**Orchid Family Polyclinic Adult Vaccinations**

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| **Vaccines** | **Description** | **Who should receive it?** |
| **Hepatitis A** | Highly contagious liver infection that cause inflammation to the liver. Transmitted via contaminated food or water. | People with occupational, medical or lifestyle risks. |
| **Hepatitis B** | Viral infection that can damage the liver leading to liver cirrhosis. Transmitted via contact with blood or bodily fluids and during childbirth. | People with occupational, medical or lifestyle risks. |
| **Human Papillomavirus (HPV)** | Viral infection that can lead to development of genital warts, cancers of the cervix and anus. Transmitted via skin to skin contact and sexual intercourse. | Children above 9 years of age and adults before sexual contact. |
| **Influenza** | Commonly known as ‘flu’, a viral infection that is highly contagious and may lead to pneumonia. Transmitted via air droplets (e.g. coughing, sneezing). | Everyone especially adults with underlying medical conditions (e.g. diabetes) and those working as service providers (e.g. teachers). |
| **Meningococcal** | A serious bacterial infection that affect the brain and spinal cord which may lead to brain damage (meningitis), deafness and other neurological problems. Transmitted via bodily secretions (e.g. saliva). | Adults with underlying medical conditions or those living in communal residences (e.g. hostels). |
| **Pneumococcal** | A bacterial infection that can lead to pneumonia, blood poisoning (sepsis) or meningitis. Transmitted via bodily secretions (e.g. saliva) and skin to skin contact. | Everyone especially adults with underlying medical conditions (e.g. diabetes) and those working as service providers (e.g. teachers). |
| **Zoster (Shingles)** | A viral infection characterized by painful skin rash with blisters in one side of the torso. Transmitted via contact with fluid from rash blisters. | Older adults including those with previous episodes of shingles.  |
| **Measles, Mumps & Rubella (MMR)** | Measles, mumps and rubella are viral diseases that can lead to serious complications (e.g. seizures, pneumonia, meningitis). Transmitted via air droplets (e.g. coughing, sneezing). | People who have not receive the MMR vaccine. |
| **Typhoid** | Bacterial infection that can lead to high fever, diarrhoea and vomiting. Transmitted via contaminated food or water. | People who are travelling to rural areas or those working in food service industry. |

**Orchid Family Polyclinic Children Vaccinations**

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| **Vaccines** | **Description** | **Who should receive it?** |
| **Human Papillomavirus (HPV)** | Viral infection that can lead to development of genital warts, cancers of the cervix and anus. Transmitted via skin to skin contact and sexual intercourse. | Children above 9 years of age. |
| **Influenza** | Commonly known as ‘flu’, a viral infection that is highly contagious and may lead to pneumonia. Transmitted via air droplets (e.g. coughing, sneezing). | Infants from 6 months of age. |
| **Pneumococcal** | A bacterial infection that can lead to pneumonia, blood poisoning (sepsis) or meningitis. Transmitted via bodily secretions (e.g. saliva) and skin to skin contact. | Infants from 3 months of age. |
| **Rotavirus** | Viral infection that causes severe dehydration, vomiting, dehydration and fever in infants and children. Transmitted via contaminated surfaces, water, toys (hand to mouth transmission). | Infants from 6 weeks of age. |
| **Chicken Pox**  | Caused by Varicella-Zoster virus which leads to itchy rash and blisters. Transmitted via skin contact.  | Infants from 1 year of age.  |
| **Japanese Encephalitis** | Viral infection that spread via mosquito bites. Symptoms include fever, confusion, brain swelling and coma.  | Infants from 9 months of age. Recommended for those travelling to rural areas of Asia. |

\* Updated February 2020