

# VACCINES



Parents, when did your child get his/her last tetanus shot? We often think that our children get all the vaccines they require within the first few years of their birth. However, there are several vaccines which are not given to infants, or which require boosters at an older age. We describe some of these vaccines in greater detail below.

You can get an antibody titer check if you are unsure whether your child has had a particular vaccine. If you have any other questions, please do not hesitate to call 6130-3535 to speak with Dr. Khullar, who is the Healthspring paediatrician at OIS, or email us at [ois@healthspring.in](mailto:ois@healthspring.in). We look forward to working closely with you, and building a culture of health at OIS!

- 1. Tetanus:** While most children get a dose when they are young, a booster shot is recommended every 10 years. If your child develops a dirty or deep wound through injury, please check with your family physician if he/she needs a tetanus shot within 24 hours of the injury, depending on when he/she had your last one.
- 2. Typhoid:** Generally, people get typhoid from contaminated food or water. The typhoid vaccine comes in two forms – an injection or an oral capsule. Depending on the type of vaccine taken, a booster is needed every two-five years.
- 3. Influenza:** Your child needs a dose every year for his/her protection and for the protection of others around him/her. This single-dose vaccine is updated almost every year to account for newer flu virus strains, so make sure that you are getting the recent most vaccine.
- 4. Chickenpox:** The chickenpox vaccine requires two doses; the time between each dose depends on the age of the patient. If your child has already had chickenpox, he/she may no longer require a vaccine.
- 5. Hepatitis A:** Hepatitis A is a waterborne infection, and hence your child may be at higher risk in India, especially if he/she eats outside a lot. The vaccine is usually given in 2 doses, 6–18 months apart.
- 6. Hepatitis B:** Hepatitis B is contracted through blood transfusion. It is best to consult with your physician and understand if your child needs to take these shots which are given in 3 doses, usually over 6 months.
- 7. HPV:** Recommended for children aged 11-12 years old or older, the HPV vaccine is given in three doses over six months. Children at this age have a better immune response to the vaccine than adults so it is better to get this vaccine early.



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