

麻疹、腮腺炎和风疹

疫苗接种信息

全国免疫接种计划 (National Immunisation Program) 12个月和18个月的儿童免费提供麻疹腮腺炎风疹 (MMR) 疫苗。

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。麻疹有时会导致危险的并发症，如肺炎。在1000个感染麻疹的人当中，约有一人会出现脑部炎症。每十位这样感染的儿童，会有一人死亡，很多人会有永久性脑损伤。在澳大利亚，麻疹仍在引起死亡。一种叫做亚急性硬化性全脑炎 (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。这种疾病会导致永久性耳聋。

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。出现此种症状的男性通常会完全康复，但在极少数情况下它可能导致不育。

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

这是一种轻微的儿童疾病，但也会影响青少年和成年人。此种疾病会引起腺体肿胀、关节疼痛和面部及颈部的皮疹，这些症状将持续两至三天。患者通常迅速、彻底恢复。

如果妇女在怀孕前20周内感染风疹，会是非常危险的。这会导致新生儿严重异常。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。

*接种疫苗后的一个月内应避免怀孕。

麻疹腮腺炎风疹 (MMR) 疫苗

对于18个月大的儿童，MMR疫苗也可以与水痘病毒相结合成为MMRV疫苗，含有少量的每一种病毒且药效相对较低，并含有少量抗生素新霉素。

MMR疫苗可能产生的副作用

MMR疫苗产生反应比这些疾病并发症的频率低得多。

常见副作用

出现于疫苗接种后的第七至十天

- 超过39 °C的高烧
- 轻微红色皮疹（不会传染）
- 鼻伤风和/或流鼻涕
- 咳嗽和/或眼部肿大
- 困倦或疲惫
- 唾液腺肿胀
- 注射部位出现暂时的小肿块

严重副作用

- 注射第一剂MMR疫苗后出现血小板不足（导致淤青或流血），其发生概率为两万至三万分之一。

极罕见副作用

- 严重过敏反应

如果出现轻微的反应，它将会持续两至三天。这些副作用可以通过以下方式减轻：

- 在疼痛的注射部位放置一块冷湿布
- 多补充液体，如果有发热，不要穿太多衣服
- 服用（或让您的孩子服用）扑热息痛来缓解不适（请注意您孩子年龄的推荐剂量）

如果反应严重或持续，或者您感到担忧，请联系您的医生或去医院。

您也可以致电维多利亚州疫苗安全服务处，1300 882 924 选 1。

接种前检查清单

在您或您的孩子接种之前，如有以下情况，请告诉医生或护士。

- ☐ 上个月注射过含有活病毒的疫苗（例如MMR、水痘和卡介苗）
- ☐ 在接种当天感到不适（体温高于38.5 °C）
- ☐ 之前对MMR疫苗产生过严重反应
- ☐ 对任何疫苗成分产生过严重过敏现象，例如新霉素
- ☐ 正在服用除吸入型哮喘喷雾剂和类固醇乳霜以外的任何一种类固醇（例如可的松和强的松）
- ☐ 在过去一年服用过免疫球蛋白或血液制品
- ☐ 患有导致免疫力低下的疾病或正在接受导致免疫力低下的治疗（例如白血病、癌症、艾滋病、放疗和化疗）
- ☐ 已怀孕或计划在接种后一个月内怀孕

更多信息

www.betterhealth.vic.gov.au

www.immunise.health.gov.au



翻译和口译服务

请致电131 450

如希望获得本文件的可存取格式，请发电邮至: immunisation@dhhs.vic.gov.au

维多利亚州政府批准并发布，1 Treasury Place, Melbourne。

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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

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