



Childhood Immunization

There are many childhood illnesses which can be prevented by immunization. Most of these illnesses are no longer part of our common experience due to the success of community immunization programs.

At ASB we would recommend that you ensure that your child is up to date for immunizations as recommended in both India and your home country. Food and waterborne diseases like Typhoid and Hepatitis A should be particularly targeted. If you are planning a move in the future, it is also of benefit to review that country's recommendations.

Vaccines are readily available in India and are usually much less expensive than in other parts of the world. Schedule an appointment with a Pediatrician to have immunizations given.

The Health Office can provide suggestions for local pediatricians.

<http://www.iapindia.org/iap-immunization.php> <http://vaccine-schedule.ecdc.europa.eu/Pages/Scheduler.aspx>

<https://www.cdc.gov/vaccines/schedules/easy-to-read/child.html>

Please note that many US states have individual recommendations. For other worldwide sites simply do a web search for the specific country and 'childhood immunization'. The nurses in the Health Office will be happy to help you to research your specific needs.

Teenage Immunization

Please remember that most countries have specific recommendations for immunizations to be given in the teenage years. HUMAN PAPILLOMAVIRUS (HPV) In many countries the HPV (Human Papillomavirus) vaccine is offered as part of the recommended childhood vaccination schedule at around 11-13 years. Increasingly it is now being offered to both girls and boys. This vaccine is available in India. Three vaccines are required for maximum immunity. Please consult your doctor if you would like to have your child immunized. For more information, please view the below links or speak with the school nurses.

<http://www.nhs.uk/Conditions/vaccinations/Pages/hpv-human-papillomavirus-vaccine.aspx>

<http://www.cdc.gov/vaccines/vpd-vac/hpv/vac-fags.htm>

MENINGITIS ACWY

This vaccine is now recommended in many countries around the world to prevent several causes of Meningitis. It is often recommended at about 11-12yrs, with a booster after the age of 16yrs. Boosters of previously given vaccines Many of the vaccines which were given in infancy need to have boosters in the teenage years.

Travel Health

We have a wonderful opportunity to travel to many parts of the world while we live here in Mumbai. Before you go traveling ensure that you are aware of any specific health recommendations for the area you are to visit.

You should always ensure that you are up to date for all routine immunizations recommended for your home country and India.

Considerations before you travel

☒ What are the immunization recommendations? Remember that some vaccines are given in a series, so allow plenty of time, at least a month to 6 weeks. ☒ Are malaria and other mosquito borne diseases a concern? What are the recommended anti-malarials for the area? Ensure that you avoid mosquitos as much as possible. ☒ Food and water considerations. For many parts of the world drinking tap water is not recommended. Food

hygiene may also not be what you are used to. ☒ Ensure you have any first aid equipment you need. Carry all prescription medications in adequate quantities. ☒ Will heat, cold or altitude be of concern? ☒ Do you have adequate travel insurance?

<http://www.fitfortravel.nhs.uk/home.aspx>

<http://wwwnc.cdc.gov/travel/>

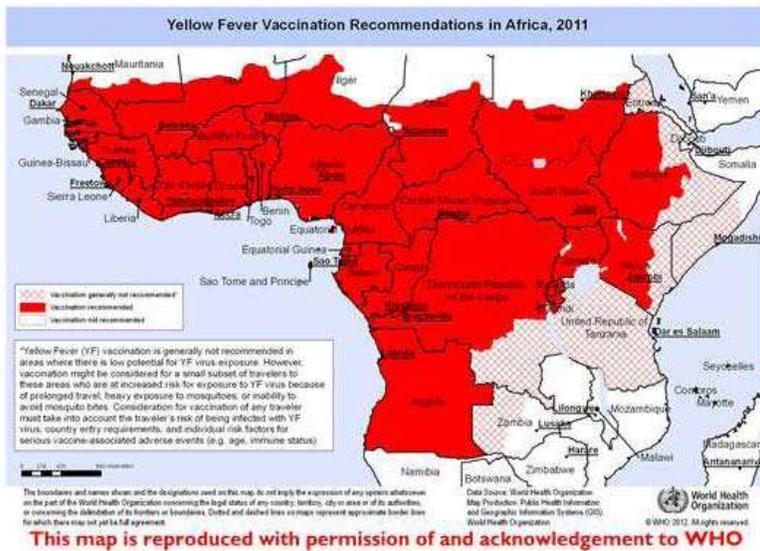
Yellow Fever Centers

The administration and certification of Yellow Fever Immunization is highly regulated around the world. For entry to some areas of South America and Africa you will need either a Certificate of Vaccination or a Certificate of Exemption. You can be denied entry, or quarantined upon arrival, if you do not produce one of these documents on arrival in some countries. Additionally, re-entry to India can be problematic if returning from these areas without documentation.

<http://wwwnc.cdc.gov/travel/yellowbook/2014/chapter-3-infectious-diseases-related-to-travel/yellow-fever>

<http://www.fitfortravel.nhs.uk/advice/disease-prevention-advice/yellow-fever.aspx>

The following maps show the distribution of Yellow Fever:



Yellow fever vaccination centers in Mumbai

There are currently three centers in Mumbai offering Yellow Fever immunization. It is not recommended that you attend any other clinic, as the appropriate documentation will not be available. PLEASE NOTE THAT VACCINES NEED TO BE GIVEN AT LEAST 10 DAYS PRIOR TO TRAVEL. Please take your passport with you to the vaccination center.

GRANT MEDICAL COLLEGE	Vaccination Centre No 50 OPD building, JJ Marg, Nagpada- Mumbai Central, Off Jijabhoy Road, Mumbai, 400008.	Phone - 022-23735555 (Ext.2309/2414)	Cost Rs. 300	This is a government run clinic. You will need to line up for registration and then required to come back later in the day to receive the vaccine. They have a limited supply of vaccines each day.
AIRPORT HEALTH OFFICE	Airport Health Organisation Bldg, Ground Floor, Next to Ambassador Flight Kitchen (Flying Chef) Near International Airport Sahar Road, Vile Parle (E), Mumbai 400099.	Monday - Friday Registration - 1000- 1130. Vaccination - 1300-1400 Phone - 022 2839 2429	Cost Rs. 300	This is a government run clinic. You will need to line up for the registration first and then required to come back later in the day to receive the vaccine. They have a limited supply of vaccines each day.

THE SEAMANS CLINIC	Port Health Organization, Down Town Office (Near GPO Vaju Kotak Marg), Nav Bhawan Building, Ground Floor, Ballard Estate, Ramji Damani Marg, Mumbai 400038	Monday-Friday 10.30 am -12.30 pm Phone -022 2261 2256	Cost Rs. 300	This is a government run clinic. You will need to line up for the registration first and then required to come back later in the day to receive the vaccine. They have a limited supply of vaccines each day.
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Polio Vaccines

The Indian Government, through The Ministry of Health and Family Welfare, now requires that all Indian citizens traveling to one of seven countries, be immunized with Oral Polio Vaccine 4 weeks prior to travel. These countries are: - Polio endemic countries -AFGHANISTAN, PAKISTAN, NIGERIA -Additionally -ETHIOPIA, KENYA, SOMALIA, SYRIA. This information is included within the document linked below.

<http://goo.gl/Ohvo5i>

In addition to the above recommendations, the WHO lists Cameroon as having polio risk.

The important points to note from this document are that foreign passport holders residing in India are NOT required to have the vaccine, although it is recommended for their own health. The vaccine also needs to be administered by an authorized government agency to be adequately certified, and will be free of charge.

Most clinics are able to administer polio vaccines, at a cost, but only those below will be able to give the appropriate certification.

Authorized Polio Vaccine Centers in Mumbai

JJ Hospital OPD No 13, Ground Floor 9 am -12.30 pm on working days	022 2373 5555
Airport Health Organization CSI International Airport Sahar, Mumbai 400099 10.00 am-1.00 pm on working days	022 2839 2429
F/South Municipal Dispensary Room No. 12, 1st Floor F/South Municipal Ward Building Dr Babasaheb Ambedkar Road Parel, Mumbai 400012 10.30 am-5.30 pm on working days	022 2415 0235

Prabhadevi Maternity Home Health Post Near Siddhivinayak Temple, SVS Rd Prabhadevi, Mumbai 400025 9.00 am-4.00 pm on working days	022 2422 4646
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For general travel health, it is recommended that individuals stay up to date with general immunizations, including polio, which are usually given in the early childhood years with a booster at 10-15years (depending upon the home country's recommendations).