

Every baby milestone matters.

宝宝的每个成长阶段
都非同小可！

*Make way for your precious one to
reach those exciting milestones in life*

如何帮助您的宝贝茁壮成长，
在每个发育阶段达到最佳状态

Scan the QR code and visit the
www.theprotectors.sg for additional information



Android



Apple

A health service message brought to you by:

本健康资讯是由以下机构提供:



Singapore Paediatric
Society



Charlotte stands up in cot today!
今天小雪儿已能够自己站立了！

For further information, please consult your doctor or pharmacist
All images used in this material are for illustration purposes only.

请向医生或药剂师咨询更多详情。
文中的所有图片仅供说明用途。



Charlotte @ 1 month old

Each baby is unique and meets
each milestone at his or her own pace.

I don't take chance with Charlotte's future.
I ensure I've the best protection for her.



Every day, babies and children are exposed to infectious diseases.

Diseases put them out of action anywhere from a few days to weeks, or even months! During such times, they miss out on all the fun and learning that life brings. It is also heartbreaking to watch helplessly as they endure discomfort and pain.

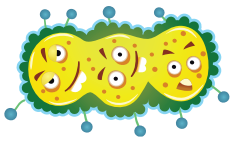
Childhood Infectious Diseases

Diphtheria, Tetanus, Pertussis (whooping cough) and Haemophilus influenzae type b are diseases caused by bacterial infection¹⁻⁴. **Hepatitis B and Poliomyelitis** are diseases caused by viral infection⁵⁻⁷. These childhood diseases can lead to serious complications¹⁻⁷.



Charlotte @ 7 months old





Diphtheria¹

Transmission:

- Caused by bacteria, *Corynebacterium Diphtheriae*.
- Spread from person to person, usually through respiratory droplets, from coughing or sneezing.

Symptoms:

- Weakness, sore throat, fever, swollen glands in the neck.
- Within two to three days, a thick coating can build up in the throat or nose, making it very hard to breathe and swallow.

Possible complications:

- Blocking of airway, damage to the heart muscle (myocarditis), inflammation of nerves, which may cause nerve damage (polyneuropathy), paralysis and lung infection (respiratory failure or pneumonia).

Tetanus²



Transmission:

- Caused by bacteria called *Clostridium tetani*, found everywhere in the environment.
- Bacteria can get into the body through broken skin, usually through injuries from contaminated objects.

Symptoms:

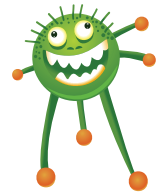
- Most common initial sign is muscle spasm of the jaw, or "lockjaw".
- Painful muscle stiffness all over the body, trouble swallowing, seizures (jerking or staring), fever and sweating, high blood pressure and fast heart rate.

Possible complications:

- Uncontrolled/involuntary muscular contraction of the vocal cords (laryngospasm), bone fractures and breathing difficulty.



Pertussis (Whooping Cough)³



Transmission:

- Caused by bacteria called *Bordetella pertussis*.
- Spread from person to person by coughing or sneezing.

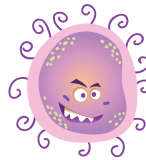
Symptoms:

- Usually starts with cold-like symptoms.
- Coughing fits that continue for weeks.
- Continuous violent and rapid coughing until the lungs have no air and the child is forced to inhale with a loud "whooping" sound.

Possible complications:

- Pneumonia, convulsions, slowed or stopped breathing (apnea), disease of the brain (encephalopathy), even death.

- ▶ In infants younger than 1 year of age who get pertussis, about half are hospitalised.



Haemophilus influenzae type b (Hib) Disease⁴

Transmission:

- Caused by bacteria, *Haemophilus influenzae* type b.
- Spread person-to-person by direct contact or through respiratory droplets by coughing and sneezing.

Most common severe types of Hib disease are:

- Pneumonia (lung infection)
- Septicemia (bloodstream infection)
- Meningitis (infection of the covering of the brain and spinal cord).

Possible complications:

- Meningitis may cause brain damage or hearing loss.
- Septicemia can result in loss of limb(s).
- Many infections caused by Hib can result in death.

Poliomyelitis (Polio)^{5,6}



Transmission:

- Caused by Poliovirus.
- Poliovirus is most often spread through person-to-person contact with the stools of an infected person and may also be spread through droplets from a sneeze or cough.

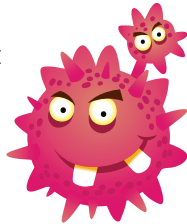
Symptoms:

- Approximately 72% of infected persons have no symptoms.
- About 24% of infected persons have minor symptoms, such as fever, fatigue, nausea, headache, flu-like symptoms, stiffness in the neck and back, and pain in the limbs, which often resolve completely.

Possible complications:

- Paralysis that can lead to permanent disability and death.

Hepatitis B^{7,8}



Transmission:

- Caused by Hepatitis B virus.
- Spreads through blood or other body fluids that contain small amounts of blood of an infected person.
- People can spread the virus even when they have no symptoms.

Symptoms:

- Infants and young children usually show no symptoms.
- Older children and adults may have loss of appetite, fever, tiredness, pain in muscles, joints and stomach, nausea, diarrhea and vomiting, dark urine, yellow skin and eyes.

Possible complications:

- Chronic Hepatitis B can result in long-term health problems, including liver damage, liver failure, liver cancer, or even death.

Protecting against childhood infectious diseases⁹

Vaccinations are important and necessary to protect children against childhood infectious diseases. You can opt for your child to receive a combination vaccine or several different vaccines in one visit.

Speak to your doctor to learn more about how to protect your child from these childhood diseases.



*My bundle of joy deserves
a bundle of protection!*



小雪儿一个月大了！

每个宝宝都
是独一无二的，
因此他们的发育速度
也炯然不同。

我不会拿小雪儿的未来
去冒险。相反的，我会为她
提供最悉心的呵护。



婴幼儿每天都容易遭遇各种 传染病的侵袭。

婴幼儿一旦生病，就只得停止活动养病，疗养期会持续数天、数星期，甚至数月！在此期间，他们会失去欢笑，郁郁寡欢，独自体验人生的苦涩。看着宝贝忍受病痛折磨，家长们心急如焚，却又无能为力。

儿童传染病

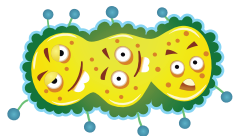
白喉、破伤风、百日咳和B型流感嗜血杆菌都是由细菌感染所引起¹⁻⁴。乙型肝炎和小儿麻痹症则是由病毒感染引起⁵⁻⁷。

这些常见的儿童疾病都可能导致严重并发症¹⁻⁷。



小雪儿七个月大





白喉¹

传播途径：

- 通过白喉杆菌传播。
- 通常在与患者接触或在患者咳嗽或打喷嚏后吸入飞沫传播。

症状：

- 浑身无力、咽喉肿痛、发热、淋巴结肿大。
- 如果病症持续两三天，可以引起上呼吸道阻塞性假膜，以致难以呼吸和吞咽。

可能出现的并发症：

- 呼吸道阻塞，造成心肌损害（心肌炎），引发神经炎，严重者可能会导致神经损伤（多发性神经病变）、瘫痪、以及肺部感染（呼吸衰竭或肺炎）。

破伤风²



传播途径：

- 通过破伤风梭菌传播，这种病菌随处可见。
- 细菌通常经过伤口进入人体，通常在伤口接触感染物时传播。

症状：

- 起初最常见的症状是下颚肌肉痉挛或“牙关紧闭”。
- 继而出现全身肌肉僵硬、吞咽困难、四肢抽搐（痉挛或凝视）、发热出汗、血压升高和心跳加速。

可能出现的并发症：

- 声带产生阵发的/不自觉的肌肉收缩（喉头痉挛），出现骨折和呼吸困难。



百日咳³



传播途径：

- 通过百日咳杆菌传播。
- 通过咳嗽或打喷嚏传染给他人。

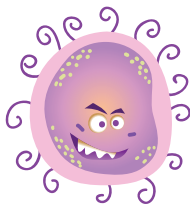
症状：

- 起初症状类似感冒。
- 咳嗽持续数周。
- 剧烈而持续地猛咳，直到肺部没有空气为止，而婴幼儿又被迫吸气，就会发出吸气吼声。

可能出现的并发症：

- 肺炎、惊厥、呼吸减慢或停止（窒息）、大脑疾病（脑病），甚至死亡。

▶ 在患有百日咳的未满1周岁的婴儿中，约有一半的人需要住院治疗。



B型流感嗜血杆菌疾病⁴

传播途径：

- 通过B型流感嗜血杆菌传播。
- 通过与患者直接接触或通过患者的咳嗽和喷嚏传播。

B型流感嗜血杆菌引发的最常见重症包括：

- 肺炎（肺部感染）
- 菌血症（血液感染）
- 脑膜炎（脑膜和脊髓感染）

可能出现的并发症：

- 脑膜炎可导致儿童脑损伤或听力衰退。
- 菌血症可导致肢体残缺。
- 许多患儿甚至会死亡。



小儿麻痹症 (脊髓灰质炎)^{5,6}



传播途径:

- 通过脊髓灰质炎病毒传播。
- 脊髓灰质炎病毒最常见的传播方式是通过接触患者的粪便，也可能会通过患者的咳嗽或喷嚏传播。

症状:

- 约72 %的感染者没有出现任何症状。
- 约24 %的感染者会有轻微症状，如发热、疲劳、恶心、头痛、流感性感冒症状、脖颈和背部僵硬、四肢疼痛，一般通过治疗可痊愈。

可能出现的并发症:

- 麻痹症严重时可导致永久瘫痪或死亡。

乙肝^{7,8}



传播途径:

- 通过乙肝病毒传播。
- 通过接触患者的血液或接触含有少量患者血液的体液传播。
- 患者即使没有出现任何症状也能传染他人。

症状:

- 婴幼儿患者通常不会出现任何症状。
- 年龄较大的儿童和成人可出现食欲不振、发烧、疲倦，肌肉、关节和腹部疼痛，感到恶心、呕吐和腹泻，尿色深、皮肤和眼睛发黄。

可能出现的并发症:

- 慢性乙型肝炎可带来长期健康隐患，如出现肝损伤、肝功能衰竭、肝癌甚至死亡。

预防/儿童传染病⁹

接种疫苗对于预防儿童传染病尤为重要。您可以选择让孩子接受合成疫苗，也可一次性接种多种疫苗。

请问医生咨询更多详情，以便了解更多预防儿童疾病的知识。



我的宝贝值得
悉心呵护！

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