



## Vaccinations recommended in adults

Vaccinations help eliminate or reduce the spread of many infectious diseases. They are diseases that circulate between unprotected people and can lead to serious consequences for the health of the infected person, even to death in some cases. Vaccinations are usually well tolerated and cause severe reactions only in very few instances.

Remember that in order to obtain immunity (protection through the vaccine) all the scheduled doses (injections) are required.

If you want more information, the characteristics of the different diseases are summarized below. The consequences of infection can be prevented by going through the full vaccination course.

### ***Tetanus-Diphtheria-Whooping cough (3 doses)***

#### **TETANUS**

Tetanus is a disease caused by the toxin produced by a bacterium present in soil and dusts. As a result of a wound, even a small-size one (the puncture of a flower thorn is enough), the bacterium is able to penetrate from the lesion and produce its terrible and deadly toxin, which in the most severe cases leads to respiratory paralysis and thus to the death of unvaccinated people. The tetanus vaccination protects from the disease, is **MANDATORY** and required by many employers (e.g. for agricultural workers and livestock breeders).

#### **DIPHTHERIA**

Diphtheria is caused by a bacterium transmitted by contact with droplets of saliva (sneezing, cough, contaminated hands, etc.) of infected people. The bacterium is capable of producing a toxin that can cause damage to the throat and even bring about the suffocation of the person concerned. For this terrible disease, too, there is a vaccine, offered free of charge by our country.

#### **WHOOPING COUGH**

It is a disease of the respiratory tracts that causes very strong cough lasting even up to 4 weeks. In adults, it causes extreme discomfort and loss of many days of work, although it is hardly serious. In small children, however, it is a very dangerous disease that can even jeopardise life.

### **HEPATITIS B (3 doses)**

It is a viral disease affecting the liver. In its severest forms, it can cause a chronic hepatitis, cirrhosis or liver cancer. It is characterised by a high degree of infection. Transmission occurs through infected blood (needles, syringes, razors, toothbrushes, etc.) or through biological fluids (unprotected sexual intercourse). Vaccination is able to protect against and prevent the disease.

### **CHICKEN BOX (2 doses)**

It is a very contagious infectious disease. It manifests with fever, even high, accompanied by blisters spread over a large part of the body. It is transmitted by breathing or direct contact with the fluid of vesicles. Although the disease generally has a long benign course, it can result in pneumonia or severe pathologies in more fragile people or newborns.

### ***Measles – Mumps – Rubella (2 doses)***

#### **MEASLES**

It is one of the most contagious viral diseases and one of the most frequent causes of illness and death in children all over the world. Measles is airborne, transmitted through the secretions of nose, mouth and throat, and manifests with high fever, cough and the appearance of red spots on the

skin. The infection can cause pulmonary and cerebral complications requiring hospitalisation in approximately 30% of cases, more frequently in small children but also in adults.

#### **MUMPS**

It is an infectious disease transmitted by direct contact with droplets of infected saliva. It manifests itself with the painful swelling of a salivary gland located in front of and below the eye with resultant pain when chewing and swallowing. In children, it can take the form of cerebral infections (meningitis) and pancreatic ones, whereas in adults it can occasion in some instances permanent deafness or sterility, especially in men.

#### **RUBELLA**

It is an exanthematous infectious disease transmitted from an infected individual to a healthy person through droplets discharged when coughing, sneezing or speaking.

The greatest danger of this virus concerns pregnant women, as it can cause serious malformations and in some cases even the death of the foetus.

#### **POLIOMYELITIS (2-3 doses)**

It is a very contagious disease, transmitted through foods or drinks contaminated by sick people's faeces. This disease is still present in Africa and in those countries where the vaccine is less available. In the most severe cases, the infection can cause paralysis, mostly of the limbs, and even death on some occasions. No drugs are capable of treating polio, and vaccination is the only means of avoiding its possible effects.

**All these diseases can be prevented by completing the vaccination cycles (for more information, ask our healthcare workers and have a look at the proposed vaccination course!)**

**Vaccination helps protect the person who receives it, as well as those next to him (family members and partners living with them).**