

WHAT HAPPENS AFTER THE BASIC VACCINATION SCHEDULE?

When you go on holiday

Extra vaccinations are often required before travelling abroad, more specifically for diseases that do not (e.g. yellow fever) or hardly (e.g. hepatitis A) occur here. In addition, this is a good time to check whether you still have adequate protection against the diseases that you have been vaccinated for in the past. You can find more information on the website www.reisgeneeskunde.be.

For work

Extra vaccinations may be required for some jobs (e.g. against hepatitis B for individuals working in the healthcare sector).

If you are 65 years or older

Several additional vaccines are recommended from the age of 65 years onwards, because certain diseases can have severe consequences for older individuals, for example influenza and pneumococcal infections.

Vaccinations do not stop at the age of fifteen years. Vaccinations remain important throughout your life. Discuss this with your doctor.

If you or your partner want(s) to become pregnant

Some diseases can be very harmful to the mother or the child if the mother has the disease during pregnancy. For example, it is important to be properly vaccinated against measles, mumps and rubella before the pregnancy. If a woman is more than three months pregnant during flu season, it is best for her to have a flu vaccination.

It is recommended that pregnant women should be vaccinated against whooping cough during each pregnancy. This vaccination not only protects the mother, but primarily protects her baby during its first weeks of life when it cannot be vaccinated yet. And do not forget to check the vaccination status of the other family members, because they could also infect the baby.



Want to know more?

You can find more information about vaccinations and the diseases that vaccines protect against on www.zorg-en-gezondheid.be/vaccinaties.

www.zorg-en-gezondheid.be
Leaflet translated from Dutch. Dutch language version can be requested via vaccins@zorg-en-gezondheid.be.

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Vlaanderen
is zorg

VACCINATIONS ARE IMPORTANT, FOR YOU TOO

General vaccination leaflet for
young and not-so-young people

AGENTSCHAP
ZORG & GEZONDHEID

WHY IS IT BEST TO HAVE YOURSELF VACCINATED?

Not so long ago, diseases such as whooping cough (pertussis), diphtheria (croup), measles, mumps and infantile paralysis (polio) were common in Flanders. These diseases are very dangerous and caused many deaths in the past. Fortunately this is no longer the case, now that vaccines (or immunisations) are offered free of charge and if the recommended schedule for vaccinations is followed properly. Thanks to vaccination, smallpox has even been eradicated and polio no longer occurs in Europe.

However, vaccination remains essential as long as an illness still occurs somewhere in the world. Anyone who is given a vaccine is then protected against the disease. If almost all individuals are vaccinated, then the bacteria and viruses that cause the diseases can no longer be transmitted from one person to the next. This is how we can also protect babies and young children who have not been vaccinated yet.

It is of great importance that you have yourself vaccinated properly, not only for yourself, but also for those living around you.



WHAT DOES A VACCINE DO?

A vaccine contains particles of bacteria and viruses that normally cause an illness. These particles have been made harmless and cannot make you ill. They ensure that your immune system produces antibodies against the disease. If you then come in contact with the real viruses and bacteria, the antibodies will render them harmless.

HOW DOES VACCINATION TAKE PLACE IN FLANDERS?

The first vaccination is given at the age of just eight weeks. A single injection to protect against six different diseases. This vaccination needs to be repeated several times in order to build up adequate protection. Following this first series of vaccinations, you are protected against most diseases for some time. After that, for some vaccines, it is necessary to stimulate the body once more by giving an extra vaccination (a booster). This ensures that you remain adequately protected.

You can have all the vaccines from the basic vaccination schedule (see adjacent) administered free of charge at Well-Baby Clinics of Child and Family (Kind en Gezin) and by the School Health Services (centra voor leerlingenbegeleiding (CLBs)). The injections are also given free of charge by GPs and paediatricians, but you do have to pay for the consultation. The Flemish government offers free vaccines for the booster vaccination against diphtheria, tetanus and whooping cough for adults and against influenza for those living in residential care facilities.

Basic vaccination schedule in Flanders (2014)

	age	8w	12w	16w	12m	15m	6y	10y	12y	14y
polio, diphtheria, tetanus, whooping cough, hepatitis B, Hib*		✓	✓	✓					✓	✓
pneumococci		✓			✓					
measles, mumps and rubella					✓			✓		
group C meningococci						✓				
polio, diphtheria, tetanus, whooping cough							✓			
HPV** (human papillomavirus, girls only)									✓	✓
diphtheria, tetanus and whooping cough										✓

* Hib: The haemophilus influenzae type b bacteria can cause meningitis.

** HPV: The human papillomavirus can cause cervical cancer.