

# Immunisation Decision Tool – A Rational Approach

## How do I know who and what to believe about immunising my children?

- There is so much conflicting and confusing information out there about immunisation, it is difficult to know who to believe and what to do.
- To help me make a good decision for my children, I asked myself 10 rational questions. I have listed my thought process below in case it helps you answer this important question.

Question	My Answer
1. Do I have the time, experience and knowledge to be able to read, understand and assess all the information, data, papers and opinions about vaccinations?	No.
2. Whose job is it to keep informed and aware of all of the facts, and has the expertise to accurately interpret all the data?	Doctors. Pharmacists.
3. Who do I turn to for medical advice about me and my family?	My doctor/GP and pharmacist.
4. If my child had a temperature, was irritable and clearly not well and my doctor prescribed a medicine, such as antibiotics, would I give it to my child?	Yes, as soon as possible to ease their pain and start fighting the infection. I wouldn't put it off to educate myself about potential side-effects.
5. So do I trust my doctor's general medical advice?	Yes, for sure.

## So, I trust my doctor for their general medical advice. Therefore it's rational to trust their advice about vaccinations too? Yes, but ...

That little (irrational) voice in my head speaks up with a number of points – I list a few below:

- Is my child really at risk of the diseases or infections?
- What about side-effects from the vaccines?
- Some people say there is a conspiracy, with the pharmaceutical industry, doctors and government involved. They are using vaccinations to make money. So are they really giving me the safest advice for my child?

I need some more rational questions to help sort out this conflict in my head.

Question	My Answer
6. Do I believe the majority of parents want the best for their children?	Yes.
7. Do I believe that doctors and other medical professionals love their children as much as I love my children?	Yes.
8. Do doctors and other medical professionals vaccinate their children?	Overwhelmingly Yes. Don't trust me on this one; ask your GP, pharmacist, paediatrician, nurses – did they vaccinate their children?
9. Do I believe that doctors and other medical professionals would put their own children at risk unnecessarily? (For example if they believed vaccine preventable diseases were not an issue, or the side-effects were severe, or to support a conspiracy?)	Absolutely not.
10. If my doctor, pharmacist and nurse think it's the best and safest thing for their kids, then surely it's the best and safest option for my kids too?	Indeed. How can I argue with that?

## Conclusion

The logical, rational, sensible decision is to trust the advice doctors give about immunisation. This advice, like their other general medical advice, is based on years of training, research, knowledge and experience, including for many the personal experience of being parents themselves. If it's good enough for them, then it's good enough for me.

Immunisation is my rational choice.