

Immunization Guide

Pender Community Health


PCH
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Community
Health
PCH
Medical Clinics

Dear Parent or Guardian,

Thank you for choosing the PCH Medical Clinics for your care. The health and well-being of your family is important to us. Having your child vaccinated is one of the most important things you can do to keep your family healthy. We have put together this booklet to provide you with easy access to helpful, up-to-date information on vaccines (shots). Our goal is for you to use this booklet, together with the expertise and guidance of your provider, to help you make informed decisions about vaccination.

Along with vaccines, regular wellness exams or well-child visits will help keep your child healthy. These visits help the provider examine your child's physical and emotional needs, monitor their growth and development, and take action if any issues arise. We participate in Reach Out and Read, which promotes early reading skills in children. This means we give a book to your child at many of the wellness exams from 6 months to 5 years. We have provided our recommended wellness exam schedule, along with the CDC immunization schedule and recording tool, to help keep your child on track.

Most health insurance plans cover the cost of vaccines, but please check with your insurance provider if you are unsure. If your child does not have health insurance, is underinsured, or has Medicaid, they may receive free vaccines through the federal Vaccines for Children program (VFC). VFC vaccines are only available at the Pender Medical Clinic location.

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Well-Child Visits & Immunizations

What to expect from birth to 20 years old

Use the following guide to help schedule all of your child's recommended preventive healthcare visits. Making sure your child regularly sees his or her provider helps support your child's health and well-being.

• PCH Schedule

Alternative Schedule

Well-child visit by age	Infancy							Early Childhood						
	Birth	By 1 week	By 1 month	2 months	4 months	6 months	9 months	12 months	15 months	18 months	2 years	2.5 years	3 years	4 years
Physical examination	•	•	•	•	•	•	•	•	•	•	•	•	•	•
Weight and length or height	•	•	•	•	•	•	•	•	•	•	•	•	•	•
Body mass index (BMI)											•	•	•	•
Head circumference	•	•	•	•	•	•	•	•	•	•	•			
Blood pressure													•	•
Hearing	•												•	•
Vision													•	•
Bright Futures Handout*		•	•	•	•	•	•	•	•	•	•	•	•	•
Blood tests	•	•*						•						
Immunizations														
Hepatitis B (Hep B)	•			•	•	•								
Rotavirus (given by mouth)				•	•	•								
Haemophilus Influenzae type B (Hib)				•	•	•				•				
Pneumococcal conjugate (PCV)				•	•	•		•						
Diphtheria/Tetanus/Pertussis (DTaP)				•	•	•				•				•
Inactivated polio virus (IPV)				•	•	•								•
Measles, Mumps and Rubella (MMR)								•						•
Varicella (Chickenpox)								•						•
Hepatitis A (Hep A)								•		•				
Influenza (during flu season)†						•†	•†	•†	•†	•†	•†	•†	•†	•†
Oral Health														
Oral health check						•	•	•	•	•	•	•	•	•

•* Per provider discretion, based on risk factor

* Bring any sports, camp, school and childcare forms that you need your clinician to complete.

Influenza: Children 6 months through 8 years old who get influenza vaccine for the 1st time should get 2 doses—the 2nd dose should be given on or after 4 weeks following the 1st dose.

Well-child visit by age	Middle Childhoood						Adolescence							Adulthood		
	5 years	6 years	7 years	8 years	9 years	10 years	11 years	12 years	13 years	14 years	15 years	16 years	17 years	18 years	19 years	20 years
Physical examination	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
Weight and height	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
Body mass index (BMI)	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
Blood pressure	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
Hearing	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
Vision	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
Bright Futures Handout*	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
Depression Screening								•	•	•	•	•	•	•	•	•
Lab tests																
Sexually Transmitted Infections							•*	•*	•*	•*	•*	•*	•*	•*	•*	•*
Cholesterol							•*	•*	•*	•*	•*	•*	•*	•*	•*	•*
Hemoglobin							•*	•*	•*	•*	•*	•*	•*	•*	•*	•*
Urine	•						•**	•**	•**	•**	•**	•**	•**	•**	•**	•**
Immunizations																
Tetanus, diphtheria, pertussis (Tdap)≠							•									
Human papillomavirus (HPV) ‡							2 or 3 doses, depending on patient's age									
Meningococcal (MenACWY)							•					•				
Meningococcal (MenB)+												2 dose series				
Influenza (during flu season)	•†	•†	•†	•†	•	•	•	•	•	•	•	•	•	•	•	•
Oral Health																
Oral health check	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•

•* Per Provider Discretion, based on risk factor
•** Can be required for extracurricular activities
* Bring any sports, camp, and school forms that you need your clinician to complete.
•† Influenza: Children ages 6 months through 8 years who receive the influenza vaccine for the 1st time should receive 2 doses—the 2nd dose should be given on or after 4 weeks after the 1st dose.
≠ Tdap: If a teen is pregnant, Tdap should also be given during pregnancy, preferably between 27 and 36 weeks of gestation.
‡ HPV: This vaccine requires 2 doses. The 2nd dose should be given at least 6 months after the 1st dose. If vaccine is started at 15 years old or older, 3 doses are needed. The 2nd dose should be given 1 to 2 months after the 1st dose. The 3rd dose should be given on or after 6 months following the 1st dose.
+ MenB: This vaccine requires 2 doses. The 2nd dose should be given at least 1 month on or after the 1st dose.
Yearly exams should be 12 months from previous exam depending on your health insurance coverage. If you are unsure, please check with your insurance company.

Immunization Recording Form

Enter the date for each vaccine your child has received in the provided white boxes.

Green boxes are for optional or as needed doses.

Name: _____ Date of birth: _____

Immunizations by age	Birth	2 month	4 months	6 months	12 months	18 months	4-6 years	11-12 years	15 years	16-18 years
Hepatitis B										
Rotavirus										
Diphtheria, Tetanus, Pertussis (DTaP, DT, Td, Tdap)										
Haemophilus influenzae type b (Hib)										
Pneumococcal (PCV)										
Polio (IPV)										
Measles, Mumps, Rubella (MMR)										
Chickenpox (varicella)										
Hepatitis A										
Meningococcal (MCV4 & ACWY)										
Meningococcal (MenB)										
Human Papillomavirus (HPV)										

Influenza and COVID-19 Immunization Tracking

	Initial Dose		Additional Dose Tracking								
Influenza*											
COVID-19**											

Influenza*: Children 6 months through 8 years who get influenza vaccine for the 1st time should get 2 doses – the 2nd dose should be on or after 4 weeks following the 1st dose.
COVID-19**: Consult your provider on current recommendation for COVID-19 vaccination schedule.

Vaccine Preventable Diseases

Disease	Vaccine	Disease Definition	Disease Spread by	Disease Symptoms	Disease Complications
Chickenpox	Varicella vaccine (Varivax)	A viral infection that causes an itchy, blister-like rash. Chickenpox is very contagious to people who haven't had the disease before or been vaccinated against it. Once a person is infected, the varicella virus remains in the body for life and may reappear as shingles.	Air Direct contact	Rash, tiredness, headache, fever	Infected blisters, bleeding disorders, encephalitis (brain swelling), pneumonia (infection in the lungs), death
Diphtheria	Dtap, Tdap* and Td** vaccines (Infanrix & Boostrix)	An infectious bacterial disease of the nose, throat, respiratory passages, or skin that can cause significant complications.	Air Direct contact	Sore throat, mild fever, weakness, swollen glands in neck	Swelling of the heart muscle, heart failure, coma, paralysis, death
Hepatitis A	HepA vaccine (Havrix)	A serious disease of the liver caused by the hepatitis A virus that can range in severity from a mild illness lasting a few weeks to a severe illness lasting several months.	Direct contact, contaminated food, or water (fecal-oral contact)	May be no symptoms, fever, stomach pain, loss of appetite, fatigue, vomiting, jaundice (yellowing of skin and eyes), dark urine	Liver failure, arthralgia (joint pain), kidney, pancreatic and blood disorders, death
Hepatitis B	HepB vaccine (Engerix-B)	A contagious liver disease caused by the hepatitis B virus that can cause chronic liver disease and can lead to liver cancer.	Contact with blood or body fluids	May be no symptoms, fever, headache, weakness, vomiting, jaundice (yellowing of skin and eyes), joint pain	Chronic liver infection, liver failure, liver cancer, death
Hib	Hib vaccine (PedvaxHib Hiberix & ActHib)	A serious illness caused by the bacteria Haemophilus influenzae type b that most often affects children under 5 years old. The Hib bacteria stay in a person's nose and throat and do not cause illness, but if the bacteria spread into the lungs or blood, the person will become very sick.	Air Direct contact	May be no symptoms unless bacteria enter the blood	Meningitis (infection of the covering around the brain and spinal cord), intellectual disability, epiglottitis (life-threatening infection that can block the windpipe and lead to serious breathing problems), pneumonia (infection in the lungs), death

Vaccine Preventable Diseases Continued...

Disease	Vaccine	Disease Definition	Disease Spread by	Disease Symptoms	Disease Complications
Human Papillomavirus	HPV vaccine (Gardasil 9)	The most common sexually transmitted virus in the United States that can cause six types of cancers. The vaccine offers the greatest health benefits to those who finish the series before engaging in sexual activity (before HPV exposure).	Direct skin contact (sexual contact)	May be no symptoms, genital warts	Cervical, vaginal, vulvar, penile, anal, oropharyngeal cancers
Influenza (Flu)	Flu vaccine (Flulaval Quadrivalent)	A contagious respiratory illness caused by influenza viruses.	Air Direct contact	Fever, muscle pain, sore throat, cough, extreme fatigue	Pneumonia (infection in the lungs), bronchitis, sinus infections, ear infections, death
Measles	MMR*** vaccine (MMRII)	A potentially serious and highly contagious childhood disease. Measles begins with cold-like symptoms. Then small white spots appear on the inside of the mouth and a rash begins, usually on the face. The rash then spreads throughout the body.	Air Direct contact	Rash, fever, cough, runny nose, pink eye	Encephalitis (brain swelling), pneumonia (infection in the lungs), death
Meningococcal	MenACWY (Menveo & Menactra) and MenB vaccines (Bexsero)	Any illness that is caused by a type of bacteria called Neisseria meningitidis, also known as meningococcus.	Air Direct contact	Sudden onset of fever, headache, and stiff neck, dark purple rash	Loss of limb, deafness, nervous system disorders, developmental disabilities, seizure disorder, stroke, death
Mumps	MMR*** vaccine (MMRII)	A contagious disease caused by a virus. Best known sign of mumps is swollen salivary glands that cause the cheeks to puff out.	Air Direct contact	Swollen salivary glands (under the jaw), fever, headache, tiredness, muscle pain	Meningitis (infection of the covering around the brain and spinal cord) , encephalitis (brain swelling), inflammation of testicles or ovaries, deafness, death

Vaccine Preventable Diseases Continued...

Disease	Vaccine	Disease Definition	Disease Spread by	Disease Symptoms	Disease Complications
Pertussis (Whooping Cough)	Dtap or Tdap* vaccine (Infanrix & Boostrix)	A very contagious disease. People of all ages can get whooping cough, but the disease can be very dangerous for babies, as they are at particularly high risk of serious complications.	Air Direct contact	Severe cough, runny nose, apnea (a pause in breathing in infants)	Pneumonia (infection in the lungs), death
Pneumococcal Disease	Pneumococcal vaccine (Prevnar13 & Pnuemovax 23)	A disease caused by a bacteria called pneumococcus. Pneumococcus is one of the most common causes of severe pneumonia.	Air Direct contact	May be no symptoms, pneumonia (infection in the lungs)	Bacteremia (blood infection), meningitis (infection of the covering around the brain and spinal cord), death
Polio (poliomyelitis)	Polio vaccine (IPOL)	A paralytic and life-threatening disease caused by the poliovirus.	Air, direct contact, through the mouth (fecal-oral contact)	May be no symptoms, sore throat, fever, nausea, headache	Paralysis, death
Rotavirus	RV vaccine (Rotarix & RotaTeq)	Virus that causes gastroenteritis (inflammation of the stomach and intestines).	Through the mouth (fecal-oral contact)	Diarrhea, fever, vomiting	Severe diarrhea, dehydration, death
Rubella	MMR*** vaccine (MMRII)	Rubella, also called German measles, is a contagious viral infection best known by its distinctive red rash.	Air Direct contact	Sometimes rash, fever, swollen lymph nodes	Very serious in pregnant women—can lead to miscarriage, stillbirth, premature delivery, birth defects
Tetanus	Dtap, Tdap* and Td ** vaccines (Infanrix & Boostrix)	A severe, often fatal disease, commonly known as lockjaw.	Exposure through cuts on skin. Can also be infected after a burn or animal bite. Tetanus bacteria are found in places such as soil/dirt, dust, and manure.	Stiffness in neck and abdominal muscles, difficulty swallowing, muscle spasms, fever	Broken bones, breathing difficulty, death



COVID-19

COVID-19 is a disease caused by a coronavirus called SARS-CoV-2. It is very serious and very contagious. Since the COVID-19 pandemic first began in early 2020, there have been over 49 million COVID-19 cases and over 746,000 deaths due to COVID in the U.S. alone.

While most children with COVID-19 have mild symptoms or no symptoms at all, children can – and some do – get severely ill from COVID. Those who get very sick from COVID could need to be hospitalized. In rare cases, they might die.

Babies under 1 year old and children with certain medical conditions may be more likely to have severe illness from COVID-19.

Experts are looking into a rare but serious medical condition associated with COVID-19 infection in children called Multisystem Inflammatory Syndrome in Children (MIS-C). Unfortunately, it is not yet known what causes MIS-C and who is at increased risk of getting it. Over 5,500 cases of MIS-C have been reported, and half of the cases have been in children between the ages of 9 and 13.



SYMPTOMS

- Shortness of breath or difficulty breathing
- Cough
- Fever or chills
- Muscle or body aches
- Vomiting or diarrhea
- New loss of taste or smell

Children with COVID-19 – with or without symptoms – can also spread COVID-19 to others.



PREVENTION

COVID-19 vaccines are the best protection against the virus that causes COVID.

Consult your provider on current recommended COVID-19 immunization guidelines for children.

To see if your children are up to date on their vaccines, look at the **CDC's immunization schedule** and talk to your healthcare provider.

Top Ten Reasons To Protect Your Child By Vaccinating

Here are the top ten reasons to protect your child by vaccinating them against serious diseases.

1. Parents want to do everything possible to make sure their children are healthy and protected from preventable diseases. Vaccination is the best way to do that.

2. Vaccination protects children from serious illness and complications of vaccine-preventable diseases, which can include amputation of an arm or leg, hospitalization, pneumonia, hearing loss, convulsions, brain damage, and death.

3. Vaccine-preventable diseases, such as measles, whooping cough, and influenza, are still a threat. They continue to infect U.S. children, resulting in hospitalizations and deaths every year.

4. Vaccination is safe and effective. All vaccines undergo long and careful review by scientists, doctors, and the federal government to make sure they are safe.

5. Vaccination protects others you care about, including family members, friends, and grandparents.

6. Though vaccination has led to a dramatic decline in the number of U.S. cases of several infectious diseases, some, such as measles, are common in other countries and are brought to the U.S. by international travelers. If children are not vaccinated, they could easily get one of these diseases from a traveler or while traveling themselves.

7. Outbreaks of preventable diseases occur when many parents decide not to vaccinate their children.

8. Organizations such as the American Academy of Pediatrics, the American Academy of Family Physicians, and the Centers for Disease Control and Prevention all strongly support protecting children with recommended vaccinations.

9. If children aren't vaccinated, they can spread disease to other children who are too young to be vaccinated or to people with weakened immune systems, such as transplant recipients and people with cancer. This could result in long-term complications and even death for these vulnerable people.

10. We all have a public health commitment to our communities to protect each other and each other's children by vaccinating our own family members.



www.immunize.org • www.vaccineinformation.org



Infant Immunization FAQs

It's natural you have questions about your child's vaccines. Read answers to common questions to learn more about vaccine safety, the recommended schedule, how vaccines protect your child from 14 diseases by age two, and more. CDC regularly updates this document to ensure frequently asked questions from parents are answered with the most current information.

Are vaccines safe?

Yes. Vaccines are very safe. The United States' long-standing vaccine safety system ensures that vaccines are as safe as possible. Currently, the United States has the safest vaccine supply in its history. Millions of children safely receive vaccines each year. The most common side effects are typically very mild, such as pain or swelling at the Injection site.

What are the side effects of the vaccines? How do I treat them?

Vaccines, like any medication, may cause some side effects. **Most of these side effects are very minor, like soreness where the shot was given, fussiness, or a low-grade fever.** These side effects typically only last a couple of days and are treatable. For example, you can apply a cool, wet washcloth on the sore area to ease discomfort.

Serious reactions are very rare. However, if your child experiences any reactions that concern you, call the doctor's office.

What are the risks and benefits of vaccines?

Vaccines can prevent infectious diseases that once killed or harmed many infants, children, and adults. Without vaccines, your child is at risk for getting seriously ill and suffering pain, disability, and even death from diseases like measles and whooping cough. The main risks associated with getting vaccines are side effects, which are almost always mild (redness and swelling at the injection site) and go away within a few days. Serious side effects after vaccination, such as a severe allergic reaction, are very rare, and doctors and clinic staff are trained to deal with them. **The disease-prevention benefits of getting vaccines are much greater than the possible side effects for almost all children.** The only exceptions to this are cases in which a child has a serious chronic medical condition like cancer or a disease that weakens the immune system, or has had a severe allergic reaction to a previous vaccine dose.

Is there a link between vaccines and autism?

No. Scientific studies and reviews continue to show no relationship between vaccines and autism.
Some people have suggested that thimerosal (a compound that contains mercury) in vaccines given to infants and young children might be a cause of autism. Others have suggested that the MMR (measles- mumps-rubella) vaccine may be linked to autism. However, numerous scientists and researchers have studied and continue to study the MMR vaccine and thimerosal, and they reach the same conclusion: there is no link between MMR vaccine or thimerosal and autism.

Can vaccines overload my baby's immune system?

Vaccines do not overload the immune system. Every day, a healthy baby's immune system successfully fights off thousands of germs. Antigens are parts of germs that cause the body's immune system to go to work to build antibodies, which fight off diseases.

The antigens in vaccines come from the germs themselves, but the germs are weakened or killed so they cannot cause serious illness. **Even if babies receive several vaccinations in one day, vaccines contain only a tiny fraction of the antigens they encounter every day in their environment.** Vaccines give your child the antibodies they need to fight off serious vaccine-preventable diseases. CDC recommends all children receive vaccines according to the recommended immunization schedule to protect them from 14 diseases by age two.

Why are so many doses needed for each vaccine?

Getting every recommended dose of each vaccine provides your child with the best protection possible. Depending on the vaccine, your child will need more than one dose to build high enough immunity to prevent disease or to boost immunity that fades over time. Your child may also receive more than one dose to make sure they are protected if they did not get Immunity from a first dose, or to protect them against germs that change over time, like flu. Every dose is important because each protects against infectious diseases that can be especially serious for infants and very young children.

Why do vaccines start so early?

The recommended schedule protects Infants and children by providing immunity early in life, before they come into contact with life-threatening diseases. Children receive immunization early because they are susceptible to diseases at a young age. The consequences of the diseases can be very serious, even lifethreatening, for infants and young children.

What do you think of delaying some vaccines or following a non-standard schedule?

Children do not receive any known benefits from following schedules that delay vaccines. Infants and young children who follow immunization schedules that spread out or leave out shots are at risk of developing diseases during the time you delay their shots. Some vaccine-preventable diseases remain common in the United States, and children may be exposed to these diseases during the time they are not protected by vaccines, placing them at risk for a serious case of the disease that might cause hospitalization
or death.

Haven't we gotten rid of most of these diseases in this country?

Some vaccine-preventable diseases, like pertussis (whooping cough) and chickenpox, remain common in the United States. On the other hand, other diseases vaccines prevent are no longer common in this country because of vaccines. **However, if we stopped vaccinating, the few cases we have in the United States could very quickly become tens or hundreds of thousands of cases.** Even though many serious vaccine-preventable diseases are uncommon in the United States, some are common in other parts of the world. Even if your family does not travel internationally, you could come into contact with international travelers anywhere in your community. Children who don't receive all vaccinations and are exposed to a disease can become seriously sick and spread it through a community.

What are combination vaccines? Why are they used?

Combination vaccines protect your child against more than one disease with a single shot. They reduce the number of shots and office visits your child would need, which not only saves you time and money but also is easier on your child. Some common combination vaccines are Pediarix®, which combines DTap, Hep B, and IPV (polio),and ProQuad®, which combines MMR and varicella (chickenpox).

Can't I just wait until my child goes to school to catch up on immunizations?

Before entering school, young children can be exposed to vaccine-preventable diseases from parents and other adults, brothers and sisters, on a plane, at childcare, or even at the grocery store. Children under age 5 are especially susceptible to diseases because their immune systems have not built up the necessary defenses to fight infection. **Don't wait to protect your baby and risk getting these diseases when they need protection now.**

Why does my child need a chicken pox shot? Isn't it a mild disease?

Your child needs the chickenpox vaccine because chickenpox can actually be a serious disease. In many cases, children experience a mild case of chicken pox, but other children may have blisters that become infected. Others may develop pneumonia. There is no way to tell in advance how severe your child's symptoms will be.

Before the vaccine was available, about 50 children died every year from chickenpox, and about 1 in 500 children who got chickenpox was hospitalized.

My child is sick right now. Is it okay for them to still get shots?

Talk with your child's doctor, but children can usually get vaccinated even if they have mild Illness like a cold, earache, mild fever, or diarrhea. If the doctor says it is okay, your child can still get vaccinated.

What are the ingredients in vaccines, and what do they do?

Vaccines contain ingredients that cause the body to develop immunity. Vaccines also contain very small amounts of other ingredients. **All ingredients play necessary roles either in making the vaccine or in ensuring that the final product is safe and effective.**

Don't infants have natural immunity? Isn't natural immunity better than the kind from vaccines?

Babies may get some temporary immunity (protection) from mom during the last few weeks of pregnancy, but only for diseases to which mom is immune. Breastfeeding may also protect your baby temporarily from minor infections, like colds. **These antibodies do not last long, leaving your baby vulnerable to disease.**

Natural immunity occurs when your child is exposed to a disease and becomes infected. It is true that natural immunity usually results in better Immunity than vaccination, but the risks are much greater. A natural chickenpox infection may result in pneumonia, whereas the vaccine might only cause a sore arm for a couple of days.

Can't I just wait to vaccinate my baby, since they are not in childcare, where they could be exposed to diseases?

No, even young children who are cared for at home can be exposed to vaccine-preventable diseases, so it's important for them to get all their vaccines at the recommended ages. Children can catch these illnesses from any number of people or places, including from parents, brothers or sisters, visitors to their home, on playgrounds, or even at the grocery store. Regardless of whether or not your baby is cared for outside the home, they come in contact with people throughout the day, some of whom may be sick but not know it yet.

If someone has a vaccine-preventable disease, they may not have symptoms, or the symptoms may be mild, and they can end up spreading the disease to babies or young children. Remember, many of these diseases can be especially dangerous to young children, so it is safest to vaccinate your child at the recommended ages to protect them, whether or not they are in childcare.

Do I have to vaccinate my baby on schedule if I'm breastfeeding them?

Yes, even breastfed babies need to be protected with vaccines at the recommended ages. The immune system is not fully developed at birth, which puts newborns at greater risk for infections.

Breast milk provides important protection from some infections as your baby's immune system is developing. For example, babies who are breastfed have a lower risk of ear infections, respiratory tract infections, and diarrhea. However, breast milk does not protect children against all diseases. Even in breastfed infants, vaccines are the most effective way to prevent many diseases. Your baby needs the long-term protection that can only come from making sure they receive all their vaccines according to the CDC's recommended schedule.

What's wrong with delaying some of my baby's vaccines if I'm planning to get them all eventually?

Young children have the highest risk of having a serious case of the disease that could cause hospitalization or death. Delaying or spreading out vaccine doses leaves your child unprotected during the time when they need vaccine protection the most. For example, diseases such as Hib or pneumococcus almost always occur in the first 2 years of a baby's life.

And some diseases, like Hepatitis B and whooping cough (pertussis), are more serious when babies get them at a younger age. Vaccinating your child according to the CDC's recommended immunization schedule means you can help protect them at a young age.

I got the whooping cough and flu vaccines during my pregnancy. Why does my baby need these vaccines, too?

The protection (antibodies) you passed to your baby before birth will give them some early protection against whooping cough and flu. However, these antibodies will only give them short-term protection.

It is very important for your baby to get vaccines on time so they can start building their own protection against these serious diseases.

www.cdc.gov/vaccines

What If You Don't Vaccinate Your Child?

Your child is at risk for developing a vaccine preventable disease

Vaccines were developed to protect people from dangerous and often fatal diseases. These diseases remain a threat. Vaccines are safe and effective protection.

Influenza or "flu" is a serious respiratory disease that can be deadly.

Healthy babies and toddlers are especially vulnerable to complications from influenza. Every year, children in the United States die from influenza.

Pertussis, or "whooping cough", is an extremely dangerous disease for babies.

It is not easily treated and can result in permanent brain damage or death. Whooping cough is most dangerous in children younger than one year. Many infants with whooping cough have to be hospitalized, and each year, some babies die. In 2019, over 15,000 cases of whooping cough were reported to public health officials in the United States. It is hard to protect unvaccinated babies from whooping cough because it is highly contagious and often unrecognized in adults and older children, who may have only a mild cough with no fever.

Measles is a highly contagious disease that can lead to serious complications, including death.

It remains common in many countries and has been brought into the United States by returning vacationers and foreign visitors. Vaccination caused measles to decline rapidly during the 1990s. Recently, vaccine hesitancy among parents in the United States and abroad has led to a growing number of children and teens who are not vaccinated and are unprotected from measles. This has led to outbreaks of measles in the United States, Canada, and other countries.

Chickenpox is very contagious.

Before the development of a vaccine, chickenpox killed approximately 100 people every year in the United States. Most were previously healthy. Children infected with chickenpox must be kept out of day care or school for a week or more so they don't spread the disease to others.

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Your child can infect others in the community

Children who are not vaccinated can transmit vaccine-preventable diseases at schools and in the community.

- Unvaccinated children can infect babies who are too young to be fully immunized.
- Unvaccinated children can infect people of any age who can't be immunized for medical reasons. This includes children and adults with leukemia and other cancers, immune system problems, and people of all ages receiving treatments or medications that weaken their immune systems.

Your child may have to be excluded from school or child care

During disease outbreaks, unvaccinated children may be excluded from school or child care to protect them and others. This can cause hardship for the child and parent.

NEXT STEPS . . .

We strongly encourage you to vaccinate your child. Please discuss any concerns you have with a trusted healthcare provider or call the immunization coordinator at your local or state health department. Your vaccination decision affects not only the health of your child, but also your family, your child's friends, their families, and your community.

Tips For A Less Stressful Shot Visit

Making the choice to vaccinate your child is vital for their health and well-being. Even so, getting shots can still be stressful for you and your little one. Fortunately, there are simple ways you can support your child before, during, and after shots.

Before Getting Shots

Come prepared! Take these steps before your child gets a shot to help make the immunization visit less stressful on you both.

- Read any vaccine materials you received from your child's health care professional and write down any questions you may have.
- Find your child's personal immunization record and bring it to your appointment. An up-to-date record tells your doctor exactly what shots your child has already received.
- Pack a favorite toy or book, and a blanket that your child uses regularly to comfort your child.

For older children

- Be honest with your child. Explain that shots can pinch or sting, but that it won't hurt for long.
- Engage other family members, especially older siblings, to support your child.
- Avoid telling scary stories or making threats about shots.

At the Doctor's Office

If you have questions about immunizations, ask your child's doctor or nurse. Before you leave the appointment, ask your child's doctor for advice on using Tylenol pain reliever and other steps you can take at home to comfort your child.

Try these ideas for making the shots easier on your child.

- Distract and comfort your child by cuddling, singing, or talking softly.
- Smile and make eye contact with your child. Let your child know that everything is ok.
- Comfort your child with a favorite toy or book. A blanket that smells familiar will help your child feel more comfortable.
- Hold your child firmly on your lap whenever possible.

For older children

- Take deep breaths with your child to help "blow out" the pain.
- Point out interesting things in the room to help create distractions.
- Tell or read stories.
- Support your child if they cry. Never scold a child for not "being brave."

Once your child has received all of the shots, be especially supportive. Hold, cuddle, and, for infants, breastfeed or offer a bottle. A soothing voice, combined with praise and hugs, will help reassure your child that everything is ok.



After Getting Shots

Sometimes children experience mild reactions from vaccines, such as pain at the injection site, a rash, or a fever. These reactions are normal and will soon go away. The following tips will help you identify and minimize mild side effects.

- Review any information your doctor gives you about the shots, especially the Vaccine Information Statements.
- Use a cool, wet cloth to reduce redness, soreness, and swelling in the place where the shot was given.
- Reduce any fever with a cool sponge bath. If your doctor approves, give Tylenol or ask your provider for other options.
- Give your child lots of liquid. It's normal for some children to eat less during the 24 hours after getting vaccines.
- Pay extra attention to your child for a few days. If you see something that concerns you, call your doctor.

Help children see vaccines as a good thing. Never threaten your child with shots by saying, "If you misbehave, I will have the nurse give you a shot." Instead, remind children that vaccines can keep them healthy.



Take a moment to read the Vaccine Information Sheet your health care professional gives you during your visit. This sheet has helpful information and describes possible side effects your child may experience.

Remember to schedule your next visit! Staying current with your child's immunizations provides the best protection against disease.

Ways to sooth your baby:

- *Swaddling*
- *Skin-to-skin contact*
- *Offering a sweet beverage, like juice (when the child is older than 6 months)*
- *Breastfeeding*

Your health care professional may cool or numb the injection site to reduce the pain associated with your child's shots.

Reliable Sources of Immunization Information:

Websites

American Academy of Pediatrics (AAP)
www.aap.org/immunization

Centers for Disease Control and Prevention (CDC)
For parents: www.cdc.gov/vaccines/parents
For healthcare providers: www.cdc.gov/vaccines

History of Vaccines
www.historyofvaccines.org

Immunization Action Coalition (IAC)
For the public: www.vaccineinformation.org
For healthcare providers: www.immunize.org

U.S. Dept. of Health and Human Services (HHS) www.vaccines.gov

Vaccinate Your Family (formerly Every Child by Two) www.vaccinateyourfamily.org

Vaccine Education Center (VEC), Children's Hospital of Philadelphia
www.chop.edu/centers-programs/vaccine-education-center

Vaxopedia
www.vaxopedia.org/about

Voices for Vaccines (VFV)
For parents, other adults, and healthcare providers: www.voicesforvaccines.org

Apps for Mobile Devices

Child Health Tracker
Developed by the American Academy of Pediatrics, this "tracker" gives parents the power of on-demand access to guidance on vaccinations and milestones they should be expecting with each birthday. Also included are tools like parent handouts for each well child visit. Available at a nominal cost from the American Academy of Pediatrics.

Vaccines on the Go: What You Should Know
This app provides parents with reliable information about the science, safety, and importance of vaccines and the diseases they prevent. A free app from the Vaccine Education Center at the Children's Hospital of Philadelphia. Available for Android and Apple devices.

TravWell
Use this app to build a trip to get destination-specific vaccine recommendations, a checklist of what is needed to prepare for travel, and much more. A free app from Centers for Disease Control and Prevention.

Videos

IAC's Video Library
Go to the Immunization Action Coalition's website for parents and the public, www.vaccineinformation.org/ videos, for hundreds of video clips about vaccines and vaccine preventable diseases.

Shot by Shot Video Collection
Go to www.shotbyshot.org to read people's stories of vaccine preventable diseases shared on the California Immunization Coalition website.

Books for Parents

Baby 411 by Denise Fields and Ari Brown, MD, Windsor Peak Press, 7th edition, 2015. Available from your favorite local or online bookstore.

Mama Doc Medicine: Finding Calm and Confidence in Parenting, Child Health, and World-Life Balance
by Wendy Sue Swanson, MD (aka "Seattle Mama Doc"), 2014. Available from American Academy of Pediatrics at http://shop.aap.org/for-parents.

Parents Guide to Childhood Immunization from Centers for Disease Control and Prevention.
Available at www.cdc.gov/vaccines/parents/tools/parents-guide/index.html to download or order.

Vaccine Preventable Diseases: The Forgotten Story
by Texas Children's Hospital vaccine experts R. Cunningham, et al. Available at www.tchorderprocessing.com to order.

Vaccines and Your Child, Separating Fact from Fiction by Paul Offit, MD, and Charlotte Moser, Columbia University Press, 2011. Available at your favorite local or online bookstore.

Phone Numbers

CDC–INFO Contact Center
Operated by the Centers for Disease Control and Prevention, this number is for both members of the general public and healthcare professionals who have questions about immunization and vaccine-preventable diseases. Call (800) CDC-INFO or (800) 232-4636. TTY: (888) 232-6348. CDC-INFO's operating hours are Monday through Friday from 8:00 a.m. to 8:00 p.m. (ET).





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