

SIDE EFFECTS OF VACCINATION ARE MILD AND PASS QUICKLY

Vaccines can cause side effects, but serious ones are very rare. You might experience pain, swelling, redness, fever, headache, or fatigue at the injection site on the evening of the vaccination or the next day. These symptoms can be relieved with paracetamol or ibuprofen and a cold compress. While these reactions can be bothersome, they are not serious or dangerous.

Very rarely, about 1-2 cases per million vaccine doses, a severe allergic reaction (anaphylactic shock) to some vaccine components may occur. After vaccination, it's important to stay with the school nurse for observation for 15 minutes. The nurse is trained to handle allergic reactions if they occur.

THERE ARE VERY FEW CONTRAINDICATIONS TO VACCINATION

- Mild cold symptoms and a low fever are not reasons to avoid vaccination, but if parents prefer, they can choose to postpone it.
- If a child has had a severe allergic reaction (such as anaphylactic shock) to any component of the vaccine in the past, they cannot receive this vaccine. This is considered a permanent contraindication.
- Having an egg allergy does not prevent someone from receiving any vaccine included in the national immunization schedule.
- Allergies to dust mites, pollen, food, insecticides, or animals also do not prevent someone from receiving vaccination.

IT'S ALWAYS SAFER TO PREVENT A DISEASE THAN TO ENDURE ITS EFFECTS

Vaccination saves the lives of millions of people worldwide every year.

VACCINES ARE VERY EFFECTIVE

Most childhood vaccinations provide immunity to 95-99% of those vaccinated. In the rare event that a vaccinated child does contract the disease, it tends to manifest in a milder form.

VACCINATION IS SAFE

Vaccines have been in use for decades. They have been extensively studied to understand their effects thoroughly.



If you have any questions, please consult your family nurse or family doctor.

Family doctor's helpline **1220**

vaksineeri.ee/en
terviseportaal.ee/en



vaksineeri.ee

PROTECT YOUR CHILD!

Vaccination is the most effective protection against life-threatening infectious diseases.

TERVISEKASSA 



TERVISEAMET

Every country has its own immunization plan that offers free vaccines to both children and adults. Vaccination starts in infancy and continues into toddlerhood, as young children are particularly vulnerable to certain infectious diseases.

REVACCINATION IS IMPORTANT FOR SCHOOL-AGED CHILDREN

Revaccinating during school years keeps the protection from childhood vaccines strong. Additionally, teenagers receive the HPV vaccine, which is provided free of charge to both boys and girls starting from the age of 12, as part of the immunization plan.

Ensuring protection against infectious diseases and keeping it up-to-date is crucial. The 2018 measles outbreak in Saaremaa highlighted the risk: unprotected or inadequately protected individuals, such as those who received only one dose of the vaccine, contracted the highly contagious disease.

Before starting first grade, it's important to visit your family doctor for vaccines that protect against diphtheria, tetanus, whooping cough, and polio. Additionally, make sure your child is protected against measles, mumps, and rubella before they begin school.

Two doses of the vaccine offer sufficient protection against measles, mumps, and rubella. In Estonia, according to the current immunization schedule, children receive their first dose at age 1 and are revaccinated at age 13.

VACCINATIONS AT SCHOOL ARE DONE BY THE SCHOOL NURSE

If, for any reason, the child hasn't received timely vaccination from their family doctor, the school nurse can administer the vaccine with parental consent. School nurses are highly skilled specialists who monitor the child's health, conduct health checks, offer first aid when needed, administer vaccines, and educate children about healthy nutrition and active, safe lifestyles throughout their school years.

HPV VACCINE PROVIDES LONG-TERM PROTECTION

Vaccination against human papillomavirus (HPV) works best when given to young people aged 12 to 14, before they become sexually active and are exposed to the virus. However, it's still helpful to get the vaccine later on. That's why teens aged 15 to 18 can get the HPV vaccine for free if they haven't had it yet.

HPV infections are common in Estonia. Some types of HPV can cause cancer in the genital area, head, and neck in both men and women. Getting vaccinated on time can prevent up to 90% of these cancers and offers long-term protection against the disease.

RENEW YOUR PROTECTION AGAINST DIPHTHERIA, TETANUS, AND WHOOPING COUGH

Adolescents aged 15-16 are given the chance to renew their protection against diphtheria, tetanus, and whooping cough through revaccination. Protection against diphtheria and tetanus needs to be renewed every 10 years, and you should continue getting vaccinated with your family doctor after finishing school. This vaccine is also free for adults.

The vaccine given at school includes an extra component that also protects against whooping cough. Updating protection against whooping cough during adolescence is important because, for example, in 2017, 56 people in Estonia were infected with whooping cough, and 42 of them (75%) were young adults aged 20 and over.

Adolescents over 16 who have not yet renewed their protection against diphtheria and tetanus should contact their school nurse or family doctor as soon as possible.

THE DISEASE FOR WHICH VACCINATION IS REQUIRED

CHILD'S AGE 6-7 YEARS

12-14 YEARS (15-18 YEARS)

13 YEARS

15-16 YEARS

Diphtheria, tetanus, whooping cough

● 5th dose

● 6th dose

Poliomyelitis

● 5th dose

Human papillomavirus (HPV)

●

Measles, mumps, rubella

● 2nd dose

Influenza (flu)

● Annually before the beginning of the flu season (October-November)

● For children in the flu risk group up to age 18, it's recommended to receive the flu vaccine annually before the flu season begins, typically in October or November.

CHILDREN ARE VACCINATED AT SCHOOL ONLY WITH WRITTEN CONSENT FROM A PARENT

If a parent refuses vaccination, this must also be submitted in writing to the school nurse. Before vaccination, the school nurse ensures there are no contraindications by checking the child's health data and talking to the child.