Vaccination against diseases

The vaccine contains a small part of a virus or bacterium. This is a harmless part. But it is sufficient to strengthen your child's immune system. After getting the vaccination, there is less risk of your child getting the disease. And if your child does get the disease, he or she will generally feel less unwell.

Preparation

Your child will get the vaccination in the upper arm. You yourself can help by preparing your child:

- Tell your child beforehand what is going to happen.
- Provide some distraction on the day of the vaccination. Bring your child's favourite cuddly toy or music, or watch a film.
- Ensure your child wears clothing that enables you to expose the arm easily.
- If you have several children with an invitation, come to the appointment all together.
- Get your child to move the vaccinated arm a lot.
- If your child is really scared, check the website for more tips. You can always make another appointment if necessary.

Side effects of the vaccination

After the vaccination your child could get a fever. Or experience pain where the vaccination was given. Your child might also feel tired and listless. These types of side effects are unpleasant but not serious. If you are worried, always call your family doctor.
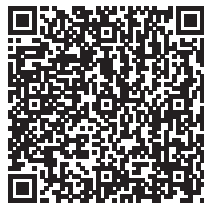
Extensively tested

The vaccinations have been thoroughly tested. So we know they are safe. Some vaccinations have been used for 65 years to protect our children.
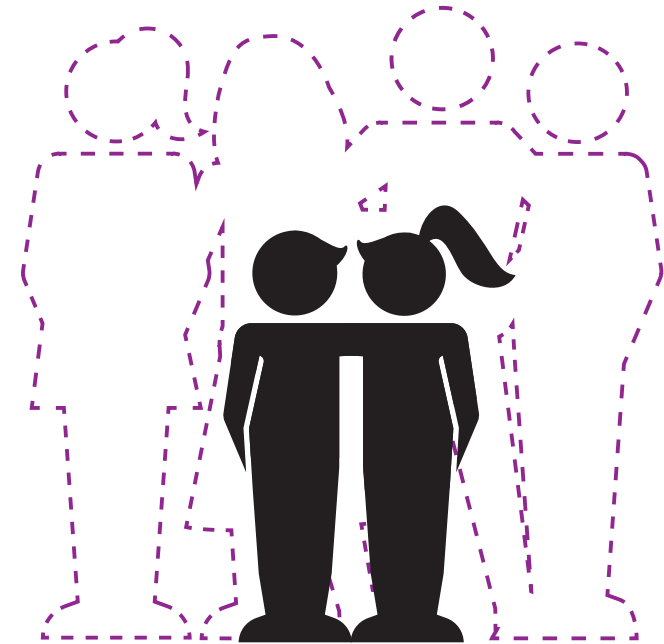
Do you have any questions?

Or are you unsure about the vaccination? Call us, e-mail us or chat with us. We will be happy to help you.

- Call the Municipal Health Service GGD: 020 555 5961.
- Go to ggd.amsterdam.nl/vaccineren.
- If in doubt, go to rijksvaccinatieprogramma.nl/vaccinaties/twijfels.

Scan the QR code for more information, and for text in English, العربية , Български, Türkçe, ትግርኛ and Українська.

GGD Amsterdam

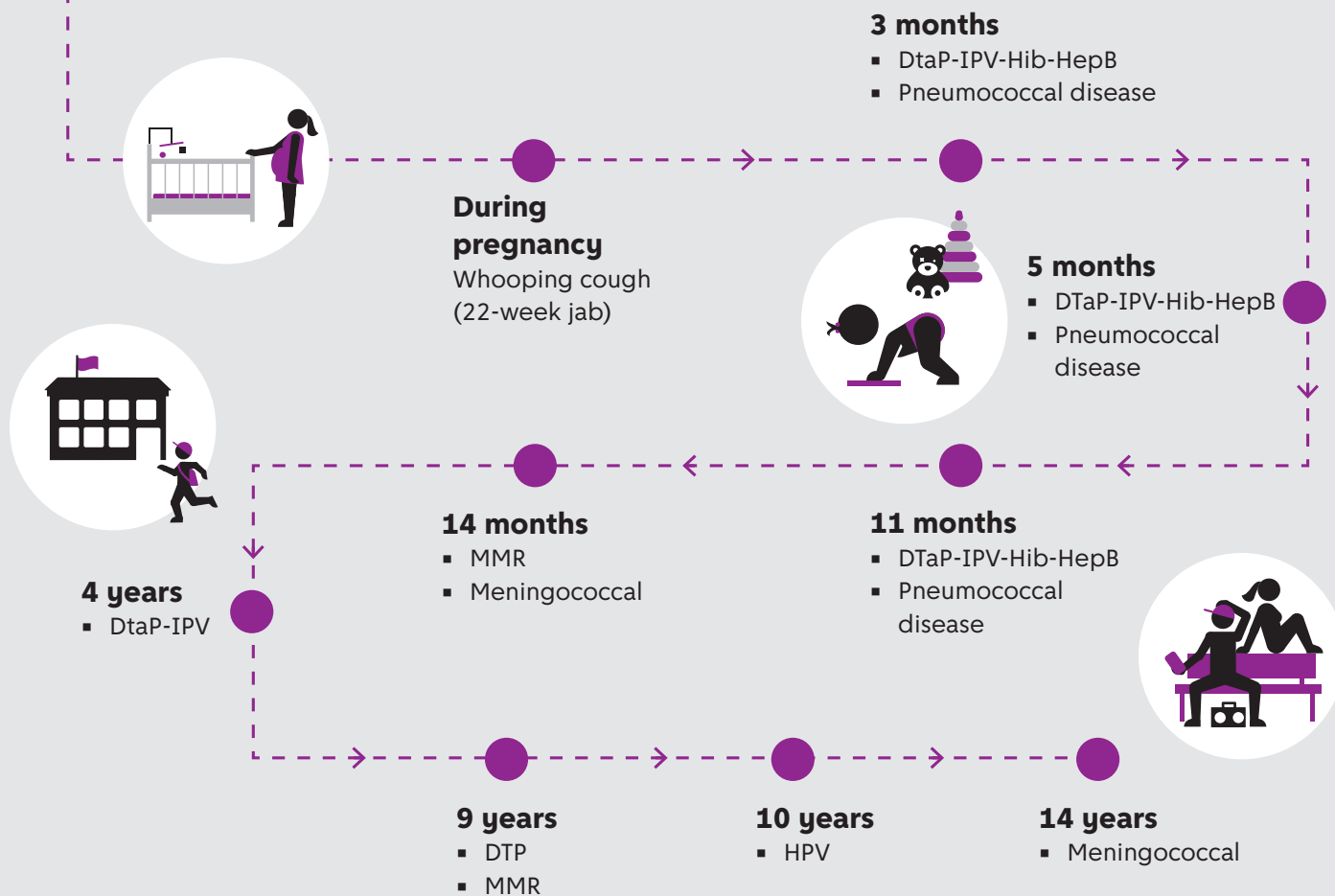# Protect your child against diseases

When can your child get a vaccination?

All parents in the Netherlands can have their children vaccinated against infectious diseases. These vaccinations are free of charge and voluntary.

The vaccinations give protection against 12 serious diseases, such as whooping cough, tetanus and polio.

If every child gets all of these vaccinations, everyone in the Netherlands will be well protected against these diseases.

You will automatically receive an invitation. You do not need to do anything yourself.

During pregnancy
Whooping cough (22-week jab)

3 months
- DtaP-IPV-Hib-HepB
- Pneumococcal disease

5 months
- DTaP-IPV-Hib-HepB
- Pneumococcal disease

11 months
- DTaP-IPV-Hib-HepB
- Pneumococcal disease

14 months
- MMR
- Meningococcal

4 years
- DtaP-IPV

9 years
- DTP
- MMR

10 years
- HPV

14 years
- Meningococcal

Meaning of abbreviations

D - Diphtheria
aP - Whooping cough
T - Tetanus
R - Rubella (German measles)

MM - Measles and mumps
P - Polio
Hib - Haemophilus influenzae type b
Hep - Hepatitis B
HPV - Human Papillomavirus