

Immunising your baby

by Ronel van der Watt

Immunisation is used to prevent childhood diseases. It is important for individuals, but also plays a big role in preventing the outbreak of disease in communities. It is very important to follow the schedule set out below.

Age	Vaccine	What is it for?	How is it administered?
At birth	BCG	Tuberculosis (TB)	Small injection in right upper arm
	Polio	Polio (A disease that causes paralysis)	Drops by mouth
6 weeks 10 weeks 14 weeks	Polio	Polio (A disease that causes paralysis)	Drops by mouth
	DTP & Hib	Diphtheria (A serious infection of the throat) Tetanus (Lockjaw – infection that occurs after a cut or puncture wound and causes muscle spasm of the jaw) Pertussis (whooping cough) Haemophilus Influenza Type B (An organism that causes meningitis, pneumonia, ear infections, etc.)	Injection in left thigh
	Hepatitis B	Hepatitis B (Serious infection of the liver)	Injection in right thigh
9 months	Measles	Measles	Injection in right thigh
18 months	Polio	Polio (A disease that causes paralysis)	Drops by mouth
	DTP	Diphtheria (A serious infection of the throat) Tetanus (Lockjaw – infection that occurs after a cut or puncture wound and causes muscle spasm of the jaw) Pertussis (whooping cough)	Injection in left arm
	Measles	Measles	Injection in right arm
5 years	Polio	Polio (A disease that causes paralysis)	Drops by mouth
	DT	Diphtheria (A serious infection of the throat) Tetanus (Lockjaw – infection that occurs after a cut or puncture wound and causes muscle spasm of the jaw)	Injection in left arm

Immunisations are safe. The side effects are minor compared to the effect of the disease. With the polio vaccine there are no side effects – it only tastes very bitter. With other vaccines there may be a slight fever or swelling and redness a few days after the vaccination. Call the clinic if the fever or swelling continues for longer than three days. With the measles vaccine, there may be a rash one or two weeks after the vaccination.

The TB vaccine causes a small red, raised area on the arm a few weeks after administration. It can even burst open and drain some puss. It can take many weeks to heal and leaves a small scar on the arm. This is normal. Do not put any ointment or Vicks on the area. Keep it dry and clean by washing it with soap during the baby's bath and drying it softly with the towel. **UM**

Immunise your baby

- Immuniseer jou baba
- Goma umtanakho
- Gonya usana lwakho
- Enta lesea la hao



- Immunisation will prevent childhood diseases and are safe.
- Immunisering sal kindersiektes voorkom en is veilig.
- Ukugoma kuzovimbela izifo zabantwana futhi kuphephile.
- Ugonyo luyakuthintela izifo zobuntwana kwaye lukhuselekile.
- Ente e tla thibela malwetse a bana mme ente e bolokehile.



IMPORTANT!

- Follow the schedule on the “Road to Health Chart”. Always take the chart along when you visit any health clinic, doctor or hospital.
- The doctor will give the baby a small injection and drops by mouth. The nurse will write down the date when your baby should go for the next immunisation.
- The baby may develop a fever or swelling or rash at the injection site. Give the baby medication for fever. Contact the clinic if the fever persists for more than three days.



BELANGRIK!

- Volg die skedule op die “Pad na Gesondheid Kaart”. Vat altyd die kaart saam as jy enige gesondheidskliniek, dokter of hospitaal gaan besoek.
- Die dokter sal vir die baba 'n klein inspuiting en 'n paar druppeltjies in die mondjie gee. Die verpleegster sal vir jou neerskryf wanneer jou baba vir haar volgende immunisering moet kom.
- Die baba kan 'n koors of swelling of uitslag ontwikkel rondom die spuitmerkie. Gee vir die baba koorsmedisyne. Kontak die kliniek indien die koors vir langer as drie dae aanhou.

KUBALULEKILE!

- Landela isheduli eku-“Road to Health Chart (Ishadi Lendlela Eya Empilweni)”. Ishadi njalo liphathe uma uvakashela kunoma yimuphi umtholampilo, udokotela noma kunanoma yisiphi isibhedlela.
- Udokotela uzoyjova ingane ngomjovo omncane bese econsisela amaconsi emlonyeni. Unesi uzobhala phansi usuku okufanele ingane ize ngalo ekugonyweni okulandelayo.
- Kungenzeka ukuthi ingane ibe nemfiva noma ivuvuke noma iqubuke lapho ejowwe khona. Inikeze umuthi wemfiva. Xhumana nomtholampilo uma imfiva iqhubeka ithatha izinsuku ezingaphezulu kwezi-3.

OKUBALULEKILEYO!

- Landela isheduyuli ye-“Tshathi yeNdlela eya eMpilweni” (“Road to Health Chart”). Soloko uyithatha uhambe nayo itshathi xa usiya kutyelela nayiphi na ikloniki yempilo, ugqirha okanye isibhedlele.
- Ugqirha uyakutofa usana inaliti encinane aze alunike amathontsi emlonyeni. Umongikazi uyakubhala umhla usana lwakho oluya kubuyela ngawo ugonyo olulandelayo.
- Usana lusenokuba nomkhuhlane okanye ukudumba okanye irhashalala kwindawo ebekuhlitywe



kuyo inaliti. Nika usana iyeza lomkhuhlane. Qhagamshelana nesibhedlele ukuba ngaba umkhuhlane uyaqhuba ude udlule iintsuku ezingaphezulu kwezi-3.

HO BOHLOKWA!

- Latela lenaneo la “Road to Health Chart” (Tjhate ya Mmila o Isang Bophelong bo Botle). Ka dinako tsohle o tsamaye le tjhate ena ha o ya tleiniking efe kapa efe ya bophelo, ngaka kapa sepetele.
- Ngaka e tla hlaba lesea hanyenyane le ho rothetsa moriana hanong. Mooki o tla ngola letsatsi leo lesea la hao le tshwanetseng ho entwa hape.
- Lesea le ka kenwa ke feberu kapa le ka ruruha kapa ho ba le lekgopho seabakeng seo le hlabilweng ho sona. Neha lesea meriana wa feberu. Ikopanye le tleiniki haeba feberu e tswela pele ka nako e fetang matsatsi a 3. **UM**

