When your child is 9 years old, he or she has already built up immunity to a number of infectious diseases. Vaccinations against Hib diseases, whooping cough and hepatitis B are therefore no longer necessary. Two vaccinations are scheduled for children at age 9: the second and final vaccination against mumps, measles and rubella and the final vaccination against diphtheria, tetanus and polio in the National Immunisation Programme. These two vaccinations provide effective, long-lasting protection against these diseases.

Why are vaccinations so important?

By vaccinating, you protect your child against dangerous infectious diseases. When many children are vaccinated, infectious diseases have fewer opportunities to spread. Nearly 95% of all children in the Netherlands have been vaccinated. That is why some dangerous infectious diseases hardly occur in the Netherlands any more. Getting vaccinated is therefore not just important for your child, but also for other people around you. Young children and older people are especially susceptible to infectious diseases and run the biggest risk of developing complications when they fall ill.

What diseases does the vaccination protect us from?

The MMR vaccination provides protection against mumps, measles and rubella. The DTP vaccination protects against diphtheria, tetanus and polio.

Are vaccinations safe?

Some parents may wonder if vaccines are safe, especially the first time that their child receives a vaccination. Before a vaccine is approved for use, it is tested extensively, just like any medicine. Vaccines are not allowed to be given to children until it is absolutely clear that the vaccine works and is safe. Vaccine safety is also closely monitored while they are used – not just in the Netherlands, but all across the world.

Are these injections still necessary?

Some infectious diseases require multiple vaccinations to achieve effective protection against the disease. In some cases, that is because a vaccine is less effective after several years have passed. In case of vaccinations against mumps, measles and rubella, a second injection is needed, because the first vaccination that is administered to children at the age of 14 months old does not provide sufficient protection for all children. It is therefore very important that a child gets all their vaccinations to ensure that they are protected effectively.
Mumps
Mumps is an infection that primarily affects the salivary glands. That is why children with the mumps develop swelling in their cheeks and neck. It sometimes leads to meningitis.

Measles
Measles is a rash disease involving high fever and an itchy, painful rash. It is often accompanied by ear infection, and sometimes leads to pneumonia or encephalitis that can have fatal results. Measles is highly contagious.

Rubella
Rubella is also a rash disease, but the resulting illness is much less serious than measles. During pregnancy, however, rubella poses a danger to the unborn baby. A baby exposed to rubella before birth could be born with serious defects. To prevent pregnant women from getting infected, boys and girls are vaccinated against rubella.

Diphtheria
Diphtheria is a serious throat infection. Children suffering from diphtheria run the risk of suffocating. Diphtheria has been almost completely eradicated in the Netherlands due to vaccinations.

Tetanus
Tetanus leads to violent muscle spasms. Without treatment, tetanus is fatal. Tetanus is not contagious. That means that you cannot catch it from another person. A child can get tetanus if they have been bitten by a pet or other animal, or if street refuse gets into an open wound.

Polio
Polio can cause permanent paralysis of the legs, arms and/or respiratory muscles.

Vaccine and information leaflet
Would you like to know what is in the vaccines that your child will receive in these two injections? All information leaflets for the various vaccines are available on the website of the National Immunisation Programme. Go to Rijksvaccinatieprogramma.nl/bijsluiters.

My child is afraid of the shots
Many 9-year-old children think getting shots is frightening and unpleasant. We cannot change the way they feel about that. Your child will get both injections at the same time: one in each arm. As a result, the actual injections only take a moment.
What are the side-effects of these vaccinations?

Your child may experience some discomfort from side-effects, but that is not always the case. Your child will get two injections in the upper arm, one on each side. After the vaccinations, the injection site may be a bit sensitive and red. That usually goes away after two days. Any side-effects of the MMR vaccination do not usually appear until five to twelve days after the injection. The most common side-effects are headaches, listlessness or skin rash.

If your child is experiencing side-effects, you can give your child a paracetamol. If the symptoms are still present after two days or if they become very serious, you can call your family doctor for advice.

Reporting a side-effect
Is your child experiencing a side-effect?

You can report your child’s side-effect to the doctor or nurse who gave your child the vaccination. They will report the side-effect to the Lareb Pharmacovigilance Centre. You can also personally report the side-effect to Lareb. Lareb investigates all side-effects.

Fainting
9-year-old children may occasionally faint from the stress. It would be better not to give your child paracetamol before the vaccination. That can diminish the effectiveness of the vaccine.

My child is ill
Have you received an invitation, but your child is ill? Then please ask the doctor giving the vaccination beforehand whether the vaccination needs to be postponed. If your child is using medicine, it is also advisable to consult in advance.
Which vaccines will my child receive?

### 6-9 weeks
- DTaP-IPV-Hib-HBV
- PCV

### 3 months
- DTaP-IPV-Hib-HBV

### 4 months
- DTaP-IPV-Hib-HBV
- PCV

### 11 months
- DTaP-IPV-Hib-HBV
- PCV

### 14 months
- MMR
- MenACWY

### 4 years
- DTaP-IPV

### 9 years
- DTP
- MMR

### 12/13 years* (Injection 2 half year later)
- HPV
- HPV

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Meaning of the abbreviations:
- D: Diphtheria
- aP: Pertussis (whooping cough)
- T: Tetanus
- IPV: Poliomyelitis
- Hib: Haemophilus influenzae type b
- HBV: Hepatitis B
- PCV: Pneumococcal disease
- M: Mumps
- M: Measles
- R: Rubella
- MenACWY: Meningococcal ACWY disease
- HPV: Human papillomavirus

* Only for girls
Information about the vaccination

RIVM, the National Institute for Public Health and the Environment, gives parents information about the vaccinations. Shortly after the birth of their child, parents receive a set of vaccination cards for all inoculations until the child is 14 months old. When a child is 4 years old, and again at 9 years old, the parents receive a new invitation for the next vaccination. When girls are 12 years old, they receive an invitation for the vaccinations to prevent cervical cancer.

The vaccinations are documented in three places: in the records maintained by the youth healthcare services, on the child’s vaccination certificate, and in the national records maintained by RIVM. RIVM uses that information for ongoing quality assessment of the immunisation programme, to send reminders, to provide copies of the vaccination certificates, and to assess the percentage of vaccinated children in the Netherlands. If there is an outbreak of an infectious disease, it is very important to know how many children are protected, so that it becomes clear whether there is a chance that it will get spread and whether government intervention is needed.

Would you like to know more?

The National Immunisation Programme website provides more information about the infectious diseases, vaccinations and side-effects. The website also has the information leaflets for the vaccines there, as well as short videos that you can watch with your 9-year-old son or daughter.

National Immunisation Programme website: https://rijksvaccinatie-programma.nl/english

This is a publication of:

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April 2018

Committed to health and sustainability