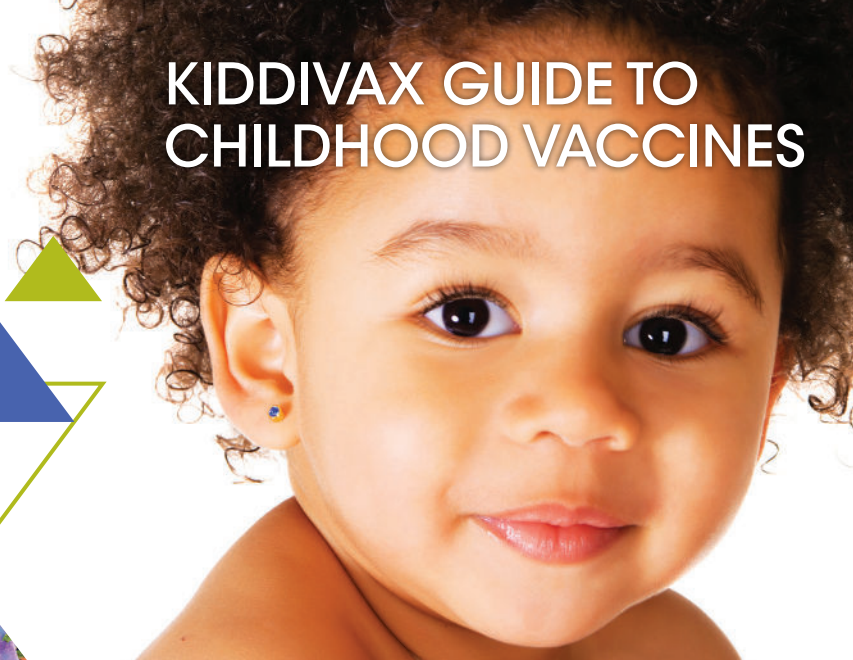
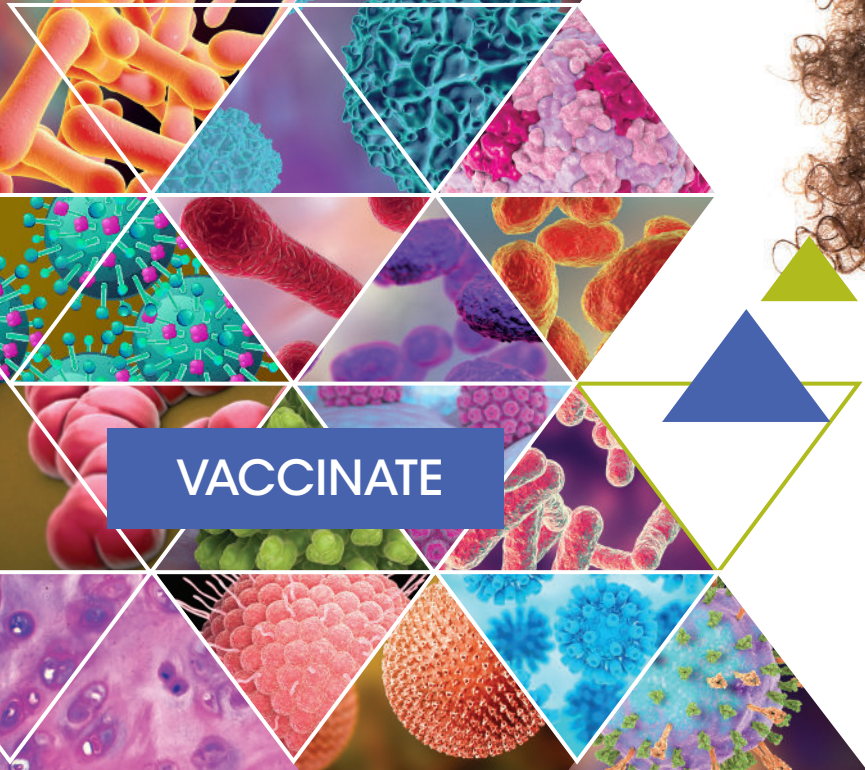


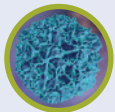
# KIDDIVAX GUIDE TO CHILDHOOD VACCINES

VACCINATE

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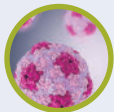
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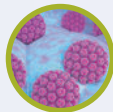
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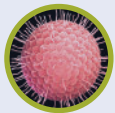
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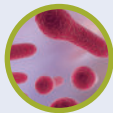
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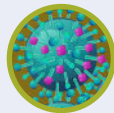
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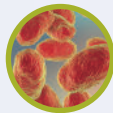
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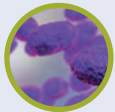
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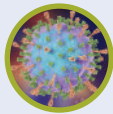
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# KIDDIVAX GUIDE TO CHILDHOOD VACCINES

Globally, immunisation **prevents 3 million people** (of all age groups) every year from diseases like diphtheria, tetanus, pertussis and measles – but more than 1.5 million people still die due to lack of access to vaccines<sup>1</sup>.

**We believe in a world in which no one suffers or dies from a vaccine-preventable disease.**

BROUGHT TO YOU BY

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# Poliomyelitis - 'Polio'

**Viral infection** affecting the central nervous system; usually leads to paralysis; caused by the polio virus<sup>2</sup>

## How it spreads<sup>2,4</sup>

The virus spreads from human faeces through improperly washed hands onto objects, food and water that come into contact with the mouth



## Signs and Symptoms<sup>2</sup>

Asymptomatic  
Low grade fever  
Sore throat  
Stiffness of the neck, back and/or legs  
Severe muscle aches

## Complications<sup>2,4</sup>

Paralysis  
Aseptic meningitis (infection and inflammation of the brain and spinal cord)  
Can lead to death



# Varicella - 'Chickenpox'

**Viral infection:** highly contagious; caused by varicella-zoster virus<sup>5</sup>

## How it spreads<sup>6,7</sup>

- Touching
- Breathing in the virus particles from chickenpox blisters
- Tiny droplets from air

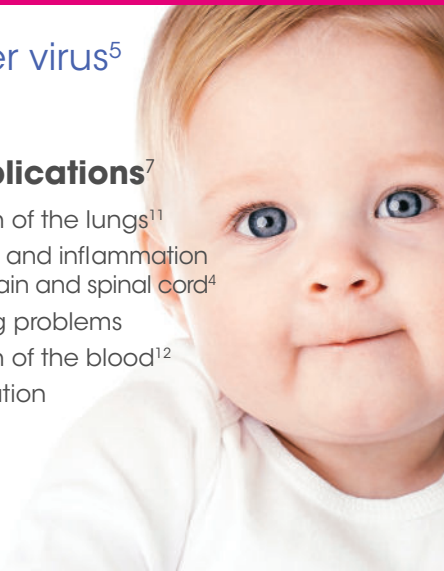
## Signs and Symptoms<sup>9</sup>

- Itchy, fluid-filled blisters all over body
- Fever
- Tiredness
- Loss of appetite
- Headache

## Complications<sup>7</sup>

- Infection of the lungs<sup>11</sup>
- Infection and inflammation of the brain and spinal cord<sup>4</sup>
- Bleeding problems
- Infection of the blood<sup>12</sup>
- Dehydration

**Time between exposure to the virus and the development of signs and symptoms<sup>8</sup>:** 10-21 days<sup>6</sup>





# Pertussis - 'Whooping Cough'

**Bacterial infection:** highly contagious; caused by *Bordetella pertussis*<sup>13</sup>

## How it spreads<sup>14</sup>

Only spreads from person to person, through sneezing or coughing

**Time between exposure to the bacteria and the development of signs and symptoms<sup>8</sup>: 5-10 days<sup>15</sup>**

## Signs and Symptoms<sup>15</sup>

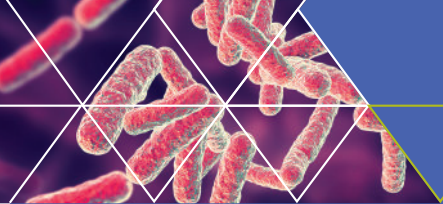
Slowed or stopped breathing (skin may turn blue)<sup>16,17</sup>  
Coughing fits followed by a high-pitched "whoop"  
Vomiting after coughing<sup>18</sup>  
Many rapid coughs<sup>19</sup>

## Complications<sup>20</sup>

**Babies and Children<sup>11</sup>:** Infection of the lungs; slowed or stopped breathing, violent and uncontrolled shaking, brain disease<sup>11,16</sup>

**Teens and Adults<sup>11</sup>:**  
Weight loss; loss of bladder control





# Tuberculosis - 'TB'

**Bacterial infection** caused by *Mycobacterium tuberculosis*<sup>21</sup>

## How it spreads<sup>22</sup>

TB of the lungs: through the air  
(e.g., speaking or coughing)  
Can be infectious

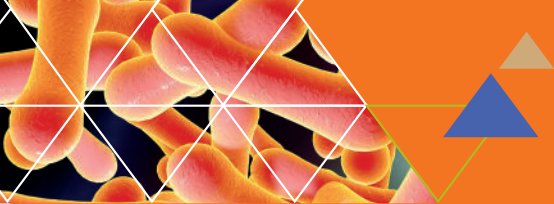
## Signs and Symptoms<sup>23</sup>

Cough  
Reduced playfulness; weakness  
or lethargy; failure to thrive  
Weight loss  
Fever and/or night sweats

## Complications<sup>23,24,25</sup>

Can spread through  
the whole body,  
which can lead to  
other organs being  
infected, but mostly  
the lungs (70% - 80%)





# Diphtheria

**Bacterial infection** caused by *Corynebacterium diphtheriae*; can cause a thick whitish covering at the back of the throat<sup>26</sup>

## How it spreads<sup>26</sup>

Spreads via respiratory droplets through coughing or sneezing

**Time between exposure to the bacteria and the development of signs and symptoms<sup>8</sup>: 2-5 days<sup>27</sup>**

## Signs and Symptoms<sup>28</sup>

Weakness  
Sore throat  
Fever  
Swollen glands in the neck

## Complications<sup>29</sup>

Blocking of the airway  
Damage to the heart muscle  
Nerve damage  
Paralysis  
Kidney failure  
Can lead to death







# Tetanus - 'Lockjaw'

**Bacterial infection** caused by *Clostridium tetani* and can cause painful muscle contractions<sup>30</sup>

## How it spreads<sup>31</sup>

Bacteria are found in soil, dust and manure and enter the body through cuts or puncture wounds

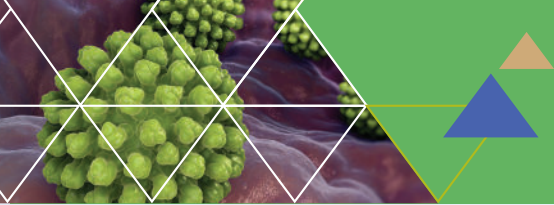
**Time between exposure to the bacteria and the development of signs and symptoms<sup>8</sup>: 3-21 days<sup>31</sup>**

## Signs and Symptoms<sup>30,32</sup>

- Headache
- Jaw cramping
- Muscle spasms - often in the stomach
- Muscle stiffness/pain
- Trouble swallowing
- Seizures (jerking or staring)
- Fever and sweating
- High Blood Pressure
- Fast heart rate

## Complications<sup>32</sup>

- Uncontrolled/involuntary tightening of the vocal cords
- Broken bones
- Infection of the lungs
- Breathing difficulty
- Can lead to death



# Rotavirus

**Viral infection:** contagious and can cause gastroenteritis<sup>33</sup>

## How it spreads<sup>34-36</sup>

Children can spread it before and after they have diarrhoea

The virus spreads from human faeces through improperly washed hands onto objects, food and water that come into contact with the mouth<sup>2,3</sup>

**Time between exposure to the virus and the development of signs and symptoms<sup>8</sup>: 2 days<sup>36</sup>**

## Signs and Symptoms<sup>36</sup>

Severe watery diarrhoea; vomiting, fever; abdominal pain; loss of appetite; dehydration

**Signs of dehydration:** decrease in urine; dry mouth and throat; dizziness when standing up. A child may cry, with few or no tears, be unusually fussy or sleepy

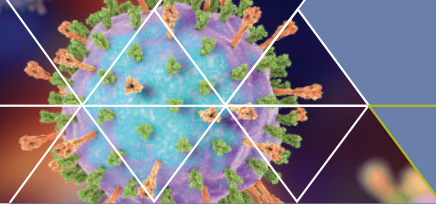
## Complications<sup>37</sup>

Severe diarrhoea

Dehydration

Kidney and liver abnormalities





# Mumps

**Viral infection** of the salivary glands that is contagious<sup>38</sup>

## How it spreads<sup>39</sup>

Infection spreads through saliva or mucus from the mouth, nose or throat

Can spread through: coughing; sneezing; sharing eating utensils or items with infected person

**Time between exposure to the virus and the development of signs and symptoms<sup>8</sup>: 12-25 days<sup>40</sup>**

## Signs and Symptoms<sup>40</sup>

Fever  
Headache  
Muscle aches  
Tiredness  
Loss of appetite  
Swollen and tender salivary glands

## Complications<sup>41</sup>

Infection and inflammation of the brain and spinal cord<sup>4</sup>  
Inflammation of the ovaries and/or inflammation of the breast tissue  
Deafness





# Hepatitis A

**Viral infection** of the liver caused by Hepatitis A<sup>42</sup>

## How it spreads<sup>43</sup>

The virus spreads from human faeces through improperly washed hands onto objects, food and water that come into contact with the mouth<sup>2,3</sup> or through contaminated food or water<sup>33</sup>

**Time between exposure to the virus and the development of signs and symptoms<sup>8</sup> : 15-50 days<sup>43</sup>**

## Signs and Symptoms<sup>42,43</sup>

Fever; fatigue; loss of appetite; nausea; vomiting; abdominal pain; dark urine; clay-coloured stools; joint pain; jaundice (yellowing of the skin and eyes)<sup>44</sup>

## Complications<sup>43</sup>

In rare cases, can cause:  
Liver failure  
Death





# Hepatitis B

**Viral infection** of the liver caused by Hepatitis B virus<sup>45</sup>

## How it spreads<sup>45</sup>

Transmitted from person to person through body fluids  
From infected mother to baby during birth  
Through blood, blood products or contaminated materials

**Time between exposure to the virus and the development of signs and symptoms<sup>8</sup>:** An average of 120 days<sup>45</sup>

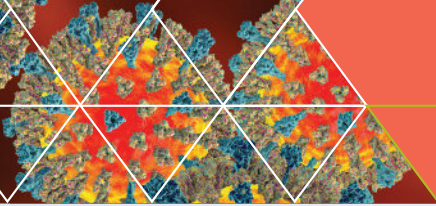
## Signs and Symptoms<sup>45</sup>

Fever; fatigue; loss of appetite; nausea; vomiting; abdominal pain; dark urine; clay-coloured stools; joint pain; jaundice (yellowing of the skin and eyes)<sup>44</sup>

## Complications<sup>45</sup>

Permanent liver damage  
Cancer of the liver





# Rubella - 'German Measles'

**Viral infection** that is contagious<sup>46</sup>

## **How it spreads**<sup>47</sup>

Coughing or sneezing

**Time between exposure to the virus and the development of signs and symptoms**<sup>8</sup>: 12-23 days<sup>46</sup>

## **Signs and Symptoms**<sup>48</sup>

Low grade fever

Headache

Mild pink eye

General discomfort

Swollen and enlarged lymph nodes

Cough

Runny nose

## **Complications**<sup>49</sup>

Brain infections

Bleeding problems

Serious birth defects can occur if a woman is infected during the first trimester of pregnancy



# Measles

**Viral infection:** acute and can cause respiratory illness<sup>50</sup>

## How it spreads<sup>50</sup>

Spreads by means of droplets or airborne (coughing, breathing or sneezing) from infected person  
Remains infectious in the air for up to 2 hours after an infected person leaves the area

**Time between exposure to the virus and the development of signs and symptoms<sup>8</sup>: 14 days<sup>50</sup>**

## Signs and Symptoms<sup>50</sup>

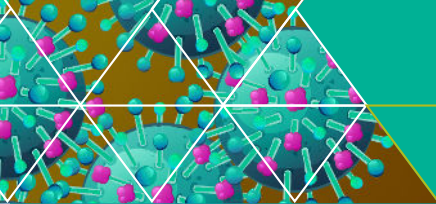
Fever  
General feeling of being ill  
Cough  
Rash spreading from the head to abdomen and to lower extremities  
Tiny white spots inside the mouth<sup>51</sup>

## Complications<sup>40</sup>

Brain damage  
Ear infections  
Seizures (jerking or staring)  
Infection of the lungs<sup>11</sup>  
May lead to death







# Influenza - 'Flu'

**Viral infection** that is contagious; caused by influenza virus<sup>53</sup>

## How it spreads<sup>53</sup>

Coughing  
Sneezing  
Talking

**Time between exposure to the virus and the development of signs and symptoms<sup>8</sup>: 1-4 days<sup>53</sup>**

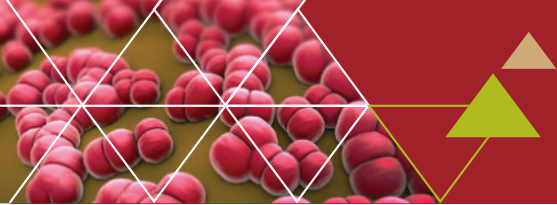
## Signs and Symptoms<sup>53</sup>

Feeling feverish/chills; cough; runny or stuffy nose; muscle or body aches; headache; tiredness

**Common in children:**  
Vomiting; diarrhoea

## Complications<sup>54</sup>

Infection of the lungs<sup>11</sup>  
Inflammation of the heart  
Inflammation of the brain  
Ear infections



# Meningococcal Meningitis

**Bacterial infection:** caused by *Neisseria meningitidis*<sup>55</sup>

## How it spreads<sup>55</sup>

Spreads through exchanging saliva during close contact (kissing or coughing), or lengthy contact like living in the same space (family or roommates)

**Time between exposure to the bacteria and the development of signs and symptoms<sup>8</sup>: 3-4 days<sup>56</sup>**

## Signs and Symptoms<sup>57</sup>

Sudden onset of fever; headache; stiff neck; nausea; vomiting; increased sensitivity to light; altered mental status (confusion)

### **Newborns and infants:**

May appear to be slow or inactive; irritable; vomiting; feeding poorly

## Complications<sup>58,59</sup>

Nervous system problems  
Seizures  
Brain damage  
Learning disabilities  
Amputation of limbs  
Hearing loss





# Human Papillomavirus - 'HPV'

**Viral infection** caused by the Human papillomavirus<sup>60</sup>

## **How it spreads**<sup>60</sup>

Sexual contact

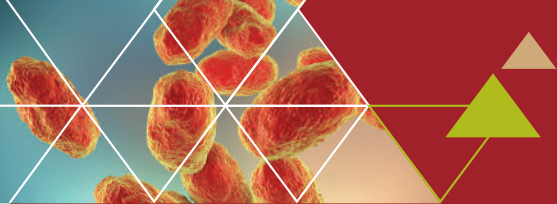
## **Signs and Symptoms**<sup>61</sup>

No specific symptoms of disease<sup>62</sup>

## **Complications**<sup>60,61</sup>

Genital warts  
Cervical cancer  
Anal cancer  
Penile cancer  
Vaginal cancer

**Time between exposure to the virus and the development of signs and symptoms**<sup>8</sup>: Variable<sup>61</sup>



# Haemophilus Influenzae Type B - 'Hib'

**Severe bacterial infection** caused by *Haemophilus influenzae* type B. The Infection is common in infants<sup>63</sup>

## How it spreads<sup>63</sup>

Passed through the area between the nose and throat

**Time between exposure to the bacteria and the development of signs and symptoms<sup>8</sup>: Variable<sup>63,64</sup>**

## Signs and Symptoms<sup>63</sup>

Infection and inflammation of the brain and spinal cord<sup>4</sup>

Infection of the lungs<sup>11</sup>

Swelling in the throat that can block airflow<sup>65</sup>

Swollen, sore joints<sup>66</sup>

Bacterial skin infection (red, painful swelling)<sup>67</sup>

## Complications<sup>63</sup>

May lead to fatality despite antimicrobial administration





# Pneumococcal Disease

**Bacterial infection** caused by the *Streptococcus pneumoniae*<sup>68</sup>

## How it spreads<sup>69</sup>

Person to person through contact with bodily fluid/secretions (e.g., saliva and mucus)



## Signs and Symptoms<sup>70</sup>

### Infection of the lungs

Fast breathing; cough; chest pain; fever and chills

### Infection and inflammation of the brain and spinal cord<sup>4</sup>

Stiff neck; headache; confusion; pain when looking into bright light. In babies, it may cause poor eating or drinking; low alertness and vomiting

### Infection of the middle ear

Ear pain; red; swollen ear drums; fever; sleepiness

## Complications<sup>70</sup>

Infection and inflammation of the brain and spinal cord<sup>4</sup>

Sinus and ear infections

Infection of the lungs

Infection of the blood

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sanofi-aventis south africa (pty) ltd.,  
Reg. No.: 1996/010381/07. Floor 5, Building I,  
Hertford Office Park, 90 Bekker Road, Midrand, 2196.  
Tel: (011) 256 3700. [www.sanofipasteur.com](http://www.sanofipasteur.com)  
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