



Rotavirus (Rot-1)

What is the Rot-1 vaccine?

The Rot-1 vaccine is a safe and effective way to keep your child from getting very sick from the real disease. It is approved by Health Canada. The Rot-1 vaccine (shot) is made with a tiny amount of weakened germs that do not cause disease. Vaccines help the immune system learn how to protect itself against the real disease.

Is Rotavirus serious?

Rotavirus, sometimes called the “stomach flu,” can cause:

- Severe watery diarrhea,
- Vomiting,
- Fever, and
- Stomach pain.

Both the diarrhea and vomiting can last for 3 to 8 days, which can lead to serious dehydration (loss of body fluid).

Dehydration is especially dangerous for babies and young children and can be deadly if it is not treated.

The best way to protect against rotavirus infection in infants and children less than 5 years of age is to get the Rot-1 vaccine. All infants should get this vaccine.

How is it spread?

Rotavirus is in the stool of people who are infected with the virus. It is easily spread by hand-to-mouth from contact with stools of an infected child, such as:

- Through the handling of diapers,
- Toys,
- Changing tables, and
- Doorknobs.

Any object that can come into contact with a small amount of stool can become infected with rotavirus.

Rotavirus is a tough virus. It can live on objects for several days and can be spread by children before and after they develop symptoms.

It is hard to prevent rotavirus infection even with proper hand washing and disinfectant.



Why should your baby get the Rot-1 vaccine?

Immunization is the best way to protect your baby against rotavirus.

When your baby is immunized you also help protect others. Someone who is vaccinated is less likely to spread infection.

Babies and children who have become infected once can become infected again.

What are possible reactions to the Rot-1 vaccine?

Vaccines, like any medicine, can have side effects. Most babies who get the Rot-1 vaccine do not have any reactions.

Possible signs of reaction to the vaccine include:

- Mild diarrhea,
- Irritability,
- Stomach pain,
- Flatulence (gas), and
- Itchy rash.

These are mild signs and usually last one to two days.

There is a very low risk of intussusception (blockage of the intestine) that can occur in the week after the first dose of rotavirus vaccine.

Who should NOT get the Rot-1 vaccine?

Speak to your health care provider.

Acetaminophen (Tylenol® and Tempra®) can be given for fever or soreness.

ASA (Aspirin®) should **NEVER** be given to children because it can cause a severe liver and brain disease called Reye's Syndrome.

Who should get the Rot-1 vaccine?

Rot-1 is given to infants as a series of 2 doses given by mouth according to the following schedule:

SCHEDULE FOR CHILDREN (17 or under)							
Vaccine	Age						
	Birth	1 mos.	2 mos.	4 mos.	6 mos.	1 year	2-17 years
Rot-1*			✓	✓			

* This vaccine cannot be given after 8 months of age.

To find out more about the Rot-1 vaccine contact your local health centre to speak to your public health nurse or visit the following links:

- NWT Immunization Schedule:
<http://www.hss.gov.nt.ca>
- Immunize Canada:
<https://immunize.ca>
- To keep track of your family's immunizations on your smart phone or tablet and to receive vaccine schedule reminders please download the CANImmunize App at:
<https://www.canimmunize.ca>

Your local health care centre is located at the address below.

It is important to stay in the clinic for 15 minutes after getting any vaccine because there is a rare possibility of a severe allergic reaction. This can include: hives, difficulty breathing, or swelling of the throat, tongue or lips.

If this happens after you leave the clinic, call or go to the nearest Emergency Department or your local health centre for immediate treatment.

Report any serious or unexpected side-effects to your public health nurse.

Place Health Centre
contact information
here.

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If you would like this information in another official language, contact us at 1-855-846-9601.
Si vous voulez ces renseignements dans une autre langue officielle, communiquez avec nous au 1-855-846-9601.