

Male boginje, zaušnjaci, rubeola i pljuskavice (varičela)

Informacije o imunizaciji

Nacionalni program imunizacije pruža besplatnu kombiniranu vakcinu MMRV protiv malih boginja, zaušnjaka, rubeole i pljuskavica (varičela) za zaštitu djece u dobi od 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.

U prosjeku kod jednog od 15 oboljele djece od malih boginja nastupi upala pluća, a kod jednog od 2000 djece upala mozga (encefalitis). Na svakih 10 slučajeva upale mozga od malih boginja, jedno dijete umre a kod mnogih dođe do trajnog oštećenja mozga.

Nekoliko godina nakon preboljenih malih boginja, može nastupiti rijetko stanje pod imenom SSPE (subakutni sklerozirajući panencefalitis). 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, ali trajne nuspojave su rijetke. Na svakih pet mladih i odraslih muškaraca koji obole od zaušnjaka, jedan dobije bolnu upalu i naticanje testisa. Zaušnjaci ponekad izazivaju neplodnost i trajnu gluhoću.

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Rubeola

Rubeola izaziva naticanje žlijezda, bolove u zglobovima i osip po licu i vratu koji traje dva do tri dana. Na 3000 oboljelih osoba, kod jedne će doći do pada broja trombocita što izaziva modrice i krvarenje. Kod jedne od 6000 oboljelih dođe do upale mozga.

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.



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

Pljuskavice

Pljuskavice (varičela) jsu izrazito zarazna bolest koja najprije izaziva osip u vidu crvenih mrlja, koji se u roku od nekoliko sati pretvore u plikove. Osip se obično pojavljuje na poprsju, licu i na drugim dijelovima tijela. Većina ljudi zaraženih pljuskavicama ima visoku temperaturu i slabo se osjeća i može imati jaki svrbež.

Pljuskavice se ponekad pretvore u ozbiljniju bolest poput bakteriološke infekcije kože, koja dovodi do ožiljaka na koži, upale pluća ili upale mozga pa čak može i izazvati smrt u svakoj životnoj dobi. Odrasli koji dobiju pljuskavice obično imaju teže simptome.

Pljuskavice tokom trudnoće mogu dovesti do teških abnormalnosti kod novorođenčadi. Zaraza kod majke u vrijeme poroda može dovesti do teške zaraze kod novorođenčeta.

Pljuskavice se prenose kašljanjem i kihanjem i direktnim kontaktom s tekućinom iz plikova na koži.

Istraživanja pokazuju da dvije doze vakcine protiv pljuskavica pružaju djeci veću zaštitu i smanjuju opasnost od pojave blažeg oblika pljuskavica kasnije u životu. Vlada finansira jednu dozu vakcine protiv pljuskavica u MMRV vakcini. Druga doza vakcine protiv pljuskavica može se kupiti na recept.

Vakcina protiv malih boginja, zaušnjaka, rubeole i pljuškavica (MMRV)

Nacionalni program imunizacije pruža besplatnu kombiniranu MMRV vakcinu za zaštitu od malih boginja, zaušnjaka, rubeole i pljuškavica djeci u dobi od 18 mjeseci.

MMRV se međutim ne preporučuje kao prva doza djeci do četiri godine starosti zbog povećanog rizika febrilnih konvulzija u toj grupi starosti djece.

Djeca primaju prvu dozu vakcine protiv malih boginja, zaušnjaka i rubeole (MMR) s 12 mjeseci bez vakcine protiv pljuškavica (varicella).

Važno je napomenuti da djeca koja su alergična na jaja mogu slobodno primiti MMR i MMRV vakcine.

MMRV vakcina se ne preporučuje osobama iznad 14 godina pa osobe u tim godinama mogu primiti MMR vakcinu, a vakcina za pljuškavice se daje zasebno, ako je potrebno.

Provjera prije imunizacije

Prije imunizacije, morate reći osobi koja vrši imunizaciju ako je vaše dijete:

- ☐ bolesno (ima temperaturu preko 38.5 °C)
- ☐ imalo jaku reakciju na bilo kakvu vakcinu
- ☐ imalo jaku reakciju na bilo koji sastojak vakcine
- ☐ ima jaku alergiju na bilo šta
- ☐ primilo 'živu' vakcinu u zadnjih mjesec dana
- ☐ nedavno primilo imunoglobulin ili transfuziju krvi
- ☐ bolesno ili mu je zbog liječenja opao imunitet.

Moguće nuspojave MMRV vakcine

Nuspojave su obično blage i dobro se podnose i daleko su rjeđe od komplikacija od bolesti. Reakcije na MMRV vakcinu obično se pojavljuju 7 do 10 dana nakon vakcinacije i traju jedan do dva dana.

Reakcije od 7 do 10 dana nakon vakcinacije

- bol, crvenilo ili otok na mjestu uboda
- zatebljanje na mjestu uboda koje može potrajati nekoliko sedmica ili mjeseci
- temperatura (može biti preko 39 °C)
- blijedi crveni osip (nije zarazan)
- simptomi hunjavice
- naticanje pljuvačnih žlijezda

Nuspojave od 5 do 26 dana nakon vakcinacije

- blagi osip nalik na osip od pljuškavica

Pomoć kod nuspojava nakon imunizacije

- Dajte djetetu da pije više tekućine i nemojte previše utopljavati dijete ako je ono vruće.
- Iako se ne preporučuje davati paracetamol nakon vakcinacije, paracetamol se može dati ako dijete ima stalno temperaturu. Pročitajte na kutiji kolika je prava doza i pitajte apotekara—posebno kada paracetamol dajete djeci.
- Ponekad mala, tvrda otekline na mjestu uboda može potrajati nekoliko sedmica ili nekoliko mjeseci. To vas ne treba zabrinjavati i za to nije potreban nikakav tretman.

Rijetke nuspojave

Uvijek postoji mala opasnost od teške alergijske reakcije (anafilakse) na vakcinu. Zato se preporučuje da ostanete na klinici ili u ljekarskoj ordinaciji najmanje 15 minuta nakon vakcinacije, ukoliko daljnje liječenje bude potrebno.

U slučaju teških i neočekivanih nuspojava nakon imunizacije idite kod doktora ili direktno u bolnicu.

Možete nazvati Viktorijsku službu za sigurnost vakcine (SAEFVIC) na (03) 9345 4143. Telefonska linija ima radno vrijeme od 10.00 do 16.00 sati, a poruku možete ostaviti u bilo koje vrijeme. Ova služba ne pruža hitno rješavanje problema zbog reakcije.

Za savjet se javite:

- svom doktoru
- lokalnoj općinskoj službi za imunizaciju.

Daljnje informacije

www.health.vic.gov.au/immunisation

www.betterhealth.vic.gov.au



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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

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