

## 德國麻疹疫苗注射

### 簡介

如果你的驗血報告顯示沒有德國麻疹的抗體，這表示你對德國麻疹沒有免疫能力。換言之，如果你以前曾經接種德國麻疹疫苗，表示你可能仍有免疫能力，只是血液中的抗體水平較低，量度不到，你可以考慮再次接種疫苗。

一般成人或小孩如果感染德國麻疹，只會有輕微的不適，如果孕婦受到感染，病毒可以經由胎盤傳給胎兒。特別是妊娠十二週前受到感染的話，胎兒很大可能患有嚴重先天缺陷。而十二週後的胎兒受到感染，也可以引致失聰，但機會比較微。因此，最好在生產後接種德國麻疹疫苗，以確保再次懷孕時，胎兒不受到感染。

### 接種疫苗後需要留意：

- ◆ 疫苗內有弱化了了的病毒，因此，接種後一至兩天內，可能有輕微不適，如發燒，關節痛等徵狀。小部分婦女的關節痛會持續數星期，嚴重的副作用則十分罕見。
- ◆ 接種疫苗後仍然可以餵哺母乳
- ◆ 儘管醫學研究報告指出，早期懷孕時曾經接種德國麻疹疫苗的孕婦，並未有畸胎增加，但我們仍建議你在接受防疫注射後的三個月內應避免懷孕。請向醫護人員詢問避孕的方法。


如有任何查詢，請聯絡你的主診醫生

以上資料由瑪麗醫院婦產科及贊育醫院提供



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# RUBELLA VACCINATION

## Introduction

If your blood result shows that your rubella immunity status is 'Negative', that means you are not immune to rubella infection. (Or you have had rubella vaccination before but the antibody titer is too low to be detected. You may consider to receive the rubella vaccination again.). Symptoms of rubella infection in adults and children are usually mild. However, if a pregnant woman contracts the disease during her first twelve weeks of pregnancy, the chance of that her baby develops congenital abnormalities will be high. Deafness may still occur after 12 weeks, but the chance is significantly lower. Therefore, postnatal period is the best time to receive rubella vaccination so that both the mother and any future pregnancy will be protected.

## Post vaccination advice

- ◆ The vaccine contains attenuated rubella virus. You may experience mild symptoms like low-grade fever or joint pain one or two days after vaccination. A small numbers of women may have joint pains lasting for a few weeks. Serious reaction is extremely rare.
- ◆ Breast-feeding may be continued after rubella vaccination.
- ◆ No serious damage has been reported on woman who had vaccination during the early phase of pregnancy. Nonetheless, we still would strongly advise you to practice proper contraception for at least 3 months after vaccination. Please feel free to ask the hospital staff for more details on the types of contraception available.

Should you have any queries, please consult your doctor-in-charge

Information provided by Department of Obstetrics & Gynaecology, Queen Mary Hospital and Tsan Yuk Hospital.