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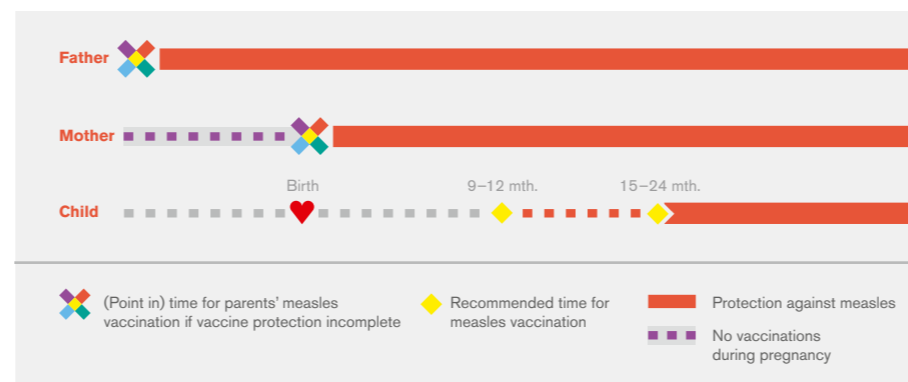
Measles

Both doctors and the Federal Office of Public Health advise parents to get vaccinated against measles to protect their infants.

Measles is a highly infectious disease that can lead to serious complications, especially for small children and adults. Mothers and fathers who are not immune against measles (in other words those who have never been vaccinated nor had the illness) are therefore recommended to get vaccinated both for their own protection and to protect their babies since the latter are generally not vaccinated against measles before age 12 months.

Measles: risks for infants and pregnant women

Infants with measles have an elevated risk of complications and a relatively high hospitalisation rate. Even though babies generally recover well, the disease can be fatal in rare cases – mostly because of pneumonia. In very rare cases, the virus remains in the baby's brain even after recovery, triggering an inflammation of the brain years later, which is always fatal. Pregnant women who contract measles have an elevated risk of pneumonia. An infection during pregnancy can result in spontaneous miscarriage, premature birth or low birth weight.



Mothers and fathers can take action

A tiny jab is all it takes to protect parents and thus their little ones from a measles infection with potentially serious consequences. The administered live vaccine contains weakened virus particles. This activates the immune defences without actually triggering the disease or any of the related complications. In general, potential side effects of the vaccination are mild and far less dangerous than the disease itself. Full vaccination usually confers lifelong protection.

Vaccination recommendations for adults:

- ◆ Catch-up vaccination for anyone born 1964 or later who has not yet received two doses of vaccine and has never had measles; if trying for a baby it is best to be vaccinated before pregnancy.

To be on the safe side, pregnant women should not be vaccinated. However, if they are vaccinated this is not a reason to terminate the pregnancy. If vaccination is indicated it can be administered straight after birth.

Vaccination recommendations for infants:

- ◆ General: first dose at age 12 months, second between 15 and 24 months.
- ◆ Children attending childcare: first dose at age 9 months, second between 12 and 15 months.
- ◆ In the event of an epidemic: first dose from age 9 months, second between 12 and 15 months.
- ◆ In the event of direct contact with a diseased person: first dose from age 6 months, followed by two additional doses, providing first dose administered before the age of 9 months.



I get
a jab
you get
protection

against measles and whooping cough

I get
a jab
you get
protection

Whooping cough

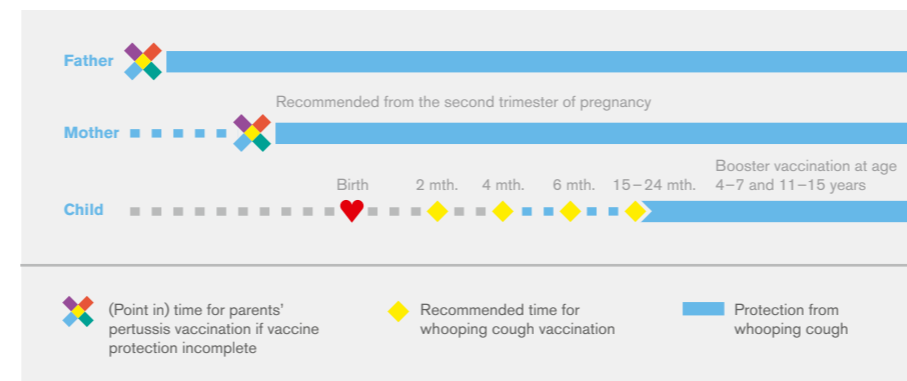
Both doctors and the Federal Office of Public Health advise parents to get vaccinated against whooping cough to protect their newborn.

Whooping cough (pertussis) is highly infectious and is spread via respiratory droplets. The disease is characterised by violent coughing that can lead to serious choking fits. For adults, however, it is usually harmless. Often it is the parents who unwittingly infect their children. The coughing spells can last for weeks and restrict the child while sleeping, eating and breathing.

Whooping cough: risks for infants

Symptoms in babies can be very serious because they may develop trouble breathing and may even stop breathing. Other complications are pneumonia, middle ear infections, seizures, and brain disorders potentially resulting in permanent damage. In rare cases, the disease leads to death. Antibiotics only help protect against the complications of whooping cough if they are administered in the first few days.

“A tiny jab for me –
a big dose of protection for you”



Mothers and fathers can take action

A tiny jab is all it takes to protect parents and thus their children from a potentially serious infection with whooping cough. In general, any side effects of the vaccination are mild and far less dangerous than the disease itself. Because the vaccine is inactivated it is safe to use during pregnancy.

Vaccination recommendations for adults:

- ◆ Booster vaccination for everyone between age 25 and 29 years.
- ◆ Adults in regular contact with infants under 6 months (including parents, grandparents and siblings) if they had their last whooping cough vaccination more than ten years ago.
- ◆ Pregnant women if they had their last whooping cough vaccination more than five years ago.

Vaccination recommendations for infants:

- ◆ General: 3 doses at age 2, 4 and 6 months.
- ◆ Premature babies and those attending childcare: at age 2, 3 and 4 months.
- ◆ Boosters: at age 15 to 24 months, 4 to 7 years, and 11 to 15 years.

Further information:

www.sichimpfen.ch
www.myvaccines.ch
Vaccine-hotline:
0844 448 448

In case of further questions please contact your doctor. He/she is pleased to help you with any information.

