

There may be students and observers present during your consultation as part of their ongoing training. Please let the staff know if you do not wish any students to be present during your attendance.

Please ask a member of staff if you would like a chaperone present during your procedure.

Vaccinations

Patient information

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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Why vaccinations are important and the safest way to protect yourself and your family

Vaccinations are the most important thing we can do to protect ourselves and our children against ill health. They prevent millions of deaths worldwide each year.

Since vaccines were introduced in the UK, diseases like smallpox, polio and tetanus that used to kill or disable millions of people are either gone or very rarely seen.

However, if people stop having vaccines, it is possible for infectious diseases to spread quickly again.

The World Health Organisation (WHO) has listed vaccine hesitancy as one of the biggest threats to global health.

Things you need to know about vaccines

Vaccines do not:

- Overload or weaken the immune system – it is safe to give children and adults several vaccines at a time and this reduces the amount of injections needed.
- Contain mercury (thiomersal).
- Contain any ingredients that cause harm, only ingredients essential to making them safer and more effective and only in very small amounts.
- Cause autism. Studies have found no evidence of a link between the Measles, Mumps, Rubella (MMR) vaccine and autism.

MMR vaccination

Measles and mumps are starting to appear again in England, even though the MMR vaccine is the best protection against both diseases.

Two doses of the MMR are 96% effective against measles.

There is no link between the MMR vaccine and autism and this has been shown in multiple studies.

Measles is a highly contagious illness which can spread within a community rapidly. The complications include pneumonia, encephalitis (inflammation of the lining of the brain) and subacute sclerosing panencephalitis (a progressive neurological complication with 95% risk of death).

Further information

For further information on vaccines please visit

- NHS website
- Oxford University Vaccine Knowledge Project website

Vaccine safety

All vaccines are thoroughly tested to ensure they will not harm you or your child.

Most side effects of vaccinations are mild and do not last long, for example:

- The area where the needle goes in looking red, swollen and feeling a bit sore for 2 to 3 days.
- Feeling a bit unwell or developing a high temperature for 1 or 2 days.
- Older children and adults may feel faint.
- Feeling tired, having a headache, mild fever, or flu like symptoms.

Allergic reactions

Allergic reactions to vaccines are rare and normally occur immediately. The person giving your vaccination is trained to manage and treat these reactions.

Vaccines:

- Are the most effective way to prevent many infectious diseases.
- Help to protect you and your child from many serious and potentially deadly diseases.
- Protect other people in your family and community by helping to stop diseases spreading to people who cannot have vaccines, such as babies too young to be vaccinated and those who are too ill to be vaccinated.
- Undergo rigorous safety testing before being introduced, they are also constantly monitored for side effects after being introduced.
- Sometimes cause mild side effects that will not last long, you may feel a bit unwell and have a sore arm for 2 or 3 days.
- Reduce or even get rid of some diseases – if enough people are vaccinated.

How vaccines work

Vaccines teach your immune system how to create antibodies that protect you from diseases. This is much safer than catching and treating many diseases. Vaccines can often give you life long protection.

If enough people are vaccinated, it is much harder for disease to spread, protecting those who cannot have vaccines. This is 'herd immunity'. Herd immunity relies on a large proportion of the population to be immunised. Without it outbreaks of serious infections will occur.

Why will I be asked about my child's vaccination status?

It is our duty to enquire about your child's vaccination status.

If your child is not vaccinated, we will ask more questions, so we can assist with any questions you may have.

What is in a vaccine?

Most vaccines contain a small amount of bacteria, virus or toxin which has been weakened or destroyed.

Vaccines contain other ingredients that make it more effective. The main ingredient in vaccines is water.

There is no evidence that any of the ingredients in vaccines are harmful in such small amounts.

Aluminium is a common metal used in vaccines and has been used safely for over 70 years. Aluminium is found in almost all foods, drinking water, breast milk and formula milk.

Formaldehyde is a chemical used very early in the manufacturing of vaccinations and most is diluted out. Formaldehyde is found naturally in our bloodstream at much higher levels than the levels seen in vaccines.

Antibiotics are sometimes added to vaccines, to prevent the growth of bacteria in vaccines. The amount found in the final vaccine is very small.