We recommend that all children in Nepal should have complete primary childhood immunisations and ensure that boosters are up to date. The children attending TBS are strongly advised to have age appropriate vaccinations. We have followed CDC (Centers for Disease Control and Prevention), NHS (National Health Service, UK) and IAMAT (International Association for Medical Assistance to Travellers) for these recommendations. Please feel free to talk to or email the school nurse regarding any health queries pdeula@tbs.edu.np

Recommended immunisations for Nepal:

**DTaP Vaccine:**
DTaP vaccine protects against diphtheria, tetanus and pertussis (Whooping cough). These diseases are caused by bacteria. Diphtheria and pertussis are spread from person to person through coughing or sneezing, etc. Tetanus enters the body through cuts, scratches or wounds.

After completing a primary series of DTaP, a booster of DT is needed every 10 years.

**Polio (IPV) Vaccine**
The polio vaccine is safe and effective at preventing polio (or poliomyelitis). The disease can cause lifelong paralysis.

A booster dose is required after the completion of primary doses.

**HIB vaccine**
*Haemophilus influenzae* type b vaccine prevents meningitis (an infection of the covering of the brain and spinal cord), pneumonia (lung infection), epiglottitis (a severe throat infection), and other serious infections caused by a type of bacteria called *Haemophilus influenzae* type b. It can also affect adults with certain medical conditions.

It is recommended for all children younger than 5 years old, and it is usually given to infants starting at age 2 months old.

**MMR vaccine**
Mumps, measles and rubella are contagious viruses and tend to spread in places of mass gatherings, school/nurseries and sports venues etc. All school ages and adults should ensure that they have an up to date vaccination. The two doses of vaccine, taken 4 weeks apart, provide lifelong immunity.

**Varicella vaccine**
Chickenpox is a highly contagious, mild illness caused by the *Varicella Zoster* virus in young children, but can be severe if occurs in infant, adults or pregnant woman.

Varicella vaccine is given to children who have never been exposed to the virus and should start the first dose at age 12-15 months and the second at age of 4-6 years. Unvaccinated older children or adults should have two doses in 4 weeks apart.

**Hepatitis A vaccine**
Hepatitis A is a contagious liver disease caused by virus and spread by either direct contact with an infected person’s faeces or by indirect faecal contamination of food or water.

This inactivated vaccine against hepatitis A is the “must take” vaccine for Nepal and is given as a series of 2 injections with long lasting immunity.

**Hepatitis B vaccine**
Hepatitis B is a serious liver infection caused by virus and easily spread by bodily fluids.

The series of three vaccines given at scheduled dates provides lifelong immunity.
Typhim VI or typhoid vaccine
Typhoid or enteric fever is highly endemic in Nepal. It is a potentially severe febrile illness caused by bacterium *Salmonella Typhi* and is acquired by eating or drinking contaminated food and water.

Typhim VI is a highly purified typhoid vaccine which can be given from age 2 in children. One injection is effective for 2 years, and side effects are minimal.

Meningitis A+ C
Meningitis is a serious bacterial infection of the covering of brain and/or spinal cord and spread from person to person through direct close contact (coughing, sneezing, kissing, etc).

A single shot of meningitis A+C vaccine provide protection for 3-5 years.

Japanese encephalitis (JE)
Japanese encephalitis is a fatal viral mosquito-borne disease that affects the brain.

The Japanese encephalitis vaccine is recommended to local and expatriates planning to stay in Kathmandu for more than a month.

The single shot of live JE vaccine is effective for five years whereas 3 series of inactivated vaccines gives three years protection against JE.

Rabies
Rabies is a viral infection of the brain often transmitted through the bite or scratch of a rabid animal. It is potentially fatal disease if exposed to virus.

In Nepal, the most commonly infected animal that transmits rabies to humans is the dog, though monkeys and other animals can also transmit the disease.

Children are especially vulnerable to rabies simply because they may be bitten or nicked by a rabid dog and may not mention this to anyone.

The three pre-exposure shots taken on scheduled dates has shown efficacy in the prevention of rabies but need a booster every 3-5 years.

It is important to seek medical assistance if exposed to animal bites or scratches.

General Information
The above vaccines will not give protection against gastroenteritis, which is extremely common in Kathmandu. We suggest that you remind your child of the importance of regular hand washing. Drinking boiled and filtered water and eating well cooked food served hot which help to minimise the risk of diarrheal disease.

In the interest of the health and welfare of the school community, it is essential that children suffering from contagious illness should remain at home until they have fully recovered or are free from infection.

Children are often affected by head lice because they have much head-to-head contact while at school or during play. Head lice are most common in children of a primary school age at home and in school. Head lice can be a nuisance, but they have not been shown to spread disease. Personal hygiene or cleanliness in the home or school has nothing to do with head lice.

Head lice infection is not primarily a problem of school, but of the wider community. School cannot solve it, but can help and provide some practical advice in tackling head lice.

*Regular checking of children's heads for lice is important and it is a parental responsibility.*

Parents should inform the school nurse of any head lice cases. The nurse will assess the case and may contact and/or send a head lice letter to all parents of the class.
Children diagnosed with live head lice do not need to be excluded from school. Head lice cases will be confidential and parents are welcome to seek advice from the school nurse.

It is imperative to inform the school nurse and write the details in confidential health questionnaire form if your child has any serious medical conditions such as asthma, seizures, severe allergies (including food, insect bites, etc) that may require emergency care or medication during the school or after school activities.

The school nurse is responsible for administering medicine with **written parental consent only**. The parents are requested to provide doctor's note/prescription. Please go through 'TBS administration of medicines to children policy' on our school website.

It is advised that your child has regular vision and hearing tests. It is important that the class teacher is aware of any hearing or vision problem.

**Medical Services recommended in Kathmandu with contact numbers.**

- CIWEC Clinic        4424111, 4435232
- Nepal International Clinic  4435357, 4434642
- Patan Hospital       5522266, 5522278
- Norvic International Hospital  4258553, 4218230
- Kopila - The Well Baby Clinic  5542767
- B &B Hospital       5533206, 5535739
- Vayodha Hospital    2111333, 4281666

*Updated June 2016*