

Baby vaccination Q&A



Vaccinating your child will prevent them from getting sick from specific childhood related viruses and bacteria, most of which can cause serious illness or death. The people around your child will also benefit by being less exposed to these contagious diseases.

Q What should I be concerned about getting my baby vaccinated?

A Side effects after immunisations are uncommon and the majority of children who receive vaccines have no side effects. For those who do, the side effects, like fever, rash, or redness and swelling where the vaccine was given – are usually minor and generally subside after a day or two.

For vaccinations containing live but attenuated viral particles such as chickenpox or MMR (Measles, Mumps and Rubella), side effects can appear 10-14 days after the immunisation consisting of rash or fever and generally subside after 2 to 3 days.

Very rarely, a child will have a serious reaction to a vaccine, like a severe allergic reaction. The occurrence is very low and as a precaution, you will always be asked to wait 15 minutes after receiving a vaccine before leaving the clinic.

Vaccinations, including live vaccinations, cannot transmit the disease against which you are being immunised.

Q The HKSAR government offers free vaccinations for children. What should I consider when choosing a public or private vaccination plan?

A Private practitioners adapt a more flexible immunisation regime with a wider choice of vaccines available to add on. The actual timing of the vaccinations in both sectors is similar, but more vaccines are combined when offered by private practitioners. Therefore, fewer injections are required overall with a more comprehensive protection.

At Matilda, we prescribe “6 in 1” vaccines which incorporate Hepatitis B, DTaP (Diphtheria, Tetanus, acellular Pertussis) IPV (Polio) and Hib (Haemophilus Influenza type B) vaccines into one. In other words, only 1 injection is required instead of 3 separate injections. It helps minimise the distress and discomfort for the child.

In addition, the optional vaccines are standard in some countries, so for those who travel widely or are planning to live elsewhere, these can be easily added into the child vaccination schedule, such as Rotavirus, Hib, Hepatitis A, Meningococcal ACYW conjugate, Meningococcal group B, and Japanese Encephalitis vaccines.

Q What are the differences between vaccination schedules of the Hong Kong Family Health Services of the Department of Health and other countries?

A The child immunisation schedule recommended by the Hong Kong Family Health Services is similar to European and other Western vaccination schedules. However, due to the high local prevalence of tuberculosis and Hepatitis B, B.C.G. and Hepatitis B vaccines are specifically incorporated in the routine immunisations.

Other vaccines such as Haemophilus influenzae Type B (Hib) and meningococcal vaccines are not usually given in the Hong Kong Childhood Immunisation Programme due to a lower risk of such diseases in Hong Kong.

Q What should I do in order to comply with the recommendations of another country when choosing a baby vaccination scheme?

A It is best to check with the corresponding national immunisation advisory in the country you plan to reside in or travel to as some of the recommended vaccines might not be included in the Hong Kong routine childhood immunisation schemes. However, these optional vaccines are available at private clinics. You can discuss with your doctor for additional protection tailored to other countries.

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幼兒接種疫苗 常見問題



接種疫苗有助寶寶預防一些與幼兒相關的病毒與病菌引起的疾病，而這些病菌往往可引致嚴重的疾病、甚至可以致命。與此同時，寶寶身邊的人士亦可減少接觸到這些傳染病的機會。

Q 接種疫苗，我需要特別注意什麼？

A 接種疫苗的副作用很少見，大部分兒童接種疫苗後都不會出現副作用。部分人或會出現發燒、出疹，或接種疫苗的位置發紅和腫痛，但通常很輕微，一般會在一兩天內消退。

然而，接種一些已滅活的活菌疫苗，如水痘、或麻疹、流行性腮腺炎和德國麻疹混合疫苗後，出疹和發燒的副作用可能會於接種後10至14天出現，一般在兩至三天內會減退。

鮮有幼兒會對疫苗產生嚴重反應，例如過敏性休克，但十分罕見。為預防起見，接種疫苗後，請等待15分鐘才離開診所。

接種疫苗(包括已滅活的活菌疫苗)亦不會傳播疫苗所針對的疾病。

Q 香港政府為兒童提供免費疫苗。選擇公營或私營的疫苗接種計劃時，應注意什麼？

A 私家醫生備有更多的疫苗選擇，提供更靈活的免疫計劃。公營和私營兩者的接種時間表類同，但私家醫生一般會提供綜合更多傳染病保護的混合疫苗，減少寶寶需接種疫苗的針數之餘，也可得到更全面的保護。

明德國際醫院及明德診所使用6合1疫苗，該疫苗已包括乙型肝炎、白喉、破傷風、無細胞百日咳、滅活小兒麻痺和乙型流感嗜血桿菌疫苗的保護。換言之，只需1針便給寶寶不同的保護，而不需要接種3針。這亦可減少寶寶接種時的憂心與不適。

另外，在某些國家或地區，部分疫苗已成為常規疫苗。經常外遊或打算移居外地的人士可輕易把所需的疫苗加入在接種時間表內，例如輪狀病毒、乙型流感嗜血桿菌、甲型肝炎、腦膜炎雙球菌、B型腦膜炎雙球菌和日本腦炎疫苗。

Q 香港衛生署家庭健康服務所提供的兒童免疫接種計劃跟其他國家的建議有什麼分別？

A 香港衛生署家庭健康服務建議的幼兒疫苗接種時間表大致與歐洲和其他西方國家的建議相若。然而，由於本港的肺結核和乙型肝炎較常出現，故此卡介苗B.C.G.和乙型肝炎疫苗已納入於常規的兒童免疫接種計劃內。

在香港，乙型流感嗜血桿菌和腦膜炎雙球菌等疾病的患病率較低，故衛生署家庭健康服務未有將該兩種疫苗納入在免疫接種計劃內。

Q 選擇疫苗接種計劃時，我該怎麼做才能符合其他國家的建議？

A 請查閱您計劃移居或旅遊地點有關機構的疫苗建議，因為其建議的疫苗可能未有包括在香港常規兒童免疫接種計劃內。然而私家診所都可提供這些疫苗，您可跟醫生商討，按其他國家的要求，為寶寶制定合適的疫苗接種時間表，給予他們額外的保護。

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