

ROUTINE IMMUNIZATION SCHEDULE FOR YOUR CHILD

Immunizing on schedule ensures your child gets the maximum possible protection from serious vaccine-preventable diseases. Start with the first appointment at two months of age and make it a priority to schedule the next appointment when it is due.

Immunizing on schedule gives your child the best immunity possible and lasts throughout childhood. Booster doses are required for some vaccines.

- Recommended immunization schedules change from time to time. It is suggested you contact your local public health nurse for the most current information.

Routine immunization schedule

Age	Vaccine
2 months	<ul style="list-style-type: none"> • DTaP-IPV-Hib(Diphtheria, tetanus, acellular pertussis, polio, haemophilus influenza type b) • Pneumococcal conjugate • Meningococcal conjugate
4 months	<ul style="list-style-type: none"> • DTaP-IPV-Hib(Diphtheria, tetanus, acellular pertussis, polio, haemophilus influenza type b) • Pneumococcal conjugate • Meningococcal conjugate
6 months	<ul style="list-style-type: none"> • DTaP-IPV-Hib (Diphtheria, tetanus, acellular pertussis, polio, haemophilus influenza type b) • Pneumococcal conjugate
6–59 months	<ul style="list-style-type: none"> • Influenza(Annually, during influenza season)
12 months	<ul style="list-style-type: none"> • MMR(Measles, mumps, rubella) • Varicella (Chickenpox) • Meningococcal conjugate
18 months	<ul style="list-style-type: none"> • DTaP-IPV-Hib (Diphtheria, tetanus, acellular pertussis, polio, haemophilus influenza type b) • Pneumococcal conjugate
4–6 years	<ul style="list-style-type: none"> • DTaP-IPV(Diphtheria, tetanus, acellular pertussis, polio) • MMR
Grade 5	<ul style="list-style-type: none"> • Hepatitis B (3 doses) • HPV(Human papillomavirus, 3 doses for females)
14–16 years	<ul style="list-style-type: none"> • dTap(Diphtheria, tetanus, acellular pertussis)

Note: Each bullet represents one vaccine/injection unless otherwise noted.

Chickenpox

Chickenpox is a viral infection that causes an itchy rash which looks like water blisters. Most people recover without lasting effects but some people may develop complications. For example, if the blisters become infected, there may be scarring. The chickenpox vaccine is provided for different age groups.

Diphtheria, Tetanus, Pertussis, Polio, Haemophilus influenza type B

These diseases can kill or disable large numbers of children. The vaccine for these five diseases are very effective and are usually combined in one needle.

Hepatitis B

Hepatitis B is a virus that affects the liver. It can cause permanent liver damage. Under the Alberta Immunization Program, Hepatitis B vaccine is provided in a series for Grade five students.

Human Papillomavirus – HPV

Human Papillomavirus (HPV) is a very common infection and is passed through sexual contact. It is estimated that over 70 per cent of people will have at least one genital HPV infection in their lifetime. Certain types of HPV infection cause almost all cases of cervical cancer.

The HPV vaccine is most effective when given to girls before they begin any sexual activity and risk exposure to HPV.

Influenza

Influenza, commonly called the flu, is an infection of the throat, nose and lungs caused by a virus. As with other viral illnesses, antibiotics do not help to get rid of influenza disease. The disease is mild in some people but other people can become very ill. One of the best ways to prevent influenza is to get influenza immunization every year.

Measles, Mumps, Rubella (MMR)

Measles, mumps, and rubella are serious diseases that may cause complications such as vision or hearing loss, mental disabilities or heart defects. The Alberta Immunization program has been effective in dramatically reducing the number of outbreaks in Alberta. However these diseases are still common in other parts of the world and may return to Canada if high vaccine coverage rates are not maintained. The vaccines for these three diseases are usually combined in one needle given twice in childhood.

Meningococcal Disease

Meningococcal bacteria can cause two serious diseases, meningococcal meningitis (an inflammation or infection of the covering of the brain and spinal cord) or meningococemia (a more serious infection of the blood & many parts of the body). A vaccine to prevent the most common strains of meningococcal bacteria is provided through the Alberta Immunization Program. It is provided in a series for babies during infancy.

Pneumococcal Disease

Pneumococcal disease is caused by pneumococcal bacteria, of which there are 90 strains. Streptococcus Pneumoniae is a leading cause of invasive bacterial infections in infants and children such as meningitis, serious blood infections and pneumonia. A vaccine provided through the Alberta Immunization program helps protect against the most common strains and will prevent 80–85 per cent of invasive pneumococcal disease.

To get more information about vaccination, contact your family doctor or speak to a registered nurse 24 hours a day, seven days a week by calling Health Link Alberta at 1-866-408-LINK (5465) toll-free. Mandarin Health Link Calgary 403-943-1554, Cantonese Health Link Calgary 403-943-1556.

Source: Health and Wellness Website, Government of Alberta, <http://www.health.alberta.ca/health-info/immunization.html>

If you want to read any of the previous ‘Road To Healthy Living’ series articles, please go to http://www.calgaryhealthregion.ca/programs/diversity/multilingual_health_services.htm and get health information in your own language.