

Male boginje, zaušnjaci i rubeola

Informacije o imunizaciji

U rasporedu Nacionalnog programa vakcinacije (National Immunisation Program) vakcine protiv malih boginja-zaušnjaka-rubeole (measles-mumps-rubella (MMR)) daju se djeci starosti od 12 do 18 mjeseci.

Male boginje

Male boginje su ozbiljno i izrazito zarazno virusno oboljenje koje izaziva groznicu, curenje iz nosa, kašalj i crvene bolne oči, što je praćeno osipom. Od malih boginja ponekad dolazi do opasnih komplikacija, kao što je upala pluća. Od 1000 osoba zaraženih malim boginjama, otprilike jedna dobije upalu mozga. Na svakih desetoro djece koja obole na ovaj način, jedno umire, a mnogima ostaje trajno oštećenje mozga. Male boginje još uvijek izazivaju smrt u Australiji. Nekoliko godina poslije preboljenih malih boginja, može doći do rijetkog oboljenja koje se zove SSPE. SSPE ubrzano uništava mozak i uvijek je fatalan.

Male boginje se prenose kašljanjem i kihanjem zaražene osobe, prije nego što ta osoba primijeti da je bolesna.

Zaušnjaci

Zaušnjaci izazivaju groznicu, glavobolju i upalu pljuvačnih žlijezda. Na svakih 5000 djece oboljelih od zaušnjaka, kod jednog će doći do upale mozga. Bolest može izazvati trajnu gluhoću.

Na svakih pet mladih i odraslih muškaraca koji obole od zaušnjaka, jedan dobije bolnu upalu i naticanje testisa. Muškarci se od ove bolesti obično potpuno oporave, ali u rijetkim slučajevima može doći do neplodnosti.

Zaušnjaci se prenose kašljanjem i kihanjem zaražene osobe, prije nego što ta osoba primijeti da je bolesna.

Rubeola

Ovo je blaga dječja bolest, ali i tinejdžeri i odrasli je mogu dobiti. Bolest izaziva naticanje žlijezda, bolove u zglobovima i osip po licu i vratu koji traje dva do tri dana. Oporavak je uvijek brz i potpun.

Rubeola je najopasnija ako je žena dobije u prvih 20 sedmica trudnoće. Ona može dovesti do ozbiljnih abnormalnosti kod novorođenčadi. Može doći do gluhoće, sljepila, srčanih poremećaja i intelektualne nesposobnosti.

Rubeola se prenosi kašljanjem i kihanjem zaražene osobe, prije nego što ta osoba primijeti da je bolesna.

Rubeola je izrazito zarazna i najbolji način za zaštitu budućih majki i njihovih beba je imunizacija prije trudnoće.

*Trudnoću treba izbjegavati mjesec dana nakon imunizacije.

Vakcine protiv malih boginja-zaušnjaka-rubeole (MMR)

MMR vakcina postoji također i u kombinaciji s vakcinom protiv pljuškavica (MMRV) za djecu od 18 mjeseci i sadrži male količine svakog virusa smanjene jačine i malu količinu antibiotika neomicina.

Moguće nuspojave od MMR vakcine

Reakcije na MMR vakcinu su znatno rjeđe nego komplikacije od ove bolesti.

Uobičajene nuspojave

Vidljive 7- 10 dana nakon vakcinacije

- visoka temperatura preko 39 °C
- blijedi crveni osip (nije zarazan)
- hunjavica i/ili curenje nosa
- kašalj i/ili podbuhle oči
- pospanost ili umor
- naticanje pljuvačnih žlijezda
- privremeni tvrdi otok na mjestu uboda.

Ozbiljne nuspojave

- Nizak broj trombocita (izaziva modrice ili krvarenje) pojavljuje se nakon prve doze MMR vakcine po stopi od 1 na 20000 do 30000 slučajeva.

Izuzetno rijetke nuspojave

- Jaka alergijska reakcija.

Ako dođe do blagih reakcija, one traju dva do tri dana. Nuspojave se mogu ublažiti na sljedeći način:

- staviti hladni oblog na bolno mjesto uboda
- davati više tečnosti i ne preutopljavati osobu koja ima temperaturu
- uzimati (ili dati djetetu) paracetamol da se smanji bol (obratiti pažnju na dozu koja se preporučuje za djecu u dobi u kojoj je vaše dijete).

Ako se reakcije teže, ne prestaju ili ste zabrinuti, kontaktirajte svog doktora ili bolnicu.

Možete također nazvati Viktorijsku službu za bezbjednost vakcina (Victorian vaccine safety service) na 1300 882 924 opcija 1.

Provjera prije imunizacije

Prije nego što primite imunizaciju vi ili vaše dijete, recite doktoru ili medicinskoj sestri ako se bilo šta od dole navedenog odnosi na vas.

- ☐ ako ste u zadnjih mjesec dana primili vakcinu koja sadrži žive viruse (npr. MMR, pljuskavice ili BCG)
- ☐ ako niste dobro na dan imunizacije (temperatura je preko 38.5 °C)
- ☐ ako je bila jaka reakcija na prijašnju MMR vakcinu
- ☐ ako je bila jaka alergijska reakcija na bilo koji sastojak vakcine, npr. na neomicin
- ☐ ako uzimate bilo kakve steroide osim inhalatora za astmu ili steroidnih krema (npr. kortizon ili prednizon)
- ☐ ako ste primili imunoglobulin ili krvni proizvod u zadnjih godinu dana
- ☐ ako ste bolesni ili ste na liječenju koje dovodi do pada imuniteta (npr., leukemija, rak, HIV/AIDS, radioterapija ili kemoterapija)
- ☐ ako ste trudni ili planirate zatrudniti u roku od mjesec dana nakon imunizacije

Daljnje informacije

www.betterhealth.vic.gov.au

www.immunise.health.gov.au



**Služba za prevođenje
i tumačenje
Nazovite 131 450**

Ako želite dobiti ovaj dokument u prihvatljivom formatu, pošaljite email na: immunisation@dhhs.vic.gov.au

Ovlastila i objavila Vlada Viktorije, 1 Treasury Place, Melbourne.

© Država Viktorija, Department of Health and Human Services, januar 2016. (1510012)



**An Australian, State and Territory
Governments initiative**

Measles, mumps and rubella

Immunisation information

The National Immunisation Program schedule provides free measles-mumps-rubella (MMR) vaccine to children at 12 months and 18 months of age.

Measles

Measles is a serious and highly contagious viral disease which causes fever, runny nose, cough and sore red eyes, followed by a rash. Measles can sometimes lead to dangerous complications such as pneumonia. About one person in 1,000 who contracts measles will develop inflammation of the brain. For every 10 children who become affected in this way, one will die and many will have permanent brain damage. Measles still causes deaths in Australia. A rare condition called SSPE 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. About one in 5,000 children develops inflammation of the brain. The disease can cause permanent deafness.

About one in five adolescent or adult males who contracts mumps develops a painful inflammation and swelling of the testicles. Males with this condition generally recover completely, but on rare occasions it may cause infertility.

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

Rubella

This is a mild childhood disease but it can also affect teenagers and adults. The disease causes swollen glands, joint pains and a rash on the face and neck which lasts two to three days. Recovery is always speedy and complete.

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.

*Pregnancy should be avoided for one month following immunisation.

Measles-mumps-rubella (MMR) vaccines

The MMR vaccine also comes in combination with chickenpox (MMRV) for 18-month-old children and contains small amounts of each of the viruses at a reduced strength and a small amount of the antibiotic neomycin.

Possible side effects of MMR vaccine

Reactions to MMR vaccine are much less frequent than the complications of the diseases.

Common side effects

Seen seven to 10 days after vaccination

- high fever over 39 °C
- faint red rash (not infectious)
- head cold and/or runny nose
- cough and/or puffy eyes
- drowsiness or tiredness
- swelling of the salivary glands
- a temporary small lump at the injection site.

Serious side effects

- Low platelet count (causing bruising or bleeding) occurs after the first dose of MMR vaccine at a rate of about one in 20,000 to 30,000.

Extremely rare side effects

- A severe allergic reaction.

If mild reactions do occur, they may last two to three days. The side effects can be reduced by:

- placing a cold wet cloth on the sore injection site
- giving extra fluids and not overdressing if the person has a fever
- taking (or giving your child) paracetamol to reduce discomfort (note the recommended dose for the age of your child).

If reactions are severe or persistent, or if you are worried, contact your doctor or hospital.

You may also call the Victorian vaccine safety service on 1300 882 924 option 1.

Pre-immunisation checklist

Before you or your child is immunised, tell the doctor or nurse if any of the following apply.

- ☐ Has had a vaccine containing live viruses within the last month (such as MMR, chickenpox or BCG)
- ☐ Is unwell on the day of immunisation (temperature over 38.5 °C)
- ☐ Has had a severe reaction to a previous MMR vaccine
- ☐ Has had a severe allergy to any vaccine component for example, neomycin
- ☐ Is taking steroids of any sort other than inhaled asthma sprays or steroid creams (for example, cortisone or prednisone)
- ☐ Has had immunoglobulin or a blood product in the past year
- ☐ Has a disease or is having treatment which causes low immunity (for example, leukaemia, cancer, HIV/AIDS, radiotherapy or chemotherapy)
- ☐ Is pregnant or planning to become pregnant within one month of immunisation

Further information

www.betterhealth.vic.gov.au

www.immunise.health.gov.au



**Translating and
interpreting service**
Call 131 450

To receive this document in an accessible format email: immunisation@dhhs.vic.gov.au

Authorised and published by the Victorian Government, 1 Treasury Place, Melbourne.
© State of Victoria, Department of Health and Human Services, January 2016. (1510012)



**An Australian, State and Territory
Governments initiative**