



VACCINATION

Protection of oneself and others



Vaccination consists of stimulating an immune response in the body by administering a harmless form of an infectious agent (bacteria or virus).

The immune system, having a form of memory, will be more effective and faster to defend the body when it comes into contact with a disease for which it has received the vaccine.



Why get vaccinated?

Thanks to routine vaccination, some diseases, such as smallpox, have been eliminated from the planet. Others, such as poliomyelitis, diphtheria, tetanus, pertussis, have almost disappeared from our countries. Haemophilus influenzae meningitistype 'b' has become exceptional in countries where routine vaccination is respected.

Unfortunately, the arrival of some unvaccinated populations or the refusal of some parents to vaccinate their children weakens the protection of the population. Thus, outbreaks of measles and diphtheria have occurred in Eastern Europe and can spread if the entire population is not protected.

Vaccination therefore makes it possible to protect oneself, one's family and friends, to avoid transmitting and spreading diseases, and to a large extent, can lead to the disappearance of a disease.

Vaccination remains useful when a disease has not been completely eradicated.

how to find one's way?

There are recommendations for a systematic vaccination scheme in Luxembourg and neighbouring countries.

These recommendations are concerning the following diseases:

- **Diphtheria**
- **Tetanus**
- **Pertussis**
- **Poliomyelitis**
- **Haemophilus influenza B**
- **Hepatitis B**

Vaccines combined in a single injection.

- **Pneumococcus**

- **Meningococcus**

- **Measles**
- **Rubella**
- **Mumps**
- **Chickenpox**

Vaccines combined in a single injection.

- **Rotavirus**

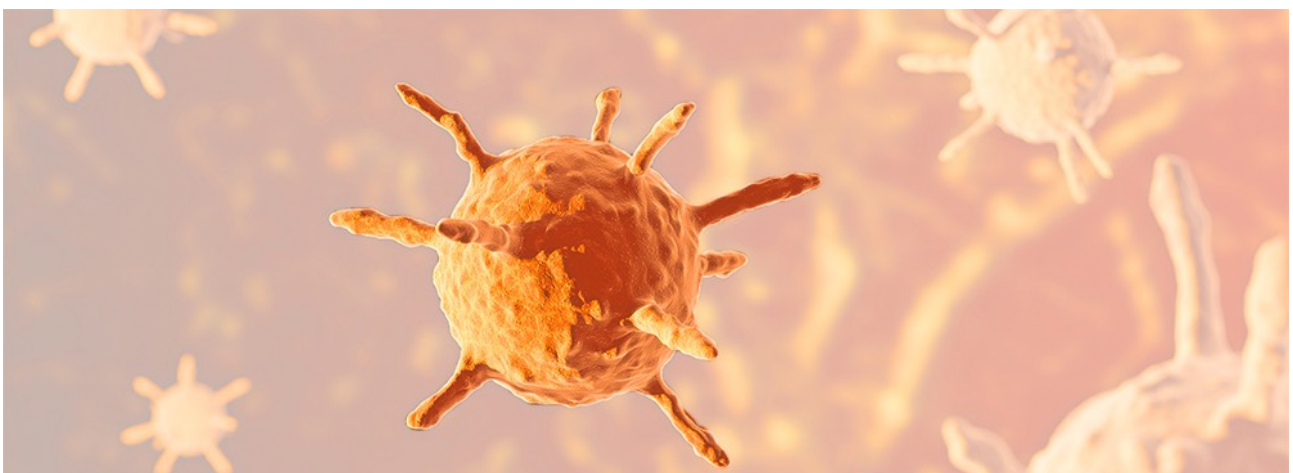
- **Influenza**

- **Human papillomavirus** has been added to the list of conventional vaccines.

HPV is a sexually transmitted infection responsible for genital infections that can lead to cervical cancer or cancer of the ENT sphere, vulva, vagina, anus and penis.

Vaccination of girls and boys from the age of 9 is recommended to reduce the transmission of this virus as much as possible.

Definitions of these diseases are available on the website: www.astf.lu/vaccination.



Vaccination recommendations

MALADIE	2 mois	3 mois	4 mois	12 mois	13 mois	15-23 mois	5-6 ans	9-13 ans	12 ans	15-16 ans	Tous les 10 ans	65 ans et plus
Diphtérie-Tétanos-Coqueluche	•	•	•		•		•			•	•	
Polio	•	•	•		•		•			•	•	
Haemophilus Influenzae B	•	•	•		•							
Hépatite B	•	•			•				•*			
Pneumocoque	•		•	•								•
Rougeole-rubeole-oreillons-varicelle				•		•					•**	
Méningocoque C					•					•		
Rotavirus	•	•										
Papillomavirus humain (HPV)								••*				
Grippe												•

• : si pas encore vacciné
 •• : vaccination selon un schéma à 2 injections (à 0, et 6 mois d'intervalle)
 ••• : Concerne les adultes nés après 1980. Si vous n'avez pas reçu 2 doses du vaccin, pensez à faire un rappel de vaccination, (un rappel unique suffit) ; Si vous n'avez reçu aucun vaccin et que vous n'avez pas contracté la rougeole, il faut faire deux injections, à 4 semaines d'intervalle.

Source : Ministry of Health - To download on [santé.public.lu](https://sante.public.lu) (in french only)

As shown in the table above, vaccinations are distributed according to a regularly updated schedule, starting at 2 months of life, to guarantee optimal immunity from the earliest age.

Some vaccines provide lifelong protection, others, such as the combined vaccine against diphtheria, tetanus, pertussis and polio, require a booster every 10 years to ensure optimal protection.

If you have any doubts about your vaccination protection, do not hesitate to ask your attending doctor or one of our doctors for advice during a visit to the ASTF, he or she can guide you and, if necessary, give you a booster of this vaccine on site.

Every year, influenza

The influenza vaccine is the only one that is given **every year**, before the flu appears. It is elaborated from the virus strains of the previous year, in order to optimize its effectiveness.

It should be noted that, every winter, influenza causes deaths, superinfections, complications, and absenteeism from work and school.

Routine vaccination coverage reduces its impact.

Each year, the ASTF organizes an influenza vaccination campaign for employees of member companies.

For more information refer to www.astf.lu/vaccination or contact accueil@astf.lu.



Vaccinations and travels abroad

*Depending on the destination countries, the duration of the trip and the planned activities, vaccines against **hepatitis A**, **hepatitis B** (if not previously carried out), **meningococcal meningitis** (idem), **typhoid**, **rabies**, **Japanese encephalitis**, **yellow fever**, **tick-borne encephalitis**, **malaria** may be necessary.*

Useful links and websites available on www.astf.lu/vaccination.

Conclusion :

*We don't think about vaccination
because we are in good health.*



*If we are in good health,
it is also because of it.*