

Vaccination Schedule:

Source: Robert-Koch-Institut, Berlin

The vaccination schedule for infants, children, adolescents and adults (Tabelle 1) includes vaccinations to protect against Diphtheria (D/d), Pertussis (aP/ap), Tetanus (T), Haemophilus influenzae Typ b (Hib), Hepatitis B (HB), Human papillomavirus (HPV), Poliomyelitis (IPV), Pneumokokken, Meningococci, Measles, Mumps, Rubella (MMR) as well as against Varicella and against Influenza and Pneumococci.

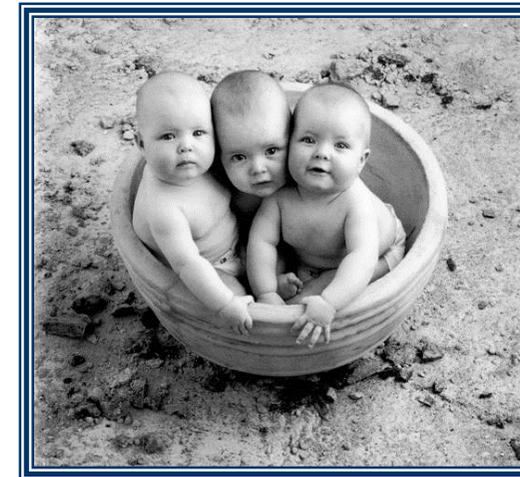
For complete information you may have a look at www.rki.de to.

Impfstoff/ Antigen- kombinationen	Alter in Monaten					Alter in Jahren				
	Geburt	2	3	4	11-14 15-23 siehe a)	5-6 siehe a)	9-11 siehe a)	12-17 siehe a)	ab 18	≥ 60
T *	1.	2.	3.	4.		A		A	A *****	
D/d * siehe b)	1.	2.	3.	4.		A		A	A *****	
aP/ap *	1.	2.	3.	4.		A		A	A *****	
Hib *	1.	2. c)	3.	4.						
IPV *	1.	2. c)	3.	4.			A			
HB *	d)	1.	2. c)	3.	4.		G			
Pneumokokken **	1.	2.	3.	4.						S
Meningokokken					1. e) ab 12 Monate					
MMR ***					1.	2.				
Varizellen ***					1.	2.	s. Tab. 2			
Influenza ****										S
HPV *****										SM



For: _____

Recommendations for going home with your baby after birth



Congratulations



Recommendations for going home with your baby after birth

We would like to congratulate to your baby's birth. We are very happy to be able to discharge you and your baby. Enclosed you will find some recommendations which may help you during the first days, weeks and months at home:

- ❖ If you have any special questions related to your baby during the upcoming days please contact your pediatrician. In case of an emergency you may want to come immediately to the emergency service of our children's hospital.
- ❖ Please use the available services of a midwife. You can call for midwife service in our region using the following phone number: 0171/6841300.
- ❖ For the early recognition of any disease please go to the well baby and child visits even if your child appears completely healthy. Therefore, please make an appointment with your pediatrician. A recommended schedule for these appointments is written in the "yellow book". Your health insurance will cover the charges. Please fill in the name and the telephone number of your pediatrician here:
Name: _____ Phone: _____
- ❖ At the third day of life we'll take a blood sample from your child for an early diagnosis of treatable metabolic diseases. This screening program is recommended for all newborns. You can find further information in a specific information sheet.
- ❖ If there is a history of **allergy, asthma, hay fever or neurodermatitis** in your family, breast feeding during the first six months is strongly recommended. (Please take a look at www.stillinitiative-ulm.de for more information.) If breast feeding is not possible due to any reason we may recommend hypoallergenic formula.
- ❖ From the 10th day of life the daily use of one tablet containing vitamin D and fluoride is recommended for your baby. You will get the first prescription on the day of discharge from the hospital and further prescriptions from your pediatrician. This is to prevent Rickets and to support the development of the teeth of your baby. (**Rickets**: the infant needs vitamin D for the prevention of Rickets. Rickets, formerly called "English disease", is caused by a lack of vitamin D causing distortion of the baby's bones. Rickets can be prevented by providing vitamin D every day during the first year of life. **Fluoride**: a small daily small amount of fluoride intake helps to develop teeth more resistant against caries. The best possible effect of fluoride can be gained during infancy and childhood.)
- ❖ For officially recommended vaccinations keep your appointments with your pediatrician. If you have any questions take a look at the vaccination schedule on the last page of the "yellow book".



Recommendations for going home with your baby after birth

- ❖ Your pediatrician may perform a hearing screening during the first six months of lifetime.
- ❖ You will gain experience during the next days/weeks/months in evaluating your child's behavior. If you think your child appears to be sick ("**looks bad**", "**feels weak**", **doesn't drink enough or cries differently than usual**) go and see your pediatrician immediately or go to an emergency service of a children's hospital. The clinical signs mentioned above may be related to severe infection, which may require immediate medical attention and treatment. An infection is not always associated with fever*, even a lower body temperature as normal may be possible. This advice applies especially in case your baby was monitored during the first 2-3 days after birth to exclude an infection or if we have treated your baby because of an infection after birth.
- ❖ Feeding well can prevent neonatal jaundice. Make sure the oral intake of your baby is sufficient. Breastfeeding 8 to 12 times a day is recommended, because this may help to prevent significant neonatal jaundice.
- ❖ If your baby needs a repeat check for neonatal jaundice at our hospital, please go to the same hospital ward where your child was discharged.
- ❖ The following advice is to help you to get a safe environment for sleep of your baby. (Please take a look at www.schlafumgebung.de or <http://www.healthychildren.org> (search for "SIDS") for more complete information.):
 - Place your child **one the back** for sleeping.
 - Have your child sleeping in your bedroom, but **in his/her own bed**.
 - Use a **sleeping bag** for your baby. Please don't use a pillow for the baby.
 - **Avoid hyperthermia**: 18 °C (65°F) room temperature and a sleeping bag are usually enough.
 - During the first year **breast feed** your baby as long as possible.
 - Provide a **smoke free environment** for your child.
 - If your baby likes a **pacifier** offer it during the time falling asleep.
 - **When your baby is awake** you also can place it on its belly to train muscles of his/her back and to improve motor skills.

* (fever: temperature >38°C (>101.3°F) for more than 2 hours or any temperature >38°C (>101.3°F))

