

# 免费接种百日咳疫苗，保护您和您的婴儿

给维多利亚州居民的信息

Simplified Chinese

## 谁有资格从 2015 年 6 月 1 日起免费接种该疫苗？

- 处于妊娠晚期（从 28 周起）的**孕妇**和她们（与婴儿住在一起或与婴儿经常接触）的**配偶**
- （在婴儿满 6 个月之前）在 2015 年 6 月 1 日和之后出生的**新生儿的父母**（包括养父母）。

## 什么是百日咳？

百日咳（whooping cough，也称作 pertussis）是一种有高度传染性的疾病，能导致严重且持续的咳嗽。幼小的婴儿这样持续咳嗽之后通常会出现阵发性无法呼吸和/或呕吐的情况。由于婴儿吸气时感到困难，咳嗽可能会伴有吸气性“吼声”。百日咳是通过已感染者的咳嗽和喷嚏传播的。

患者可能会出现严重的并发症，例如肺炎、抽搐、昏迷以及永久性的脑损伤和肺损伤。

未满 6 个月的婴儿患百日咳最危险。他们尤其易受感染，而且要到 6 个月的疫苗接种结束之后才会完全受到保护，不感染百日咳。

大多数死亡和住院治疗的病例是发生在未满 6 个月的婴儿身上。一些婴儿会因脑损伤和肺损伤而成为永久性残疾。

大约每 200 个未满 6 个月的百日咳患儿中有一个会死亡。

## 我为什么应该接种该疫苗？

您应该接种这种疫苗，以保护您的婴儿不感染百日咳。百日咳仍然在我们的社区里传播。即使您小时候打过疫苗，您可能不再受保护；由该疫苗提供的免疫力（或者由于以前患过百日咳而产生的免疫力）随着时间的推移而减弱。

## 我应该在什么时候接种该疫苗？

**孕妇**应该在每次怀孕的妊娠晚期接种该疫苗。孕妇接种该疫苗不仅保护自己，还通过胎盘把保护性抗体传给她的胎儿。这意味着婴儿出生时就会对百日咳具有一定的免疫力。正因如此，我们建议孕妇每次怀孕时都免费接种该疫苗，不论她们从上一次接种该疫苗到现在有多久。

研究显示，妊娠晚期是接种该疫苗，从而把最好的保护传给胎儿的最佳时间。

如果**孕妇的配偶**在过去 10 年中没有接种过该疫苗，那么他们应该在孕妇处于妊娠晚期时接种该疫苗，从而确保他们在婴儿出生之前已经产生免疫力。该疫苗需要 2 周时间生效。

如果**新生儿的父母**没有在怀孕期间或过去 10 年内接种过该疫苗，则应该在婴儿出生后尽快去接种该疫苗，以保护自己不受感染并将其传染给婴儿。未满 6 个月的婴儿的父母可以免费接种该疫苗。

**父母和家庭成员是婴儿感染百日咳的主要原因。**

## 我怎样免费接种该疫苗？

问您的医生、产科医生或助产师如何获得免费的百日咳-白喉（diphtheria）-破伤风（tetanus）疫苗。一些当地市政府雇用的疫苗接种护士可能也提供该疫苗。您可以直接联系当地市政府或者问您的妇幼保健护士。虽然该疫苗本身对于符合条件的人群而言是免费的，但是疫苗提供者可能会收取疫苗注射费。

## 有什么其它方法能保护我的婴儿不感染百日咳？

- 每次准时让您的婴儿打疫苗。您的婴儿应该在 2、4、6 个月大的时候打疫苗。第一剂疫苗可以在婴儿 6 周大的时候就注射\*。
- 确保您所有的孩子都全面地接种疫苗。根据全国免疫接种计划 (National Immunisation Program)，澳大利亚的所有儿童都有资格获得免费疫苗。目前这个计划\*在儿童 4 岁和 12-13 岁时提供百日咳的免费加强剂量。
- 要求那些近距离接触您的婴儿的人接种该疫苗。
- 建议那些与新生儿近距离接触的人（例如与婴儿住在同一个房子里的人、亲属以及幼儿工作者）每 10 年接种一次该疫苗。但是，该疫苗可能不是免费的。

\*根据 2015 年 5 月 1 日的全国免疫接种计划。

## 我听说接种过百日咳疫苗的人仍然可能会感染该疾病。这是真的吗？

成人疫苗的有效性大约是 92%；这意味着，有些接种过百日咳疫苗的人仍然可能会感染该疾病。百日咳疫苗是现有预防该疾病传播的最佳保护措施。

## 哪些其它疫苗被推荐在妊娠期间使用？

孕妇在妊娠期间的任何时候都可以免费接种流感疫苗（influenza vaccine，也称作 flu vaccine）。

孕妇患流感可能会导致严重并发症，可能需要去医院治疗。证据显示，在怀孕期间接种流感疫苗能使婴儿在出生后的 6 个月内受到保护。

## 被推荐在妊娠期间使用的疫苗有多安全？

这些被推荐的疫苗在怀孕期间和母乳喂养期间是安全的。几年来百日咳疫苗被常规性地提供给英国和美国的孕妇，也被推荐给澳大利亚所有的孕妇。英国和美国的一些大规模科学研究显示，百日咳疫苗不会增加对母亲或婴儿造成任何负面影响的风险。

同样，从 2010 年起，流感疫苗也被免费提供给澳大利亚的孕妇，而且被推荐在每次妊娠中都使用。

对您在怀孕期间的疫苗接种所做的决定感到放心是重要的。如果您对疫苗安全有疑问或担忧，您可以咨询您的医生或疫苗接种提供者。

## 我能从哪里获得关于百日咳、流感和妊娠期疫苗的更多信息？

想要获得更多信息，您可以咨询您的医生或见习护士、产科医生、助产师、妇产科医院职员、妇幼保健护士以及卫生与公众服务部疫苗接种办公室（Department of Health & Human Services Immunisation Section），致电 1300 882 008 或者登陆以下网站：

- [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)
- [www.health.vic.gov.au/immunisation](http://www.health.vic.gov.au/immunisation)

## 翻译

这份资料单的下列语种版本可以在以下网站获得：

<http://www.health.vic.gov.au/immunisation/factsheets/language.htm>

- 阿拉伯语
- 简体中文
- 越南语
- 土耳其语
- 波斯语
- 索马里语
- 北印度语。

如果您想以容易获取的形式收到本文件，请致电 1300 882 008 联系免疫接种办公室。本文件由维多利亚州政府（1 Treasury Place, Melbourne）授权和出版。

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# Protect your baby by protecting yourself with a free whooping cough vaccine

## Information for Victorian residents

### Who is eligible for the free vaccine from 1 June 2015?

- **Pregnant women** in their third trimester (from 28 weeks) and **their partners** (who live with or will have regular contact with the baby)
- **Parents of newborn babies** (including adoptive parents and foster parents) born on or after 1 June 2015, (before the baby is six months old).

### What is whooping cough?

Whooping cough, also known as pertussis, is a highly infectious disease that can cause a severe, persistent cough. In young babies the prolonged cough is often followed by periods of being unable to breathe and/or vomiting. Coughing can be followed by a “whooping” sound as the baby struggles to draw in air. Whooping cough is spread by coughs and sneezes from an infected person.

Severe complications such as pneumonia, convulsions, coma, and permanent brain and lung damage can occur.

Whooping cough is most serious in babies under six months of age. They are especially vulnerable to the infection and are not fully protected against whooping cough until their six-month vaccination schedule is complete.

Most deaths and hospitalisations are in babies under six months old. Some babies will suffer permanent disability from brain damage and lung damage.

**Around one in every 200 babies under six months of age who catches whooping cough will die.**

### Why should I get the vaccine?

You should get the vaccine to protect your baby against whooping cough. Whooping cough continues to circulate in our community. Even if you were vaccinated as a child, you may no longer be protected; immunity provided by the vaccine (or by previous infection with whooping cough) fades over time.

### When should I get the vaccine?

**Pregnant women** should get the vaccine in the third trimester of every pregnancy. A pregnant woman receiving the vaccine protects herself and passes on protective antibodies to her baby through the placenta. This means the baby is born with some immunity to whooping cough. For this reason the vaccine is recommended and free for pregnant women in every pregnancy, regardless of how long it has been since they last received the vaccine. Research suggests that the third trimester is the best time to receive the vaccine in order to pass on the best protection for the baby.

**Partners of pregnant women**, who have not had the vaccine in the last 10 years, should receive the vaccine while their partner is in the third trimester, to ensure they have developed immunity before the birth of their baby. The vaccine takes two weeks to work.

**Parents of newborn babies** should get the vaccine as soon as possible following the birth, if not vaccinated during pregnancy or in the previous ten years, to protect them from catching and passing on the infection to their baby. The vaccine is free for parents whose babies are less than six months of age.

**Parents and family members are the main source of whooping cough infection in babies.**

### How do I get the free vaccine?

Ask your doctor, obstetrician or midwife about getting the free whooping cough vaccine which also contains protection against diphtheria and tetanus. Immunisation nurses employed by some local councils may also provide the vaccine. Contact your local council directly or ask your maternal and child health nurse. While the vaccine itself is free for eligible groups, the provider may charge a fee for delivering the vaccine.

## What other ways can I protect my baby from whooping cough?

- Immunise your baby on time, every time. Your baby should receive their vaccines at two, four and six months of age. The first dose can be given as early as six weeks of age\*.
- Make sure all your children are fully immunised. All children in Australia are eligible for free vaccines under the National Immunisation Program. The current program\* provides free booster doses against whooping cough at four years old and 12-13 years old.
- Ask those in close contact with your baby to have the vaccine.
- For people in close contact with newborn babies (for example other people who live in the house with the baby, relatives, childcare workers) the vaccine is recommended once every 10 years, however the vaccine may not be free.

\*As per the National Immunisation Program on 1 May 2015

## I've heard that vaccinated people can still catch whooping cough. Is this true?

The adult vaccine is around ninety-two per cent effective; meaning that some people who are vaccinated may still catch whooping cough. The whooping cough vaccine is the best protection available to prevent the spread of this disease.

## What other vaccines are recommended during pregnancy?

Influenza (flu) vaccine is recommended at any time during pregnancy and is free for pregnant women.

Influenza infection can cause serious complications in a pregnant woman, which may include the need for hospital treatment. Evidence shows that vaccination against influenza while pregnant can provide protection for the baby in the first six months after birth.

## How safe are the recommended vaccines during pregnancy?

The recommended vaccines are safe during pregnancy and while breastfeeding. Whooping cough vaccine has been routinely given to pregnant women in the United Kingdom and the United States of America for several years and is recommended for all pregnant women in Australia. A number of large scale scientific studies from the UK and US have shown no increased risk of any adverse outcomes for mothers or babies.

Similarly, influenza vaccine has been provided free to pregnant women in Australia since 2010 and is recommended for every pregnancy.

It is important to be comfortable with decisions you make about vaccination during pregnancy. Your doctor or immunisation provider is a good source of information if you have questions or concerns about vaccine safety.

## Where can I get further information about whooping cough, influenza and the vaccines during pregnancy?

More information is available from your doctor or practice nurse; your obstetrician; your midwife; maternity hospital staff; your maternal and child health nurse; the Department of Health & Human Services Immunisation Section, phone 1300 882 008 or the following websites:

- [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)
- [www.health.vic.gov.au/immunisation/](http://www.health.vic.gov.au/immunisation/)

## Translations

This fact sheet is available at

<http://www.health.vic.gov.au/immunisation/factsheets/language.htm> in the following languages:

- Arabic
- Simplified Chinese
- Vietnamese
- Turkish
- Farsi
- Somali
- Hindi.

To receive this document in an accessible format phone the Immunisation Section on 1300 882 008. Authorised and published by the Victorian Government, 1 Treasury Place, Melbourne.

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