



National Institute for Public Health  
and the Environment  
*Ministry of Health, Welfare and Sport*

# *Vaccinations for children at age 9*

National Immunisation Programme



## Protect your child against serious infectious diseases

At the age of 9 years, your child will receive vaccinations against mumps, measles and rubella (MMR) as well as diphtheria, tetanus and polio (DT-IPV). These two vaccinations provide effective, long-lasting protection against these diseases. Another booster shot against whooping cough, pneumococcal disease and haemophilus influenzae is no longer needed.

## An obvious choice

Nearly all children in the Netherlands are vaccinated against serious infectious diseases, so these diseases almost never occur here anymore. Still, it is important to vaccinate, since the diseases will come back if we stop vaccinating. These booster shots will protect your child from catching these diseases and developing related complications, and prevent your child from infecting others. That is also very important for children who have not been vaccinated (yet), for example because they are too young, or cannot be vaccinated due to illness.

## A healthy start in life

We consider it important for children to have a healthy start in life – as infants and toddlers, and as they grow older. That is why countries worldwide offer vaccinations to children. Each country has its own vaccination schedule. These schedules are very similar.

## Safe and reliable

Before a vaccine is approved for use, it is tested extensively, just like any other medicine. Vaccines are not allowed to be used until it is absolutely clear that the vaccine works and is safe. Medicines for children are subjected to even stricter safety checks. Vaccine safety is also closely monitored while they are used – not just in the Netherlands, but all across the world.

## Tips in case of side-effects

Vaccinations can have side-effects, because they activate the body's immune response. These side-effects are generally mild and will disappear spontaneously. The most common side-effect is a mild fever after the vaccination. The injection site may become a little red or swollen.

## “Children’s safety comes first”



### Inge (41) sees vaccination as a healthy and logical choice

Love, fun and safety: these are the guiding principles for how Inge and her husband Rogier want to raise their three children – Yanne (8), Mischa (6) and Noah (3). Vaccination is simply part of the package, just as much as school, swimming lessons, and healthy foods. They believe that it is good for their own family, and for children in other families. Vaccinations are important to keep everyone safe and protected.

Read the story of Inge and her three children at [rijksvaccinatieprogramma.nl/inge](https://rijksvaccinatieprogramma.nl/inge).

If a child is in pain or seems to be feeling unwell, paracetamol might help. Serious side-effects are very rare. Are you concerned because your child is very sick, or still listless or feverish after a few days? Please contact your family doctor.

### Reporting a side-effect

You can report a side-effect of a vaccination to the doctor or nurse who administered the vaccination. They will pass on the report of the side-effect to the Lareb Pharmacovigilance Centre. You can also report the side-effect to Lareb yourself. Side-effects can be reported via the website at [rijksvaccinatieprogramma.nl/english](https://rijksvaccinatieprogramma.nl/english).

## 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 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 lead to death. Measles is highly contagious.

## Rubella

Rubella causes a rash, 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 can be born with serious defects.

To prevent pregnant women from getting infected, both girls and boys are vaccinated against rubella.

## Diphtheria

Diphtheria is a serious throat infection. Children who have diphtheria run the risk of suffocating.

## Tetanus

Tetanus leads to violent muscle spasms. Without treatment, tetanus is fatal. Tetanus is not contagious. That means that it cannot spread from person to person. A child can get tetanus after a bite from a pet or other animal, or if dirt from the street gets into an open wound.

## Polio

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



# Which vaccines will my child receive?

- Vaccination 1
- Vaccination 2

## 3 months

- DTaP-IPV-Hib-HBV
- PCV



## 5 months

- DTaP-IPV-Hib-HBV
- PCV



## 11 months

- DTaP-IPV-Hib-HBV
- PCV



## 14 months

- MMR
- MenACWY



## 4 years

- DTaP-IPV



## 9 years

- DT-IPV
- MMR



## 12/13 years\* (Vaccination 2: half a year later)

- HPV
- HPV



## 14 years

- MenACWY



### Extra DTaP-IPV-Hib-HBV vaccination at the age of 2 months

A child receives an extra vaccination at the age of 2 months if the mother was not vaccinated against whooping cough (pertussis) during pregnancy, and in case of special circumstances. The doctor or nurse at your well baby clinic will discuss this with you.



## Abbreviations and what they mean

D	Diphtheria	HBV	Hepatitis B	MenACWY	Meningococcal ACWY
T	Tetanus	PCV	Pneumococcal disease	HPV	Human papillomavirus
aP	Pertussis (whooping cough)	M	Mumps	* Only for girls	
IPV	Poliomyelitis	M	Measles		
Hib	Haemophilus influenzae type b	R	Rubella		

## Are these injections still necessary?

Some infectious diseases require multiple vaccinations to achieve effective protection against the disease. The DTaP vaccine is effective for several years, so a booster vaccination is needed. For the MMR vaccine, a booster is needed because the first vaccination that children receive at the age of 14 months, does not provide sufficient protection for all children.

## Vaccine and information leaflet

Do you want to know about the composition of the vaccines that your child will receive? The information leaflets for the various vaccines are available on the website of the National Immunisation Programme at [rijksvaccinatieprogramma.nl/bijsluiters](https://rijksvaccinatieprogramma.nl/bijsluiters).

## My child is ill

What if you received an invitation, but your child is ill? Ask the doctor whether the vaccination needs to be postponed. If your child is using medication, it is also advisable to check with the doctor in advance.

## Talking to youth healthcare services

The National Immunisation Programme website at <https://rijksvaccinatieprogramma.nl/english> provides much more information about various infectious diseases, vaccinations and side-effects. Unfortunately, people also find lots of incorrect information online. If you have questions about vaccinations and diseases, you can always contact the physician or nurse at your well baby clinic, the local Centre for Youth and Families, or the Municipal Public Health Services (GGD) in your region.

## My child is afraid of the shots

Injections can seem scary and unpleasant to some 9-year-old children. Your child will get both injections at the same time: one in each arm. The actual injections only take a moment. 9-year-old children may occasionally faint from the stress. Your child's arm may sometimes be stiff or painful after the vaccination. This will disappear spontaneously. If a child is in pain or seems to be feeling unwell, paracetamol might help.

## Vaccinations outside the National Immunisation Programme

There are also vaccines available that are not included in the National Immunisation Programme. You or your child can also receive these vaccinations. However, since they are not part of the programme, you will have to pay for them yourself. If you would like to get these vaccinations, you can contact your family doctor or a vaccination centre. You cannot get these vaccines at the Well-Baby Clinic. Go to [rivm.nl/vaccinaties](https://rivm.nl/vaccinaties) to read more about the vaccines available in the Netherlands. Are you planning a trip abroad with your child? Check with the travel clinic or GGD vaccination office if any additional vaccinations are necessary.

## Information about the vaccination

RIVM, the National Institute for Public Health and the Environment, gives parents information about the vaccinations. Starting with the invitation that pregnant women receive for the 22-week vaccination. 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 13 years old, they will also receive an invitation for the vaccinations to prevent cervical cancer. When boys and girls are 14 years old, they receive an invitation for the vaccination to prevent meningococcal disease.

The vaccinations are recorded 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 this information for ongoing quality assessment of the immunisation programme as well as the vaccines, 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 which children are protected, to check if there is a chance that the disease will spread and whether special government intervention is needed.

Published by:

**National Institute for Public Health  
and the Environment, RIVM**

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[www.rivm.nl/en](http://www.rivm.nl/en)

January 2020

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