

Child Health Clinic Book

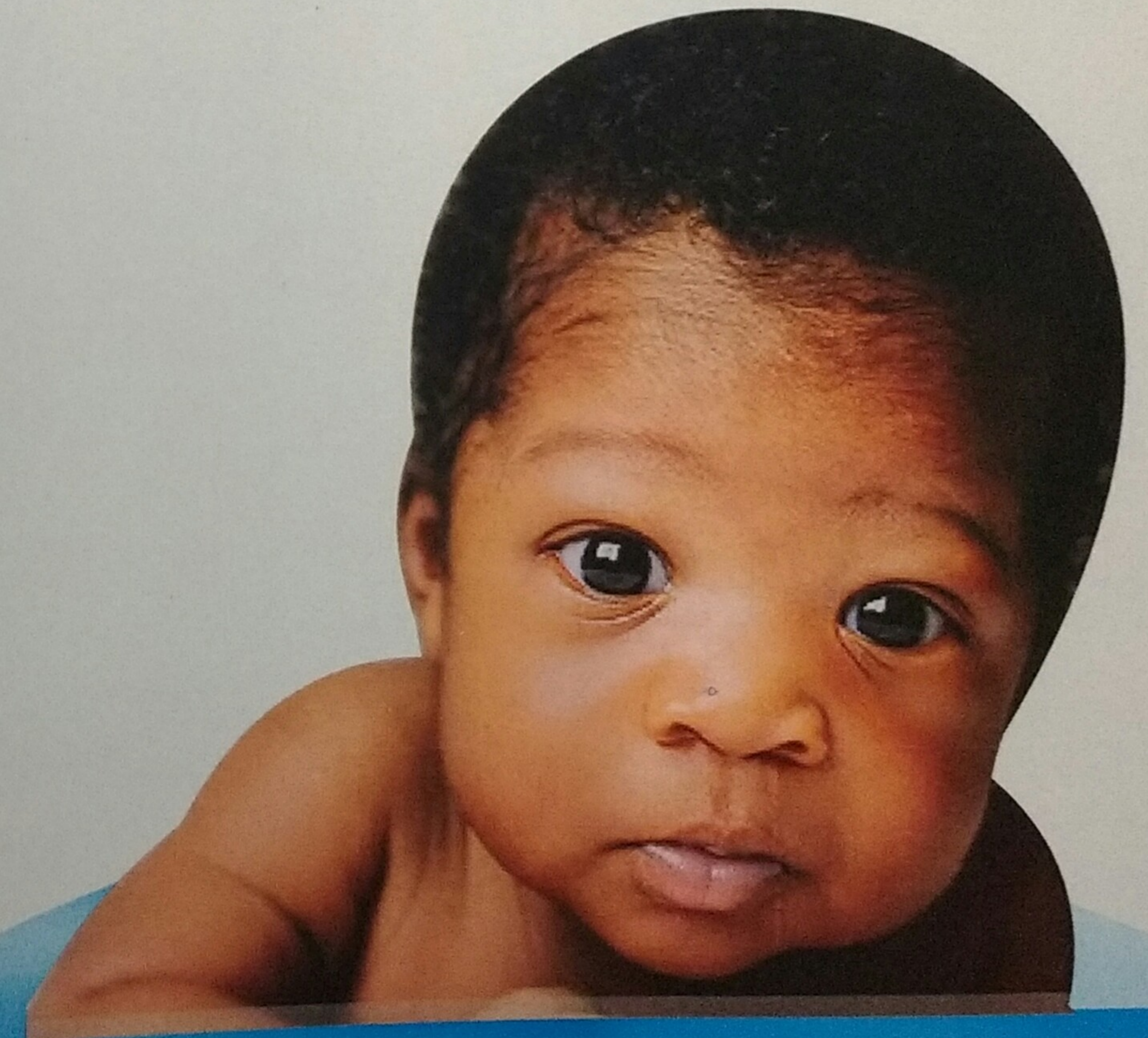
Name:

BE WISE



IMMUNISE

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Registration No.	
Date of Birth	
Sex	
Birth Weight (Kg)	
Date first seen	
Blood Group	
Residence	
Mother's Name	
Mother's Telephone	
Father's Name	
Father's Telephone	

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CHILD HEALTH CARD

Dear Parents & Guardians

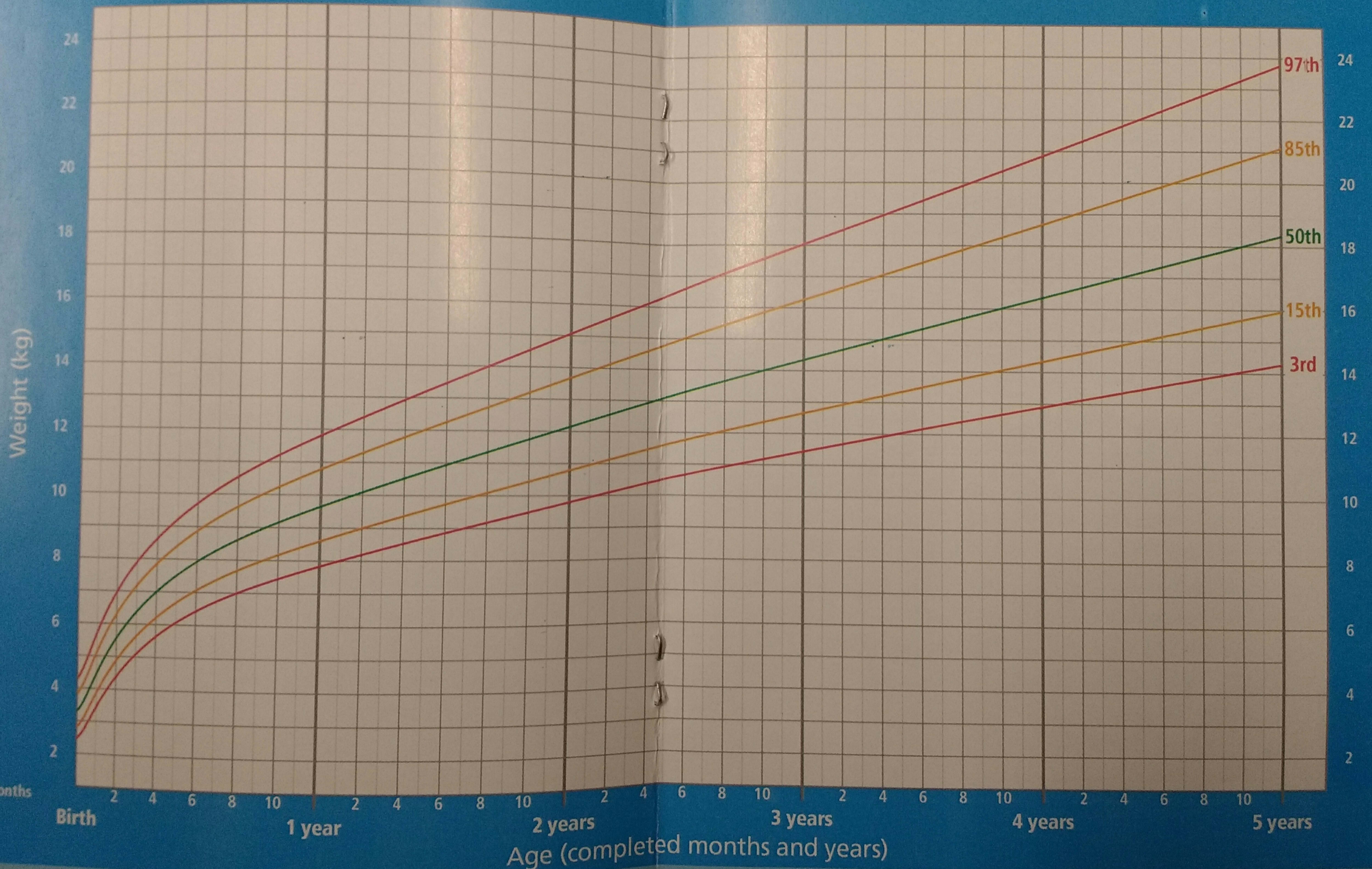
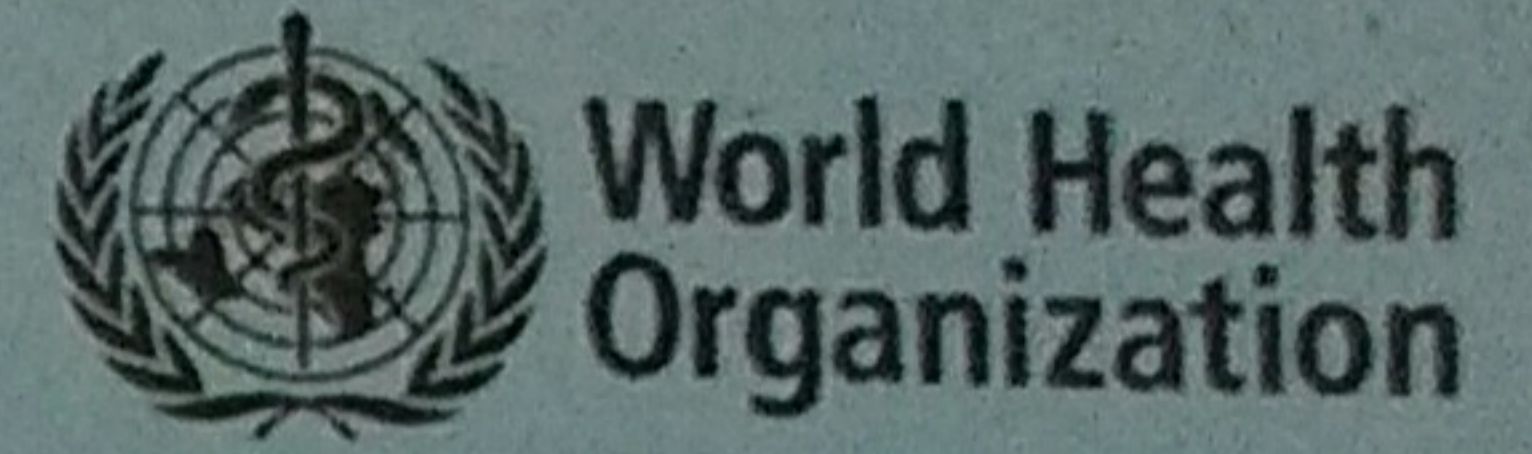
Span Medicare runs a clinic which offers routine national immunization vaccines and other international recommended childhood vaccines given in most international programs. Immunization protects your child against serious diseases. Keep your child's immunization record in a safe place where you can easily locate it. Bring the record to each of your child's doctor visits. Ask the doctor or nurse to record the vaccine given, date, and dosage on your child's immunization record. You should also note where your child got the shot.

SMC RECOMMENDED GUIDELINES FOR VACCINATION

Age	Vaccine Given	Protection Against	Route	Date given	Batch No.	Signature	Return Date
Birth	BCG	Tuberculosis	Right Upper arm				
	Polio 0	Polio	Mouth drops				
	Hep B 0	Hepatitis B	Upper thigh				
6 weeks	Polio 1	Polio	Mouth drops				
	DPT+HepB+HiB1	Diphtheria, Pertussis, Tetanus	Left thigh				
	Conjugate Pneumococcal 1	Pneumonia, otitis media & meningitis	Right Thigh				
10 weeks	Rota Virus 1	Viral diarrhea	Mouth drops				
	Polio 2	P	Mouth drops				
	DPT+HepB+HiB2	Diphtheria, Pertussis, Tetanus	Left thigh				
14 weeks	Conjugate Pneumococcal 2	Pneumonia, otitis media & meningitis	Right Thigh				
	Rota Virus 2	Viral diarrhea	Mouth drops				
	Polio 3	Polio	Mouth drops				
14 weeks	IPV	Polio	Right thigh				
	DPT+HepB+HiB3	Diphtheria, Pertussis, Tetanus	Left thigh				
	Conjugate Pneumococcal 3	Pneumonia, otitis media & meningitis	Right Thigh				

Weight-for-age BOYS

Birth to 5 years (percentiles)



WHAT YOU NEED TO KNOW ABOUT YOUR CHILD VACCINES

Infants and children need vaccines to protect them from harmful diseases. These diseases can have serious complications, especially for very young children, and even cause death. Vaccines stimulate your baby's immune system to be ready to protect your baby when exposed to certain infections.

The diseases that vaccines prevent can be dangerous, or even deadly. Vaccines reduce the risk of infection by working with the body's natural defenses to help it safely develop immunity to disease. Vaccines are given at the time and intervals that ensure maximum **benefit** to the body.

When germs, such as bacteria or viruses, invade the body, they attack and multiply. This invasion is called an infection, and the infection is what causes illness. The immune system then has to **fight** the infection.

Vaccines help develop immunity by imitating an infection, but this "imitation" infection does not cause illness. It does, however, because the immune system to develop the same response as it does to a real infection so the body can recognize and **fight** the vaccine-preventable disease in the future.

Boosters are given to give a boost to the immunity so the body's response will be quick and longer lasting. Most vaccines cause some fever, irritability within 24 hours of administration which subside quickly thereafter. In case of any other reactions, consult your doctor.

BCG: The **first** vaccine after birth. Injected on the right shoulder in Uganda. Protects against TB (Tuberculosis) and is normally given once at birth. A good BCG response will show a small swelling from 2 weeks after the injection. It slowly swells and some pus may form which may rupture. Do not squeeze or wash with spirit or soap. Clean with water and let it heal. This leaves a scar visible for life. There is no fever reaction or swelling after the injection but a little pain at the injection site.

Oral Polio Drops (OPV): May be oral drops or injectable as part or other vaccines (DPT). Uganda like many developing countries still uses oral polio. This should be given until government policy changes to the injectable type. Ensure your child gets 4 doses, the **first** one given at birth with BCG.

DPT Vaccine: Is a combination of three vaccines against Diphtheria, Pertussis (Whooping Cough) which affect the respiratory system and Tetanus which

affects the nervous system. The Pertussis vaccine causes more reaction than others. Acellular vaccine (so called painless) is the DPT vaccine with pertussis of low reaction and is most recommended for the booster doses.

HBV Vaccine: Hepatitis B virus causes severe liver disease that can kill both in the short and long run due to liver complications, cancer inclusive. This vaccine can be given at birth with BCG and later on in combination with other vaccines.

Haemophilus Influenza B Vaccine (HIB): Haemophilus **Influenza** is one of the most common bacteria that cause multiple severe diseases in young children especially meningitis, pneumonia, ear infection and others. The vaccine is given in combination with HBV and DPT and is called Pentavalent because it contains 5 vaccines. This vaccine is given in 3 primary doses at 6, 10 and 14 weeks. Booster doses are given at 18 months.

Rotavirus Vaccine: Rotavirus is the most common cause of severe diarrhea and vomiting with fever in young children. The vaccine is given as oral liquid in 2 doses between 6 weeks and 6 months. It reduces diarrhea and vomiting and limits the need for hospitalization.

Pneumococcal Vaccine: Pneumococcal bacteria causes severe infections. The vaccine protects against serious infections that include pneumonia, meningitis and ear and throat infections. One type of vaccine (Conjugate) is given below 2 years of age as 3 doses at 6, 10 and 14 weeks and a booster at 1 year. A second type is given to those over 2 years and adults at high risk. These include those with sickle cell disease, heart disease, and asthma, the immune compromised and elderly.

Measles Vaccine: Protects against measles disease that kills many children if not vaccinated. Reaction can occur up to 4-6 days after vaccination. It is given at 9 months.

Rubella: (German Measles) is not a severe disease but extremely dangerous to the unborn child and cause severe birth defects

Mumps: is a common disease that is occasionally serious in older persons. Measles, Mumps and Rubella (MMR) -is the combination vaccine given at 15 months and 4-5 preschool age and adolescents.

Yellow Fever Vaccine: is essential for travel to many countries. Yellow fever is

a severe disease that mainly **affects** the liver. You need a booster every after 10 years.

Hepatitis A vaccine: Hepatitis A is another liver disease less severe than Hepatitis B BUT COMMON IN OUR ENVIRONMENT. Children get the infection and immunity early in life. Older people get a severe disease.

Typhoid Vaccine. Protects against typhoid fever. It requires boosters every 3 years.

Influenza (Flu) Vaccine: Influenza is the true flu and serious disease- more dangerous especially in children and adults with heart disease, Diabetes, asthma, Sickle cell disease and the elderly. This vaccine given yearly, at 6 and 7 months and is strongly advised in children and adults with these conditions.

Chicken Pox (Varicella and Shingles) Vaccine: Chicken pox is a common disease that **affects** and quickly spreads among children with no ill health, adults and those with low immunity (HIV, Cancer) are at risk of serious disease. Shingles (zoster) complicates chicken pox and occurs much later after chicken pox infection. One dose of the vaccine is protective for life.

Human Papilloma Virus (HPV) vaccine: Protects especially the girl child from infection of the HPV virus. The HPV virus frequently infects the cervix from the time of sexual activity and is responsible for development of cancer of the cervix years later. There are two vaccines against the major cancer causing strains of HPV. Best protection results when girls are vaccinated pre puberty. Before sexual debut (9-12 years) and is given in 3 doses at 0, 1 and 6 months. Older girls and young women (13-26) years also **benefit** from vaccination.

Rabies Vaccine; Rabies is caused by a virus. Man is infected when bitten by an infected animal usually dogs and is fatal. Vaccination is recommended after all such bites and scratches. Vaccines are given in 4 doses. One dose right away and additional doses on the 3rd, 7th and 14th days. 2 boosters are given if exposed to risk again at a later date.

Meningococcal Vaccine (MCV) vaccine: Protects against most types of meningococcal bacterial diseases, namely meningitis and severe blood infection. There two **different** types of vaccines (MCV4 and MPSV4) given in children over two years, in adolescents (11-16 years) and adults at special risk.

Vitamin A: Is given at 6 months and every after 6 months up to 5 years of age. These protects those that are deficient of this vitamin and also protects against complication of diseases like measles

TIPS FOR IMMUNIZING YOUR CHILDREN

Before and during the immunization
Try to remain calm and relaxed, even if your child becomes upset.
Bring along a stuffed toy or blanket for your child to hold during the immunization session, or use it to distract them.

Hold your child **firmly** during the procedure, talking calmly and gently stroking the child's arm or back to reassure them.

After the immunization

After being pricked by the needle your child may cry for a brief time, it's their way of coping.

Your role is to comfort, hold, and talk to them supportively. Feeding your baby straight after their immunization will help them settle. You will need to remain in the clinic for 20 minutes after the immunization. Use this time to help your child settle, this can help make the next visit easier. Most children experience little or no ill effects after immunizations.

Here are some ways to make your baby or child more comfortable after their immunization:

- Don't rub the injection site
- Give your child lots of cuddles and lots of fluids
- If you are breast feeding, give lots of feeds
- An ice pack wrapped well in a dry cloth or better still a cool cloth, can be held over the injection site if it is sore
- If your child gets hot, undressing them down to a single layer, for example a singlet and pants, can help
- Make sure the room is not too hot or too cold.