

# Scientific Academy of Preventive Medicine

## Englisch

### Information texts from the **Gesundheit für Eltern und Kind** chequebook Version 2020

#### **Why did you receive the "Health for Parents and Child" (Gesundheit für Eltern und Kind) chequebook and what does it contain?**

With this chequebook, you can get the most important vaccinations for your child for free. Please make sure that you bring this chequebook along when you visit your paediatrician or family doctor. You can get vaccines from the pharmacy and physician for free in return for the coupon sections contained in this booklet. This way, your child is reliably protected against major infectious diseases.

Translations of the most important texts in the chequebook are available here:

#### **On page 4:**

##### **How to use the chequebook?**

This health chequebook will be valuable to both you and your child. It contains coupons with a total value of approx. EUR 900 for free vaccination programmes for your child, which are held by country, federal government and health insurance providers. To use these, you must register your child for the free vaccination programmes and Styrian vaccination database.

To do that, fill in the data sheet (on the right) in a complete and legible manner and sign in the box on the bottom right. The physician or hospital personnel will tear out the sheet. Only the carbon copy will remain in the booklet. Your child is registered only when this is done, which makes the booklet valid. The "prescription" coupon section will be removed from the booklet by the pharmacist when you collect the vaccine. The "vaccination coupon" and "vaccination confirmation" sections will be removed when the vaccination is performed at the doctor's office. This ensures that the vaccinations at the pharmacy and the doctor's office are free of charge. The "vaccination report" section will remain in the booklet so you know which vaccinations have been given when and by whom. You can get the vaccine at the pharmacy as a private prescription at your own expense if you do not have the chequebook with you. You must also pay the vaccination fee at the doctor's office if you forget to bring the booklet along. However, the physician or pharmacist will reimburse the money if you submit the required coupons from the chequebook afterwards. Coupons are valid for resident paediatricians and physicians in general medicine as well as at all district authorities (medical departments) in Styria, the provincial vaccination centre and the public health department of the municipality of Graz.

Please note: Loose sections (i.e. torn out sheets) are invalid and thus worthless.

Please ensure that you bring your vaccination certificate for the vaccination.

#### **On page 6:**

##### **Confirmation and information for parents**

##### **Free vaccination programme and vaccination database:**

I confirm that I have registered my child for the vaccination database and free vaccination programmes of the Province of Styria. Thus, I will receive automatic access to the free vaccination programme of the Province of Styria. Vaccines and vaccinations at the doctor's office are thus free of charge. The vaccines that are given with regard to free vaccination programmes of the country are customised every year according to the recommendations in the Austrian vaccination scheme. I acknowledge and permit that the personal and vaccination data required for the processing and billing of the free vaccination programmes is electronically processed and stored in the vaccination database of the Province of Styria. If I do not agree to the electronic processing, I or my child cannot be a part of the free vaccination programmes. My data in the vaccination database will only be used for the free vaccination programme and the parent-child information service (refer below). I allow the doctors and hospitals authorised in the Styrian vaccination network to view online or receive information via telephone as to which vaccinations are documented in the vaccination database for my child. Upon written request, I will receive information about which data of me and my child is stored in the Styrian vaccination database. My child or I can deregister ourselves from the free vaccination programmes and the vaccination database at any time in writing. Comprehensive information on data protection in the vaccination database of Styria can be found at [www.vorsorgemedizin.st](http://www.vorsorgemedizin.st). I confirm that I have accepted the "Gesundheit für Eltern und Kind 2020" chequebook with the vaccination coupons for the free vaccination programme and that the information I have entered above is complete and correct and that I have not yet received a vaccination booklet for the child listed above. I acknowledge that, for example, if I lose my chequebook, I have no claim to another booklet and must pay for the costs of a second booklet to the Province of Styria. The costs for vaccines and vaccinations will then not be free.

**Parent-child information service:** The data stored in the vaccination database of the Province of Styria is also used for the parent-child information service: That way, I will receive regular, written and free information about the recommended mother-child pass and vaccination appointments, as well as health care for children. I

acknowledge and allow that I will be informed regularly, in writing and free of charge about my mother-child pass and vaccination appointments and about health care. I can unsubscribe from the parent-child information service in writing at any time; this shall not affect my access to the free vaccination programme. I also acknowledge that the physician or hospital may unsubscribe me or my child from the information service due to personal or medical reasons and transfer data changes that are important for the mother-child pass, parent-child information service and vaccination information service.

**Important:** The coupon sections are valid only if they are torn off directly at the doctor's office or in the pharmacy. The vaccine must be kept cool during transport from the pharmacy to the doctor's clinic; however, it must not be frozen!

**Memo for physicians:** All information must be complete and legible. The signature of the transferee (usually the mother) and the doctor's office stamp and signature must be on the front page so that the vaccination vouchers can be submitted and invoiced. Please separate the original data sheet from the booklet and send it immediately to the Wiss. Akademie für Vorsorgemedizin, Radetzkystraße 9/1, 8010 Graz. Please do not hesitate to call in case of any questions: Telephone - 0316/829727, Fax 0316/831411, Email: akademie@vorsorgemedizin.st

#### **On page 9:**

##### **Only vaccinations can protect: If taken at the right time**

The causes of many serious infectious diseases cannot be treated; only disease indications or symptoms can be alleviated. This is applicable for "orthodox medicine" as well as for the so-called "complementary medicine". Vaccinations are the only effective means of protection. Getting vaccinated in good time is therefore very important! The "recommended time to get vaccinated" corresponds to the most recent state-of-the-art in medical science. It provides information about the best possible time to get vaccinated. Vaccinations can be subsequently performed at the next possible date if missed for whatever reason. Consult your physician for more information on this matter.

An overview of vaccines and recommended time to get vaccinated is provided below.

#### **From page 15 through 18:**

##### **Vaccination information of the Specialist Department for Health and Care Management**

##### **FREE VACCINATIONS FOR BABIES AND SMALL CHILDREN**

All children will get the following vaccinations with the coupons contained in this booklet:

6x vaccination (diphtheria, tetanus, polio, whooping cough, haemophilus influenza B, hepatitis B) measles mumps-rubella combination vaccination (MMR), rotaviruses (oral vaccination), conjugated pneumococcal vaccination (PNC). Several partial vaccinations or re-vaccinations are needed with these vaccines in order to ensure long-term protection. Any missed vaccinations should be performed subsequently as soon as possible.

##### **6x vaccination**

The 1st partial vaccination is usually performed in the 3rd month of life, the 2nd partial vaccination, in the 5th month of life, the 3rd partial vaccination, from the 11<sup>th</sup> (to 12th) month of life, at the earliest 6 months after the 2nd partial vaccination.

##### **Measles-mumps-rubella vaccination (MMR)**

With the first vaccination in the 10th to 12th month of life, the 2nd partial vaccination is carried out at intervals of 3 months. If the 1st partial vaccination is carried out after the 1st year of life, a minimum interval of 4 weeks must be observed for the 2nd partial vaccination. Any missed 1st and/or 2nd MMR vaccinations can be subsequently performed free of charge at any age within the context of the free vaccination programme.

##### **Oral vaccination against rotaviruses:**

Rotaviruses are the most frequent pathogens for diarrhoea with vomiting (gastroenteritis) in babies and small children. They cause about half of diarrhoeic illnesses in this age group (especially in winter). The younger the child at the time of the initial infection, the more serious the disease progression. The rotavirus oral vaccination should therefore be started as soon as possible after the 6th week of life. Either Rotarix® or Rotateq® is available with the free vaccination programme depending on the decision of the Ministry of Health. Both vaccines can be given after the 6th week of life. Children receive 2 (Rotarix®) or 3 (Rotateq®) partial vaccinations depending on the vaccine. The vaccination series should be completed in the 24th (Rotarix®) week of life or the 32nd week of life (Rotateq®) at the latest. Switching between vaccines is not proposed. Rotateq® is available free of charge in 2020.

### **Conjugated multiple vaccination against pneumococcal (PNC)**

Serious (invasive) pneumococcal illnesses involving blood poisoning or purulent meningitis are among the most frequent life-threatening, infectious diseases that can cause long-term health damage in the first two years of life. The PNC vaccination is therefore recommended for all babies from the 3rd month of life according to the Austrian vaccination scheme.

It is urgently recommended to start the vaccination series early in the 3rd month of life. Why? Because most cases of pneumococcal meningitis occur in the 2nd half of the first year of life. Synflorix® or Prevenar® is available as a vaccine depending on the decision of the Ministry of Health. Prevenar 13® will be used for free vaccinations in 2020. The 1st partial vaccination is performed in the 3rd month of life, the 2nd, in the 5th month of life, and the 3rd, in the 12th (till 14th) month of life, i.e. 7 to 9 months after the 2nd partial vaccination. The PNC vaccination can also be given simultaneously with the 6x vaccine. Only 2 partial vaccinations with a minimum interval of 8 weeks are recommended if the 1st partial vaccination is only performed in the 2nd year of life. Children with an increased risk can subsequently receive the PNC vaccination free of charge until the 5th year of life.

(The vaccination schedule is given in the box below depending on the time of the initial vaccination.)

### **OTHER IMPORTANT VACCINATIONS FOR BABIES AND SMALL CHILDREN**

The Austrian vaccination scheme recommends other vaccinations for all babies and small children in addition to the free vaccinations included in this chequebook. However, the expenses for these vaccinations must be borne by you. Please consult your physician as to which vaccinations are necessary for your child.

#### **Meningococcal disease**

Vaccination against meningococcal B for all children and youngsters is preferably recommended after the 2nd month of life due to the epidemiological situation. The conjugated monovalent vaccination against meningococcal group C is recommended in the 2nd year of life and is possible after the 2nd month of life. The number of necessary partial vaccinations depends on the time of the initial vaccination. An additional dose with the 4x conjugated vaccine ACWY should be given between the 11th and 13th year of life (also see "Vaccinations for school children").

#### **Varicella (chickenpox)**

Varicella are by no means harmless because very serious accompanying illnesses (complications) can occur. The vaccination is therefore included in the general recommendations. It is given in 2 parts at intervals of at least 4 weeks. Although it is recommended for the 2nd year of life, it can be given after the 9th month of life.

#### **Tick-borne encephalitis vaccination (TBE)**

The Province of Styria has a lot of ticks that can transmit the TBE virus. TBE vaccinations are thus recommended after the 1st year of life. Basic protection is provided with two partial vaccinations at an interval of 1 - 3 months and a 3rd vaccination after 5 - 12 months or 9 - 12 months (depending on the vaccine).

#### **Hepatitis A**

Vaccinations are recommended for all children from the 2nd year of life – however, especially prior to attending a community facility (e.g. kindergarten, nursery). The 2nd partial vaccination is performed at an interval of 6 months. A booster vaccination is presumably not necessary according to current knowledge.

#### **Influenza (real viral flu)**

The vaccination is recommended for children from the 7th month of life onwards. Especially children with an increased risk for chronic lung, heart and cardiovascular illnesses, kidney diseases, metabolic illnesses and congenital or acquired immune deficiencies should get an influenza vaccination.

### **SCHOOL CHILDREN, YOUNGSTERS, ADULTS**

Free vaccination programme

Vaccinations against diphtheria, tetanus, polio and whooping cough are renewed in the school vaccination programme from the 7th year of life and accordingly, a missed basic immunisation against hepatitis B can also be subsequently taken afterwards for free. The renewal of hepatitis B is recommended after the 8th year of life. Any missed measles-mumps-rubella vaccination should be subsequently taken as soon as possible. 2 partial vaccinations are recommended to ensure reliable protection. Reliable protection against rubella is especially important for girls before a possible pregnancy. Vaccinations against human papillomaviruses (HPV) are free of charge for girls and boys after the 9th year of life until the 12th year of life (12th birthday). These vaccinations provide significant protection against cervical cancer and among other things, genital warts. Vaccination is performed in 2 parts with an interval of 6 months. A 4x conjugated vaccine (ACWY) is available for free against meningococcal disease from the 11th to the 13th year of life. Vaccination is also recommended for older children/youngsters or in case of certain pre-existing illnesses and as a travel vaccination; however, these vaccinations must then be purchased privately. Free vaccinations for school-aged children are offered in school, at resident physicians' clinics, vaccination centres of the district commissions, the provincial vaccination centre and the municipality of Graz.

Recommended, but not included in the free programme:

TBE vaccinations are quite affordable in the school vaccination programme and especially important for the Province of Styria. Vaccination protection against chickenpox (varicella), meningococcal B or hepatitis A should be subsequently performed or completed at school age. Influenza vaccinations should be administered annually. HPV vaccinations (2 partial vaccinations) can be obtained for a reduced price at public vaccination centres after the 12th year of life and until the completion of the 15th year of life. Adults should renew the diphtheria-tetanus-whooping cough and polio vaccination every 10 years and every 5 years from the 60th year of life. TBE must be renewed every 5 years and every 3 years from the 60th year of life. Persons in the 50th year of life should be vaccinated against herpes zoster (shingles) and from the 60th year of life, from pneumococcal disease (pneumonia) since the risk of serious infections increases significantly at this age. Influenza vaccinations ("real flu") are especially recommended for all adults. This vaccination must be renewed every year because the vaccines are adapted annually to new influenza strains.

#### **Risk of vaccination complications:**

The vaccination process has been "copied" from nature. However, reactions in the sense of a "vaccination illness" can never be completely ruled out. Therefore, the risk and possible consequences of "natural" illnesses must be weighed against the possible "vaccination risk".

Consult your physician or read the expert information about vaccines to get information on possible vaccination reactions and side effects at [sozialministerium.at](http://sozialministerium.at) under the "Vaccination" section. Serious complications after vaccinations are extremely rare due to stringent approval and on-going monitoring procedures. It is much more dangerous to refuse vaccinations. Only vaccines can provide real protection!

#### **When should children not be vaccinated?**

- in case of acute fevers
- in case of known allergic reactions to vaccines

#### **Please inform your physician**

- if your child has a "general tendency" towards allergies (e.g. neurodermatitis, eczema) or other (chronic) pre-existing illnesses
- about your child's "tolerance" for previous vaccinations and if there is an infectious disease in your environment at the time of vaccination.

Your physician will decide after the examination if your child can be vaccinated with a cold and/or slightly increased temperature.

#### **For specific questions...**

Please contact the University Children's Clinic Graz (Department for Infections, Telephone - 0316/385-14588) or the children's ward at Provincial Hospital (LKH) Hochsteiermark/Leoben (Telephone - 03842/401-2438).

The Vaccination and Consultation Centre for travel medicine of the Specialist Department for Health and Care Management (Telephone - 0316/877-3577) and the Hygiene Institute (Telephone - 0316/385-73627) also offers tips on the topic of travelling and vaccinations. Further information about vaccinations is available at [www.vorsorgemedizin.st](http://www.vorsorgemedizin.st) as well as from the Specialist Department for Health (Telephone - 0316/877-3546 or - 3526) and your physician.

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