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1. Renewed vaccination schedule for children by January 2025



At the request of the state secretary of Health, Welfare and Sport (VWS), the Health Council has evaluated the schedule of the National Vaccination Programme to see if the schedule can be improved.

The Health Council recommends keeping all vaccinations and shifting some vaccination moments so that children are even better protected.

Information on what is changing and why can be read via the following link:
[Changes to the vaccination schedule 2025 | Rijksvaccinatieprogramma.nl](https://rijksvaccinatieprogramma.nl)

Changes Vaccination schedule for school-age children.

If your child is eligible for vaccination, you will automatically receive an invitation at home

5-Year DKT vaccination. (Diphtheria, Pertussis, Tetanus)

From 2026, 5-year-old children will receive an invitation for the DKT vaccination.

This change applies to children born from 1 January 2021.

Repeat BMR vaccination. (Mumps, Measles, Rubella)

In 2025, children will receive their second BMR vaccination when they are three years old. This was previously at the age of nine. For children who have already been three, there is the BMR catch-up shot.

- In spring 2025, children of birth years 2016 and 2017 will receive an information letter from RIVM with a link to the website for making an appointment.

10-year HPV vaccination. (Against cervical cancer, among other things)

- In spring, children with birth year 2015 will receive an invitation for the HPV vaccination.

14-year-old Meningococcal vaccination. (Against meningitis, among other things)

- Children with birth year 2011 will receive an invitation for the Meningococcal vaccination this spring.

14 years DTP vaccination instead of at 9 years. (Diphtheria, Tetanus, Polio)

The DTP vaccination will no longer be given at age 9 for children born Jan. 1, 2016. They will receive the DTP vaccination at the same time as the meningococcal vaccination at the age of 14-years-old

Missed a vaccination?

Did your child miss a vaccination? Use the following link to schedule an appointment: [Afspraak verplaatsen vaccinatie Jeugdgezondheid | GGD Kennemerland](#)

For more information, visit: [Vaccinaties jeugd | GGD Kennemerland](#)

Kind regards,

Vaccination team GGD Kennemerland

2. Vaping



Why is vaping so popular among young people?

Research by NOS shows that vaping (pronounced 'vepen') is becoming increasingly common among schoolchildren. In secondary schools, but even in grade 7.

What is vaping?

A vape is a battery-operated electronic cigarette, also known as an 'e-cigarette'. The vape does not contain tobacco, but rather a liquid (e-liquid). The liquid often contains nicotine. The vape heats the liquid, causing the liquid to vapourise. You inhale the vapour through the vape's mouthpiece. Using a vape is called 'vaping'.

Read more on Vaping [Vapen - Helderopvoeden.nl \(in Dutch\)](https://www.helderopvoeden.nl) about:

- o Why is vaping so popular among young people?
- o How harmful is vaping?
- o Does vaping encourage smoking?
- o Talking to your child about vaping
- o What can you do as a parent if your child vapes?
- o Does your child want to quit? [Stoppen met roken voor jongeren en jongvolwassenen - IkStopNu \(in Dutch\)](https://www.ikstopnu.nl)

3. Wood smoke



A stove or fire basket is often lit for fun, but others may be bothered by it. Wood smoke is always unhealthy, containing many harmful substances that can aggravate respiratory complaints.

- Did you know that two hours of burning wood puts as much particulate matter into the air as a car driving from Amsterdam to Milan?
- If you do want to burn wood, stay out of the smoke as much as possible and consider your surroundings

More information? [Stookwijzer | Atlas Leefomgeving](https://www.stookwijzer.nl) and [Houtrook](https://www.houtrook.nl) (in Dutch)