

Vaccination has led to a significant decrease in many infectious diseases worldwide.

HOWEVER, THE RISK OF ILLNESS IS JUST ONE CONTACT AWAY

Disease-causing germs are invisible viruses and bacteria that can transmit from person to person through the air, hands, objects, and sometimes through food, drink, or sexual contact.

The spread and severity of infectious diseases vary. For instance, one person with measles can infect up to 18 unvaccinated individuals. Measles can lead to pneumonia in one out of ten children and inflammation of the brain (encephalitis) in one out of a thousand.

VACCINATION IS THE ONLY SAFE WAY TO PROTECT AGAINST INFECTIOUS DISEASES

## IT'S ALWAYS SAFER TO PREVENT A DISEASE THAN TO ENDURE ITS EFFECTS

Vaccination saves the lives of millions of people worldwide every year.

## VACCINES ARE VERY EFFECTIVE

Most childhood vaccinations provide immunity to 95-99% of those vaccinated. In the rare event that a vaccinated child does contract the disease, it tends to manifest in a milder form.

## VACCINATION IS SAFE

Vaccines have been in use for decades. They have been extensively studied to understand their effects thoroughly.

Research has confirmed that vaccination does not make children more susceptible to other infections or worsen the course of other illnesses. Studies have also shown no causal link between vaccines and conditions such as autism, diabetes, sudden infant death syndrome, asthma, atopic dermatitis, and other diseases.

Vaccination during the first two years of life



If you have any questions, please consult your family nurse or family doctor

Family doctor's helpline **1220**

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## PROTECT YOUR CHILD!

Timely vaccination protects the baby from life-threatening infectious diseases.

TERVISEKASSA



TERVISEAMET

## SOME DISEASES ARE PARTICULARLY DANGEROUS FOR YOUNG CHILDREN

Every country has an immunization plan that provides free vaccines to children and adults.

Children are vaccinated early because some diseases can have very serious consequences, especially for the youngest ones.

Newborns are vaccinated in the maternity hospital with parental consent. Babies and toddlers receive vaccinations from their family doctor.

THE HIGHER THE NUMBER OF VACCINATED PEOPLE, THE LOWER THE RISK OF FALLING ILL

The more people are vaccinated, the lower the spread of infectious diseases and the risk of getting sick.

The vaccine contains parts of viruses or bacteria that cause illnesses. These components help the immune system recognize and remember these disease-causing germs. However, the vaccine itself cannot make you sick. Vaccination builds immunity similar to having had the illness, but without the dangerous effects and complications.

Vaccines received during childhood help the immune system effectively fight disease-causing germs and provide long-term protection.



## IN ESTONIA, CHILDREN CAN RECEIVE FREE VACCINATION AGAINST 12 DISEASES

| THE DISEASE FOR WHICH VACCINATION IS REQUIRED   | CHILD'S AGE |               |               |               |               |  |               |
|---|-------------|---------------|---------------|---------------|---------------|--|---------------|
|   | 1-5 DAYS    | 2 MONTHS      | 3 MONTHS      | 4,5 MONTHS    | 6 MONTHS      | 1 YEAR   | 1,5-2 YEARS   |
| Tuberculosis  | ●           |               |               |               |               |  |               |
| Rotavirus infection   |             | ●<br>1st dose | ●<br>2nd dose | ●<br>3rd dose |               |  |               |
| Diphtheria, tetanus, whooping cough, polio, Haemophilus influenzae type B and hepatitis B virus |             |               | ●<br>1st dose | ●<br>2nd dose | ●<br>3rd dose |  | ●<br>4th dose |
| Measles, mumps, rubella   |             |               |               |               |               | ●<br>1st dose  |               |
| Influenza (flu)   |             |               |               |               | ●             | annually before the beginning of the flu season (October-November) |               |

It is also recommended to vaccinate children against tick-borne encephalitis starting at the age of one. However, this vaccine is not free. Your child will need three doses: the first two are given a month apart, and the third is a year later. Repeat the vaccination every 3-5 years.

The immunization plan allows babies to receive combined vaccines that protect against multiple illnesses at once. This means fewer shots, which also lowers the chance of side effects.

**!** FOLLOW YOUR CHILD'S VACCINATION SCHEDULE AND CONSULT YOUR FAMILY DOCTOR IF NEEDED

Consult with your family doctor if any vaccinations have been missed. It's always possible to catch up on vaccinations to ensure your child's future health and safety.

## VACCINATION SIDE EFFECTS ARE MILD AND PASS QUICKLY

As with other medications, vaccinations can occasionally cause side effects such as pain, swelling, and redness at the injection site. Some people may also experience fever, weakness, loss of appetite, or headache.

In most cases, these side effects do not require additional treatment. However, if needed, your family doctor can provide advice and instructions on managing them.