维多利亚州疫苗安全服务 (SAEFVIC) 热线，号码 (03) 9345 4143 – 上午十点至下午四点之间有人接听，在其他时间您可以留言。此服务不提供针对副作用的紧急处理服务。

如想征求意见，请联系：

- 您的医生
- 当地政府免疫接种服务处

更多信息

www.health.vic.gov.au/immunisation

www.betterhealth.vic.gov.au



翻译和口译服务

请致电131 450

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An Australian, State and Territory Governments initiative

Measles, mumps, rubella and chickenpox (varicella)

health

Immunisation information

The National Immunisation Program provides free combined MMRV vaccine for protection against measles, mumps, rubella and chickenpox (varicella) to children at 18 months of age.

Measles

Measles is a serious and highly contagious viral disease that causes fever, runny nose, cough and sore red eyes, followed by a rash.

About one in 15 children with measles will develop pneumonia and one in 1000 will develop inflammation of the brain (encephalitis). For every 10 children with measles encephalitis, one will die and many will have permanent brain damage.

A rare condition called SSPE (subacute sclerosing panencephalitis) can develop several years after a measles infection. SSPE rapidly destroys the brain and is always fatal.

Measles can be caught through coughs and sneezes from an infected person before that person realises they are sick.

Mumps

Mumps causes fever, headache and inflammation of the salivary glands. One in 5000 children will develop inflammation of the brain, but permanent side effects are rare. About one in five adolescent or adult males who contract mumps will develop a painful inflammation and swelling of the testicles. Occasionally mumps causes infertility and permanent deafness.

Mumps can be caught through coughs and sneezes from an infected person before that person realises they are sick.

Rubella

Rubella causes swollen glands, joint pain and a rash on the face and neck that lasts two to three days. One in 3000 people will develop a low platelet count causing bruising or bleeding. One in 6000 will develop inflammation of the brain.

Rubella is most dangerous when a woman catches it in the first 20 weeks of pregnancy. This can result in serious abnormalities in the newborn baby. Deafness, blindness, heart defects and intellectual disabilities can occur.

Rubella can be caught through coughs and sneezes from an infected person before that person realises they are sick.



Rubella is highly contagious and the best way to protect expectant mothers and their babies is to ensure that women are immunised before they become pregnant.

Chickenpox

Chickenpox (varicella) is a highly contagious infection that causes a rash of red spots initially, which become blisters within hours. The spots usually appear on the chest, face and other parts of the body. Most people infected with chickenpox have a fever and feel unwell and may experience severe itching.

Sometimes chickenpox will develop into more severe illness such as bacterial skin infections resulting in scarring, pneumonia or inflammation of the brain and even death in all ages. Adults who become infected with chickenpox generally experience more severe symptoms.

Chickenpox infection during pregnancy can result in serious abnormalities in the newborn baby. Infection in the mother around delivery time can result in severe infection in the newborn baby.

Chickenpox is spread through coughs and sneezes and through direct contact with the fluid in the blisters of the rash.

Research shows that two doses of chickenpox vaccine in children provide increased protection and reduce the risk of a mild dose of chickenpox occurring at a later time. The government funds one free dose of chickenpox vaccine in the MMRV vaccine. A second dose of chickenpox vaccine can be purchased on prescription.

Measles, mumps, rubella and chickenpox (MMRV) vaccine

The National Immunisation Program provides a free combined MMRV vaccine for protection against measles, mumps, rubella and chickenpox to children at 18 months of age.

However, MMRV is not recommended for the first dose in children under four years due to an increased risk of febrile convulsions in this age group.

Children have their first dose of measles, mumps and rubella (MMR) vaccine at 12 months of age without the chickenpox (varicella) vaccine.

It is important to know that it is safe for children with egg allergies to receive the MMR and MMRV vaccines.

The MMRV vaccine is not recommended for people aged 14 years and over and so people in this age range can receive the MMR vaccine and the chickenpox vaccine separately if required.

Preimmunisation checklist

Before immunisation, it is important that you tell your immunisation provider if your child:

- ☐ is unwell (has a temperature over 38.5 °C)
- ☐ has had a serious reaction to any vaccine
- ☐ has had a serious reaction to any component of a vaccine
- ☐ has had a severe allergy to anything
- ☐ has had a 'live' vaccine in the last month
- ☐ has had recent immunoglobulin or blood transfusion treatment
- ☐ has a disease or is having treatment that causes low immunity.

Possible side effects of MMRV vaccine

Side effects are generally mild and well tolerated and are much less frequent than the complications of the disease. Side effects from MMRV vaccine usually occur seven to 10 days after vaccination and last one to two days.

Side effects between seven and 10 days after vaccination

- Pain, redness or swelling at the injection site
- A lump at the injection site that may last many weeks or months
- Fever (can be more than 39 °C)
- Faint red rash (not infectious)
- Head cold symptoms
- Swelling of salivary glands

Side effects between five and 26 days after vaccination

- A mild rash like a chickenpox rash

Managing side effects after immunisation

- Give your children extra fluids to drink and do not overdress children if they are hot.
- Although routine use of paracetamol after vaccination is not recommended, if fever is present paracetamol can be given. Check the label for the correct dose or speak with your pharmacist—especially when giving paracetamol to children.
- Sometimes a small, hard lump at the injection site may persist for some weeks or months. This should not be of concern and requires no treatment.

Rare side effects

There is a very small risk of a serious allergic reaction (anaphylaxis) to any vaccine. This is why you are advised to stay at the clinic or medical surgery for at least 15 minutes following vaccination, in case further treatment is required.

For significant or unexpected side effects following immunisation see your doctor or go directly to a hospital.

You can call the Victorian vaccine safety service (SAEFVIC) on (03) 9345 4143. The line is attended between 10.00 am and 3.30 pm and you can leave a message at all other times. This service does not give immediate emergency management for a side effect.

For advice contact:

- your doctor
- your local council immunisation service.

Further information

www.health.vic.gov.au/immunisation

www.betterhealth.vic.gov.au



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