

# The Family Vaccine Booklet



# PREPARING FOR YOUR CHILD'S WELL BABY VISIT: CHICKENPOX VACCINE



## BEFORE THE VISIT

A little research before your child's well baby visit can go a long way to reducing your stress and concerns. Credible information helps ensure healthy choices and builds vaccine confidence.

### What you need to know about chickenpox

Chickenpox is a very contagious disease. It causes an itchy rash that scabs over and usually last about a week. Chickenpox also causes:

- fever
- loss of appetite
- tiredness
- headache

Rare but serious risks from chickenpox include:

- skin infections
- brain swelling
- pneumonia
- spinal cord swelling
- bloodstream, bone, joint infections
- blood vessel inflammation

### Fast facts about the chickenpox vaccine



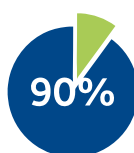
Chickenpox Vaccine is a 2-dose vaccine



1st dose: 12 - 15 months



2nd dose: 4 - 6 years



When both doses are received, the vaccine is 90% effective

Other vaccines may be given at the same time as the chickenpox vaccine.

Ask your health care provider what other vaccines your child will receive at the well baby visit so you can be prepared.



**Congratulations for protecting your child's health and future!**

We know making the best health decisions for your child can sometimes be overwhelming. We here for you. If you need more information please visit [www.VoicesForVaccines.org](http://www.VoicesForVaccines.org).

## DURING THE VISIT



**Keep it sweet.** Studies show something sweet can reduce pain. Ask your health care provider to give your baby a sweet solution of sucrose or glucose one to two minutes before the shot.



**Breast is best.** Breastfeeding calms and helps distract your baby. Plus the close contact is very soothing. So, if you can, consider breastfeeding your baby during vaccinations.



**Spray Away.** Ask for a cooling spray or pain-relieving ointment, which is applied on your child's arm or leg right before vaccination. Tell your provider you want this **before** the visit so they are ready for you.



**Bring a Friend.** Bring your child's favorite toy, blanket or book to help them focus on something positive during the vaccination visit.



**Distract Your Baby.** Sing or read to you child to help them focus on you instead of the vaccination

**A little planning can make a big difference in helping your child have a stress-free vaccination visit.**

# WHAT TO EXPECT AFTER VACCINATION

## Understanding normal immune responses vs. serious adverse events

Normal immune responses (sometimes called side effects) are how you know a vaccine is doing its job: your baby's immune system is recognizing an "invader" and preparing to fight it. But with a vaccine, it's a practice exercise and not the real thing so the immune response will usually be mild and go away on its own in a few days. Some normal immune responses for the chickenpox vaccine include:



**Soreness where the vaccine was given**



### Chickenpox-like rash.

This is uncommon but not dangerous for your child. If your child does develop this, keep them away from people with weakened immune systems and unvaccinated infants until the rash goes away



**Redness around the area where the vaccine was given**



**Fever**

### Serious Adverse Events

Serious issues are very rare (about 1 in 1 million) and include allergic reactions like:

- hives\*
- swelling of the face and throat
- difficulty breathing
- a fast heartbeat
- dizziness
- weakness



Unlike a rash, hives are usually raised and "blotchy" with less defined edges.

## How to treat normal immune responses

The best way to treat normal immune responses to vaccination include:

- 1) Apply a cold compress to the injection site for redness and swelling.
- 2) Give your baby a pain reliever (analgesic) like Infant/Children's Motrin® or Tylenol® or equivalent generic. Call your healthcare provider for dosage.

## When to call your healthcare provider

Severe allergic reactions occur within seconds or minutes so in the extremely rare case that your child has a serious reaction, you will likely still be in the doctor's office. But more mild allergic reactions can happen several hours after vaccination (and rarely up to 24 hours later). If you notice an allergic reaction, you should contact your healthcare provider immediately.

Normal immune responses will usually go away within a week of vaccination. But if you are concerned, you should call your healthcare provider.

## Questions for your healthcare provider

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## Post-vaccine notes

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# PREPARING FOR YOUR CHILD'S WELL BABY VISIT: DTaP VACCINE



## BEFORE THE VISIT

### What you need to know about diphtheria, tetanus, and pertussis

DTaP vaccine protects against three diseases that can cause:

#### Diphtheria:

- Airway blockage
- Heart and kidney damage
- Paralysis

**Without treatment, half of people with respiratory diphtheria will die.**

#### Tetanus:

- Muscle stiffening or spasms
- Mouth and neck muscle tightening and trouble swallowing
- Seizures

**Even with treatment, 10-20% of people with tetanus will die.**

#### Pertussis:

- Pneumonia
- Slowed or stopped breathing
- Convulsions

**Half of babies who get pertussis will need to be hospitalized.**

## Fast facts about the DTaP vaccine



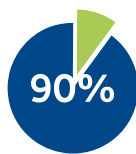
DTaP Vaccine is a 5-dose vaccine



Baby doses:  
• 2 months  
• 4 months  
• 6 months



Booster doses:  
• 15 -18 mos  
• 4 -6 years



When all doses are received on time, the vaccine is 90% effective

Other vaccines may be given at the same time as the DTaP vaccine.

Ask your health care provider what other vaccines your child will receive at the well baby visit so you can be prepared.

## DURING THE VISIT



**Keep it sweet.** Studies show something sweet can reduce pain. Ask your health care provider to give your baby a sweet solution of sucrose or glucose one to two minutes before the shot.



**Breast is best.** Breastfeeding calms and helps distract your baby. Plus the close contact is very soothing. So, if you can, consider breastfeeding your baby during vaccinations.



**Spray Away.** Ask for a cooling spray or pain-relieving ointment, which is applied on your child's arm or leg right before vaccination. Tell your provider you want this **before** the visit so they are ready for you.



**Bring a Friend.** Bring your child's favorite toy, blanket or book to help them focus on something positive during the vaccination visit.



**Distract Your Baby.** Sing or read to you child to help them focus on you instead of the vaccination

A little planning can make a big difference in helping your child have a stress-free vaccination visit.



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# WHAT TO EXPECT AFTER VACCINATION

## Understanding normal immune responses vs. serious adverse events

Normal immune responses (sometimes called side effects) are how you know a vaccine is doing its job: your baby's immune system is recognizing an "invader" and preparing to fight it. But with a vaccine, it's a practice exercise and not the real thing so the immune response will usually be mild and go away on its own in a few days. Some normal immune responses for the DTaP vaccine include:



**Soreness where the vaccine was given**



**Fussiness**



**Tiredness**



**Diarrhea**



**Redness or swelling around the area where the vaccine was given**



**Fever**



**Loss of Appetite**

**Serious Adverse Events**

Serious issues are very rare (about 1 in 1 million) and include allergic reactions like:

- hives
- swelling of the face and throat
- difficulty breathing
- a fast heartbeat
- dizziness
- weakness

Unlike a rash, hives are usually raised and "blotchy" with less defined edges.

## How to treat normal immune responses

The best way to treat normal immune responses to vaccination include:

- 1) Apply a cold compress to the injection site for redness and swelling.
- 2) Give your baby a pain reliever (analgesic) like Infant/Children's Motrin® or Tylenol® or equivalent generic. Call your healthcare provider for dosage.

## When to call your healthcare provider

Severe allergic reactions occur within seconds or minutes so in the extremely rare case that your child has a serious reaction, you will likely still be in the doctor's office. But more mild allergic reactions can happen several hours after vaccination (and rarely up to 24 hours later). If you notice an allergic reaction, you should contact your healthcare provider immediately.

Normal immune responses will usually go away within a week of vaccination. But if you are concerned, you should call your healthcare provider.

## Questions for your healthcare provider

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## Post-vaccine notes

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# PREPARING FOR YOUR FAMILY'S VACCINE VISITS: INFLUENZA VACCINES



## BEFORE THE VISIT

### What you need to know about Influenza

Influenza (more commonly known as the flu) is a highly contagious viral illness that is spread person-to-person through sneezes and coughs, and can be spread through surfaces. It usually is a seasonal illness (October – May in the U.S.). One of the reasons the flu is so contagious is that people can pass it on before they even know they are sick.

On average, 140,000 to 960,000 people are hospitalized each year due to the flu. Between 12,000 – 79,000 people die from flu complications each year, depending on how severe flu season it is.

The flu can be serious for anyone, but those most at risk for serious complications are:

- children under 5 (particularly those under 2)
- pregnant people
- people over 65 years of age
- people with certain chronic medical conditions (such as asthma, diabetes, or heart disease)

### Types of influenza vaccines

Learn which influenza vaccine is right for your family members.

| If your family member is... | talk to your healthcare provider about...   |
|-----------------------------|---|
| 6 months and older          | quadrivalent influenza shot   |
| 2 years and older           | nasal spray (for 2 years - 49 years old)  |
| 65 years or older           | quadrivalent flu shot using an <b>adjuvant</b> (an ingredient that helps create a stronger immune response) |
|                             | quadrivalent <b>high-dose</b> influenza vaccine   |
| allergic to eggs            | quadrivalent <b>cell-based</b> influenza shot (for children 4 years and older)                              |
|                             | <b>Recombinant</b> quadrivalent influenza shot (for adults 18 years and older)                              |

## MAKING YOUR CHILD MORE COMFORTABLE DURING THE VISIT

### For younger children...



**Keep it sweet.** Studies show something sweet can reduce pain. Ask your health care provider to give your baby a sweet solution of sucrose or glucose one to two minutes before the shot.



**Breast is best.** Breastfeeding calms and helps distract your baby. Plus the close contact is very soothing. So, if you can, consider breastfeeding your baby during vaccinations.



**Spray Away.** Ask for a cooling spray or pain-relieving ointment, which is applied on your child's arm or leg right before vaccination.

Tell your provider you want this **before** the visit so they are ready for you.



**Bring a Friend.** Bring your child's favorite toy, blanket or book to help them focus on something positive during the vaccination visit.



**Distract Your Baby.** Sing or read to you child to help them focus on you instead of the vaccination

### For tweens and teens...



**Stay seated.** Some people, particularly teenagers, can get dizzy after vaccination. It's a good idea to have your child stay in their seat for a few minutes after getting their vaccine just to make sure they are not dizzy or feeling faint.



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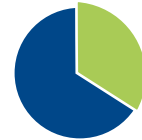
## Fast facts about influenza vaccines



The flu vaccine is a 1-dose vaccine. Children 6 mos - 8 yrs getting their 1st flu shot should get 2 doses, 4 weeks apart



All family members should get a flu shot every year, usually in the fall.



On average, the flu shot is about 67% effective.

## WHAT TO EXPECT AFTER VACCINATION

### Understanding normal immune responses vs. serious adverse events

Normal immune responses (sometimes called side effects) are how you know a vaccine is doing its job: your baby's immune system is recognizing an "invader" and preparing to fight it. But with a vaccine, it's a practice exercise and not the real thing so the immune response will usually be mild and go away on its own in a few days. Some normal immune responses for the influenza vaccine include:



**Soreness, redness, or swelling where the vaccine was given**



**Nausea**



**Headache**



**Fever**



**Tiredness or fatigue**



**Muscle ache**

### How to treat normal immune responses

The best way to treat normal immune responses to vaccination include:

- 1) Apply a cold compress to the injection site for redness and swelling.
- 2) Give your child a pain reliever (analgesic) like Motrin® or Tylenol® or equivalent generic. Call your healthcare provide for dosage.

### When to call your healthcare provider

Severe allergic reactions occur within second or minutes so in the extremely rare case that your child has a serious reaction, you will likely still be in the doctor's office. But more mild allergic reactions can happen several hours after vaccination (and rarely up to 24 hours later). If you notice an allergic reaction, you should contact your healthcare provider immediately.

Normal immune responses will usually go away within a week of vaccination. But if you are concerned, you should call your healthcare provider.

### Dispelling influenza vaccine myths

**The flu vaccine can give you the flu.** No it can't. The flu vaccine is made of a flu virus that is killed or weakened so much that it cannot cause sickness. If you felt like you had some mild flu symptoms after vaccination if it probably your normal immune response working.

**The flu vaccine isn't effective.** Yes it is. The influenza virus is a tricky virus - it is constantly mutating so the flu that circulated last year is probably not the same flu that is circulating this year. Scientist have to work a year in advance to create a vaccine they believe will protect against the next year's flu strain. That is why the flu vaccine's effectiveness varies from year to year. But even if the vaccine is not a perfect match, it still offers protection. And even if a vaccination person still gets the flu, it will likely be much more mild than if they did not get vaccinated.

**It's just the flu, I don't need a vaccine.** Yes you do. The flu causes an average of 45 million illnesses, between 140,000 – 810,000 hospitalizations and between 12,000 – 61,000 deaths each year. Many of us will get the flu and have no symptoms but we can still pass it to others, like our vulnerable infants or grandparents.

#### Serious Adverse Events

Serious issues are very rare (about 1 in 1 million) and include allergic reactions like:

- hives
- swelling of the face and throat
- difficulty breathing
- a fast heartbeat
- dizziness
- weakness



Unlike a rash, hives are usually raised and "blotchy" with less defined edges.

# PREPARING FOR YOUR CHILD'S WELL BABY VISIT: HEPATITIS A VACCINE



## BEFORE THE VISIT

A little research before your child's well baby visit can go a long way to reducing your stress and concerns. Credible information helps ensure healthy choices and builds vaccine confidence.

### What you need to know about Hepatitis A

Hepatitis A is a highly contagious viral liver infection. It is passed from an infected person to another person through close contact or by eating contaminated food or drinks.

Hepatitis A symptoms can last for up to 2 months and include fatigue, nausea, stomach pain, joint pain, intense itching, and jaundice.

Some people, including children, have no symptoms but can spread the disease to others.

### Fast facts about the Hepatitis A vaccine



Hepatitis A Vaccine is a 2-dose vaccine



1st dose: 12 - 23 months



2nd dose: 6 months after the first dose



When both doses are received, the vaccine about 94% effective for several years

Other vaccines may be given at the same time as the Hepatitis A vaccine.

Ask your health care provider what other vaccines your child will receive at the well baby visit so you can be prepared.

## DURING THE VISIT



**Keep it sweet.** Studies show something sweet can reduce pain. Ask your health care provider to give your baby a sweet solution of sucrose or glucose one to two minutes before the shot.



**Breast is best.** Breastfeeding calms and helps distract your baby. Plus the close contact is very soothing. So, if you can, consider breastfeeding your baby during vaccinations.



**Spray Away.** Ask for a cooling spray or pain-relieving ointment, which is applied on your child's arm or leg right before vaccination. Tell your provider you want this **before** the visit so they are ready for you.



**Bring a Friend.** Bring your child's favorite toy, blanket or book to help them focus on something positive during the vaccination visit.



**Distract Your Baby.** Sing or read to you child to help them focus on you instead of the vaccination

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# WHAT TO EXPECT AFTER VACCINATION

## Understanding normal immune responses vs. serious adverse events

Normal immune responses (sometimes called side effects) are how you know a vaccine is doing its job: your baby's immune system is recognizing an "invader" and preparing to fight it. But with a vaccine, it's a practice exercise and not the real thing so the immune response will usually be mild and go away on its own in a few days. Some normal immune responses for the Hepatitis A vaccine include:



**Soreness where the vaccine was given**



**Tiredness**



**Headache**



**Redness or swelling around the area where the vaccine was given**



**Fever**



**Loss of Appetite**

### Serious Adverse Events

Serious issues are very rare (about 1 in 1 million) and include allergic reactions like:

- hives
- swelling of the face and throat
- difficulty breathing
- a fast heartbeat
- dizziness
- weakness



Unlike a rash, hives are usually raised and "blotchy" with less defined edges.

## How to treat normal immune responses

The best way to treat normal immune responses to vaccination include:

- 1) Apply a cold compress to the injection site for redness and swelling.
- 2) Give your baby a pain reliever (analgesic) like Infant/Children's Motrin® or Tylenol® or equivalent generic. Call your healthcare provider for dosage.

## When to call your healthcare provider

Severe allergic reactions occur within seconds or minutes so in the extremely rare case that your child has a serious reaction, you will likely still be in the doctor's office. But more mild allergic reactions can happen several hours after vaccination (and rarely up to 24 hours later). If you notice an allergic reaction, you should contact your healthcare provider immediately.

Normal immune responses will usually go away within a week of vaccination. But if you are concerned, you should call your healthcare provider.

## Questions for your healthcare provider

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## Post-vaccine notes

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# PREPARING FOR YOUR CHILD'S WELL BABY VISIT: HEPATITIS B VACCINE



## BEFORE THE VISIT

A little research before your child's well baby visit can go a long way to reducing your stress and concerns. Credible information helps ensure healthy choices and builds vaccine confidence.

### What you need to know about Hepatitis B

Hepatitis B is a serious liver infection passed person-to-person through blood and other bodily fluids. One of the common ways to get Hepatitis B is mother-to-child transmission. Pregnant people can pass Hepatitis B to their babies during childbirth, which is why newborns are given a Hep B vaccine at birth.

Acute hepatitis B can lead to chronic hepatitis B. Chronic hepatitis B can last a lifetime and lead to serious illnesses such as cirrhosis and liver cancer. The younger you are when you get hepatitis B, the more likely it will become chronic. **About 90% of infected infants will develop chronic Hep B compared to only 2-6% of adults.**

### Fast facts about the Hepatitis B vaccine



Hepatitis B Vaccine is a 3-dose vaccine. **The first dose is given at birth.**



2nd dose: 1 month



3rd dose: 6 months



When all doses are received, the vaccine about 80 - 100% effective

Other vaccines may be given at the same time as the Hepatitis B vaccine.

Ask your health care provider what other vaccines your child will receive at the well baby visit so you can be prepared.

## DURING THE VISIT



**Keep it sweet.** Studies show something sweet can reduce pain. Ask your health care provider to give your baby a sweet solution of sucrose or glucose one to two minutes before the shot.



**Breast is best.** Breastfeeding calms and helps distract your baby. Plus the close contact is very soothing. So, if you can, consider breastfeeding your baby during vaccinations.



**Spray Away.** Ask for a cooling spray or pain-relieving ointment, which is applied on your child's arm or leg right before vaccination. Tell your provider you want this **before** the visit so they are ready for you.



**Bring a Friend.** Bring your child's favorite toy, blanket or book to help them focus on something positive during the vaccination visit.



**Distract Your Baby.** Sing or read to you child to help them focus on you instead of the vaccination

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# WHAT TO EXPECT AFTER VACCINATION

## Understanding normal immune responses vs. serious adverse events

Normal immune responses (sometimes called side effects) are how you know a vaccine is doing its job: your baby's immune system is recognizing an "invader" and preparing to fight it. But with a vaccine, it's a practice exercise and not the real thing so the immune response will usually be mild and go away on its own in a few days. Some normal immune responses for the Hepatitis B vaccine include:



**Soreness where the vaccine was given**



**Headache**



**Redness or swelling around the area where the vaccine was given**



**Fever**

### Serious Adverse Events

Serious issues are very rare (about 1 in 1 million) and include allergic reactions like:

- hives
- swelling of the face and throat
- difficulty breathing
- a fast heartbeat
- dizziness
- weakness



Unlike a rash, hives are usually raised and "blotchy" with less defined edges.

## How to treat normal immune responses

The best way to treat normal immune responses to vaccination include:

- 1) Apply a cold compress to the injection site for redness and swelling.
- 2) Give your baby a pain reliever (analgesic) like Infant/Children's Motrin® or Tylenol® or equivalent generic. Call your healthcare provider for dosage.

## When to call your healthcare provider

Severe allergic reactions occur within seconds or minutes so in the extremely rare case that your child has a serious reaction, you will likely still be in the doctor's office. But more mild allergic reactions can happen several hours after vaccination (and rarely up to 24 hours later). If you notice an allergic reaction, you should contact your healthcare provider immediately.

Normal immune responses will usually go away within a week of vaccination. But if you are concerned, you should call your healthcare provider.

## Questions for your healthcare provider

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## Post-vaccine notes

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# PREPARING FOR YOUR CHILD'S WELL BABY VISIT: **HIB VACCINE**



## BEFORE THE VISIT

A little research before your child's well baby visit can go a long way to reducing your stress and concerns. Credible information helps ensure healthy choices and builds vaccine confidence.

### What you need to know about Hib (haemophilus influenzae)

Even though it sounds like haemophilus influenzae is in the flu family, it is a bacterium. Hib causes different types of infections ranging from mild ear infections to life-threatening blood, brain, lung, and spinal cord infections.

There are 6 different kinds of H. influenzae, A through F. H. influenzae B (commonly just called Hib) is the type that is most common and can be prevented through vaccination. Hib is spread through coughing or sneezing. Not everyone who has the bacteria will get sick, but they can still spread the bacteria.

### Fast facts about the Hib vaccine



Hib Vaccine is a 4-dose vaccine.



**1st dose:** 1 month old



**2nd dose:** 4 months old



**3rd dose:** 6 month old



**4th dose:** between 12 and 15 months of age



After 2 - 3 doses, more than 95% of infants are protected from Hib

Other vaccines may be given at the same time as the Hib vaccine.

Ask your health care provider what other vaccines your child will receive at the well baby visit so you can be prepared.

## DURING THE VISIT



**Keep it sweet.** Studies show something sweet can reduce pain. Ask your health care provider to give your baby a sweet solution of sucrose or glucose one to two minutes before the shot.



**Breast is best.** Breastfeeding calms and helps distract your baby. Plus the close contact is very soothing. So, if you can, consider breastfeeding your baby during vaccinations.



**Spray Away.** Ask for a cooling spray or pain-relieving ointment, which is applied on your child's arm or leg right before vaccination. Tell your provider you want this **before** the visit so they are ready for you.



**Bring a Friend.** Bring your child's favorite toy, blanket or book to help them focus on something positive during the vaccination visit.



**Distract Your Baby.** Sing or read to you child to help them focus on you instead of the vaccination

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# WHAT TO EXPECT AFTER VACCINATION

## Understanding normal immune responses vs. serious adverse events

Normal immune responses (sometimes called side effects) are how you know a vaccine is doing its job: your baby's immune system is recognizing an "invader" and preparing to fight it. But with a vaccine, it's a practice exercise and not the real thing so the immune response will usually be mild and go away on its own in a few days. Some normal immune responses for the Hib vaccine include:



**Soreness where the vaccine was given**



**Fever**



**Redness or swelling around the area where the vaccine was given**

### Serious Adverse Events

Serious issues are very rare (about 1 in 1 million) and include allergic reactions like:

- hives
- swelling of the face and throat
- difficulty breathing
- a fast heartbeat
- dizziness
- weakness



Unlike a rash, hives are usually raised and "blotchy" with less defined edges.

## How to treat normal immune responses

The best way to treat normal immune responses to vaccination include:

- 1) Apply a cold compress to the injection site for redness and swelling.
- 2) Give your baby a pain reliever (analgesic) like Infant/Children's Motrin® or Tylenol® or equivalent generic. Call your healthcare provider for dosage.

## When to call your healthcare provider

Severe allergic reactions occur within seconds or minutes so in the extremely rare case that your child has a serious reaction, you will likely still be in the doctor's office. But more mild allergic reactions can happen several hours after vaccination (and rarely up to 24 hours later). If you notice an allergic reaction, you should contact your healthcare provider immediately.

Normal immune responses will usually go away within a week of vaccination. But if you are concerned, you should call your healthcare provider.

## Questions for your healthcare provider

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## Post-vaccine notes

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# PREPARING FOR YOUR CHILD'S VACCINE VISIT: HPV VACCINE



## BEFORE THE VISIT

A little research before your child's vaccine visit can go a long way to reducing your, and their, stress and concerns. Credible information helps ensure healthy choices and builds vaccine confidence.

### What you need to know about HPV

There are more than 200 types of human papillomavirus (HPV) – 40 of them can cause infections of the genital area, mouth, and throat. Genital HPV infections are very common. Most people (80%) who are sexually active will get HPV at some point in their lives. About 14 million Americans, including teens, become infected with HPV each year.

### Why to give your child the HPV vaccine on time

- **Better protection:** 11 -12-year olds have a stronger immune response to the HPV vaccine than teens who are vaccinated later.
- **Easier to complete the series:** There are more chances to vaccinate (and complete the vaccine series) since doctors tend to see pre-teens more than teens for well visits.
- **Lower risk of exposure:** The HPV vaccine only works if the series is complete BEFORE a person is infected, and almost no 9 -12-year olds have HPV.
- **More effective:** Early vaccination prevents significantly more pre-cancer than later vaccination.

### Fast facts about the HPV vaccine



HPV Vaccine is a 2-dose vaccine. If your child gets the vaccine late, they may need 3 doses.



**ON TIME: 11-12 years**

2 doses and offers the best protection



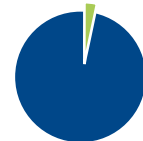
**LATE: 13-14 years**

2 doses



**LATE: 15-26 years**

3 doses



HPV vaccine is 99% effective at preventing HPV-type pre-cancers linked to 70% of cervical cancers.

## DURING THE VISIT



**Spray Away.** Ask for a cooling spray or pain-relieving ointment, which is applied on your child's arm right before vaccination. Tell your provider you want this **before** the visit so they are ready for you.



**Stay seated.** Some people, particularly teenagers, can get dizzy after vaccination. It's a good idea to have your teen stay in their seat for a few minutes after getting their vaccine just to make sure they are not dizzy or feeling faint.

**A little planning can make a big difference in helping your child have a stress-free vaccination visit.**



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credible vaccine information  
for parents, from parents

# WHAT TO EXPECT AFTER VACCINATION

## Understanding normal immune responses vs. serious adverse events

Normal immune responses (sometimes called side effects) are how you know a vaccine is doing its job: your baby's immune system is recognizing an "invader" and preparing to fight it. But with a vaccine, it's a practice exercise and not the real thing so the immune response will usually be mild and go away on its own in a few days. Some normal immune responses for the HPV vaccine include:



**Soreness where the vaccine was given**



**Dizziness or Fainting**



**Headache**



**Redness or swelling around the area where the vaccine was given**



**Nausea**

### Serious Adverse Events

Serious issues are very rare (about 1 in 1 million) and include allergic reactions like:

- hives
- swelling of the face and throat
- difficulty breathing
- a fast heartbeat
- dizziness
- weakness



Unlike a rash, hives are usually raised and "blotchy" with less defined edges.

## How to treat normal immune responses

The best way to treat normal immune responses to vaccination include:

- 1) Apply a cold compress to the injection site for redness and swelling.
- 2) Give your child a pain reliever (analgesic) like Motrin® or Tylenol® or equivalent generic. Call your healthcare provider for dosage.

## When to call your healthcare provider

Severe allergic reactions occur within seconds or minutes so in the extremely rare case that your child has a serious reaction, you will likely still be in the doctor's office. But more mild allergic reactions can happen several hours after vaccination (and rarely up to 24 hours later). If you notice an allergic reaction, you should contact your healthcare provider immediately.

Normal immune responses will usually go away within a week of vaccination. But if you are concerned, you should call your healthcare provider.

## Questions for your healthcare provider

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## Post-vaccine notes

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# PREPARING FOR YOUR CHILD'S VACCINE VISIT: MENINGITIS VACCINES



## BEFORE THE VISIT

### What you need to know about meningitis

Bacterial Meningitis can become very serious very quickly:

- 10 - 14% of people with meningitis will die
- 11 - 19% of people with meningitis will have permanent disabilities.

Risks of bacterial meningitis include seizures and permanent neurological damage, including:

- Hearing loss
- Memory difficulty
- Learning disabilities
- Brain damage
- Gait problems
- Seizures
- Kidney failure
- Shock
- Death

### Fast facts about the meningitis vaccines

Different illnesses can cause meningitis and several vaccines that protect against them. There are 2 kinds of meningococcal vaccines (MCV4 and MenB). These vaccines are about 85-90% effective in preventing meningococcal disease. These vaccines together protect against the five most common strains of meningococcal bacteria found in the U.S.

## DURING THE VISIT



**Spray Away.** Ask for a cooling spray or pain-relieving ointment, which is applied on your child's arm right before vaccination. Tell your provider you want this **before** the visit so they are ready for you.



**Stay seated.** Some people, particularly teenagers, can get dizzy after vaccination. It's a good idea to have your child stay in their seat for a few minutes after getting their vaccine just to make sure they are not dizzy or feeling faint.

**A little planning can make a big difference in helping your child have a stress-free vaccination visit.**

### Meningococcal conjugate vaccine



This is a 2-dose vaccine.



1st dose: 11 - 12 years



2nd dose: 16 years

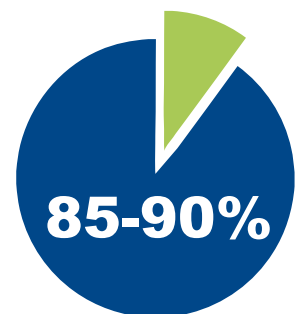
### Meningococcal B vaccine



This is a 1-dose vaccine.



Single dose: 16 - 18 years



Together, these vaccines are 95-90% effective in preventing meningococcal disease.



**Congratulations for protecting your child's health and future!**

We know making the best health decisions for your child can sometimes be overwhelming. We're here for you. If you need more information please visit [www.VoicesForVaccines.org](http://www.VoicesForVaccines.org).



# WHAT TO EXPECT AFTER VACCINATION

## Understanding normal immune responses vs. serious adverse events

Normal immune responses (sometimes called side effects) are how you know a vaccine is doing its job: your baby's immune system is recognizing an "invader" and preparing to fight it. But with a vaccine, it's a practice exercise and not the real thing so the immune response will usually be mild and go away on its own in a few days. Some normal immune responses for the meningitis vaccine include:



**Soreness where the vaccine was given**



**Fever or chills**



**Headache**



**Muscle or joint pain**



**Redness or swelling around the area where the vaccine was given**



**Nausea or diarrhea**



**Tiredness or fatigue**

## How to treat normal immune responses

The best way to treat normal immune responses to vaccination include:

- 1) Apply a cold compress to the injection site for redness and swelling.
- 2) Give your baby a pain reliever (analgesic) like Infant/Children's Motrin® or Tylenol® or equivalent generic. Call your healthcare provider for dosage.

## When to call your healthcare provider

Severe allergic reactions occur within seconds or minutes so in the extremely rare case that your child has a serious reaction, you will likely still be in the doctor's office. But more mild allergic reactions can happen several hours after vaccination (and rarely up to 24 hours later). If you notice an allergic reaction, you should contact your healthcare provider immediately.

### Serious Adverse Events

Serious issues are very rare (about 1 in 1 million) and include allergic reactions like:

- hives
- swelling of the face and throat
- difficulty breathing
- a fast heartbeat
- dizziness
- weakness



Unlike a rash, hives are usually raised and "blotchy" with less defined edges.

Normal immune responses will usually go away within a week of vaccination. But if you are concerned, you should call your healthcare provider.

## Questions for your healthcare provider

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## Post-vaccine notes

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# PREPARING FOR YOUR CHILD'S WELL BABY VISIT: **MMR VACCINE**



## BEFORE THE VISIT

### What you need to know about measles, mumps, and rubella

MMR vaccine protects against three diseases that can cause:

#### Measles:

- Airway blockage
- Heart and kidney damage
- Paralysis

**About 1 in 16 children with measles will get pneumonia – the most common cause of measles-related death in children.**

#### Mumps:

- Muscle stiffening or spasms
- Mouth and neck muscle tightening and trouble swallowing
- Seizures

**One in 7 children with mumps will develop viral meningitis.**

#### Rubella:

- Pneumonia
- Slowed or stopped breathing
- Convulsions

**80% of babies born to mothers who got rubella will have birth defects.**

### Fast facts about the MMR vaccine



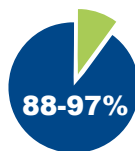
MMR Vaccine is a 2-dose vaccine



1st Dose: 12 - 15 mos



2nd Dose 4 -6 years



MMR Effectiveness for 2 doses:  
Measles 97%  
Mumps 88%  
Rubella 97%

Other vaccines may be given at the same time as the MMR vaccine.

Ask your health care provider what other vaccines your child will receive at the well baby visit so you can be prepared.

## DURING THE VISIT



**Keep it sweet.** Studies show something sweet can reduce pain. Ask your health care provider to give your baby a sweet solution of sucrose or glucose one to two minutes before the shot.



**Breast is best.** Breastfeeding calms and helps distract your baby. Plus the close contact is very soothing. So, if you can, consider breastfeeding your baby during vaccinations.



**Spray Away.** Ask for a cooling spray or pain-relieving ointment, which is applied on your child's arm or leg right before vaccination. Tell your provider you want this **before** the visit so they are ready for you.



**Bring a Friend.** Bring your child's favorite toy, blanket or book to help them focus on something positive during the vaccination visit.



**Distract Your Baby.** Sing or read to you child to help them focus on you instead of the vaccination

A little planning can make a big difference in helping your child have a stress-free vaccination visit.



**Congratulations for protecting your child's health and future!**

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# WHAT TO EXPECT AFTER VACCINATION

## Understanding normal immune responses vs. serious adverse events

Normal immune responses (sometimes called side effects) are how you know a vaccine is doing its job: your baby's immune system is recognizing an "invader" and preparing to fight it. But with a vaccine, it's a practice exercise and not the real thing so the immune response will usually be mild and go away on its own in a few days. Some normal immune responses for the MMR vaccine include:



**Soreness where the vaccine was given**



**Tiredness or drowsiness**



**Faint red rash**  
Not infectious



**Head cold, runny nose, cough or puffy eyes**



**Redness or swelling around the area where the vaccine was given**



**Fever**



**Swelling of salivary glands.**

### Serious Adverse Events

Serious issues are very rare (about 1 in 1 million) and include allergic reactions like:

- hives
- swelling of the face and throat
- difficulty breathing
- a fast heartbeat
- dizziness
- weakness



Unlike a rash, hives are usually raised and "blotchy" with less defined edges.

## How to treat normal immune responses

The best way to treat normal immune responses to vaccination include:

- 1) Apply a cold compress to the injection site for redness and swelling.
- 2) Give your baby a pain reliever (analgesic) like Infant/Children's Motrin® or Tylenol® or equivalent generic. Call your healthcare provider for dosage.

## When to call your healthcare provider

Severe allergic reactions occur within seconds or minutes so in the extremely rare case that your child has a serious reaction, you will likely still be in the doctor's office. But more mild allergic reactions can happen several hours after vaccination (and rarely up to 24 hours later). If you notice an allergic reaction, you should contact your healthcare provider immediately.

Normal immune responses will usually go away within a week of vaccination. But if you are concerned, you should call your healthcare provider.

## Questions for your healthcare provider

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## Post-vaccine notes

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# PREPARING FOR YOUR CHILD'S WELL BABY VISIT: PNEUMONIA VACCINE



## BEFORE THE VISIT

### What you need to know about pneumonia

Pneumonia is an infection that causes lungs to fill with fluid. Bacteria, viruses, or fungus can cause it. Bacterial and viral pneumonia can be spread from person to person.

Pneumonia makes it hard to breathe and get enough oxygen in the bloodstream. Symptoms of pneumonia include:

- Coughing, sometimes with phlegm or pus
- Shortness of breath or wheezing
- Fever and/or chills
- Difficulty breathing
- Sharp pain in the chest when you breathe or cough
- Fatigue

Newborns may not show any of the above symptoms but might vomit or be restless or tired. Anyone can get pneumonia, but infants under two are at higher risk.

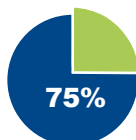
### Fast facts about the pneumococcal (PCV13) vaccine



Pneumococcal (PCV13) Vaccine is a 4-dose vaccine



1st dose: 2 months  
2nd dose: 4 months  
3rd dose: 6 months  
4th dose: 12-15 months



When all 4 doses are received, the vaccine is about 75% effective

Other vaccines may be given at the same time as the PCV13 vaccine.

Ask your health care provider what other vaccines your child will receive at the well baby visit so you can be prepared.

## DURING THE VISIT



**Keep it sweet.** Studies show something sweet can reduce pain. Ask your health care provider to give your baby a sweet solution of sucrose or glucose one to two minutes before the shot.



**Breast is best.** Breastfeeding calms and helps distract your baby. Plus the close contact is very soothing. So, if you can, consider breastfeeding your baby during vaccinations.



**Spray Away.** Ask for a cooling spray or pain-relieving ointment, which is applied on your child's arm or leg right before vaccination. Tell your provider you want this **before** the visit so they are ready for you.



**Bring a Friend.** Bring your child's favorite toy, blanket or book to help them focus on something positive during the vaccination visit.



**Distract Your Baby.** Sing or read to you child to help them focus on you instead of the vaccination

A little planning can make a big difference in helping your child have a stress-free vaccination visit.



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**Voices**  
for vaccines  
credible vaccine information  
for parents, from parents

# WHAT TO EXPECT AFTER VACCINATION

## Understanding normal immune responses vs. serious adverse events

Normal immune responses (sometimes called side effects) are how you know a vaccine is doing its job: your baby's immune system is recognizing an "invader" and preparing to fight it. But with a vaccine, it's a practice exercise and not the real thing so the immune response will usually be mild and go away on its own in a few days. Some normal immune responses for the pneumonia (PCV13) vaccine include:



**Soreness where the vaccine was given**



**Mild fussiness or crying**



**Tiredness**



**Headache**



**Redness or swelling around the area where the vaccine was given**



**Fever or chills**



**Loss of Appetite**

### Serious Adverse Events

Serious issues are very rare (about 1 in 1 million) and include allergic reactions like:

- hives
- swelling of the face and throat
- difficulty breathing
- a fast heartbeat
- dizziness
- weakness



Unlike a rash, hives are usually raised and "blotchy" with less defined edges.

## How to treat normal immune responses

The best way to treat normal immune responses to vaccination include:

- 1) Apply a cold compress to the injection site for redness and swelling.
- 2) Give your baby a pain reliever (analgesic) like Infant/Children's Motrin® or Tylenol® or equivalent generic. Call your healthcare provider for dosage.

## When to call your healthcare provider

Severe allergic reactions occur within seconds or minutes so in the extremely rare case that your child has a serious reaction, you will likely still be in the doctor's office. But more mild allergic reactions can happen several hours after vaccination (and rarely up to 24 hours later). If you notice an allergic reaction, you should contact your healthcare provider immediately.

Normal immune responses will usually go away within a week of vaccination. But if you are concerned, you should call your healthcare provider.

## Questions for your healthcare provider

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## Post-vaccine notes

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# PREPARING FOR YOUR CHILD'S WELL BABY VISIT: **POLIO (IPV) VACCINE**



## BEFORE THE VISIT

### What you need to know about polio

Polio infects a person's spinal cord and can cause permanent paralysis. If the lungs are paralyzed, polio can cause death.

It is important to understand that even infected people with NO symptoms can still infect others.

Polio is one of the few diseases that we can fully eradicate from the face of the earth because it is only transmitted from person to person. If we vaccinate everyone, polio has no one to infect, and it will cease to exist.

Because vaccines have been so effective in preventing polio in the U.S., many parents and providers have never seen polio and think it is no longer a threat. But polio isn't eradicated yet – the world is VERY close, but we need to continue to vaccinate all children until then, so polio does not come back.

### Fast facts about the polio (IPV) vaccine



Polio (IPV) Vaccine is a 3-dose vaccine



1st dose: 2 months  
2nd dose: 4 months  
3rd dose: 6 - 18 months



When all 3 doses are received, the vaccine is 99 - 100% effective

Other vaccines may be given at the same time as the Polio vaccine.

Ask your health care provider what other vaccines your child will receive at the well baby visit so you can be prepared.

## DURING THE VISIT



**Keep it sweet.** Studies show something sweet can reduce pain. Ask your health care provider to give your baby a sweet solution of sucrose or glucose one to two minutes before the shot.



**Breast is best.** Breastfeeding calms and helps distract your baby. Plus the close contact is very soothing. So, if you can, consider breastfeeding your baby during vaccinations.



**Spray Away.** Ask for a cooling spray or pain-relieving ointment, which is applied on your child's arm or leg right before vaccination. Tell your provider you want this **before** the visit so they are ready for you.



**Bring a Friend.** Bring your child's favorite toy, blanket or book to help them focus on something positive during the vaccination visit.



**Distract Your Baby.** Sing or read to you child to help them focus on you instead of the vaccination

A little planning can make a big difference in helping your child have a stress-free vaccination visit.



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# WHAT TO EXPECT AFTER VACCINATION

## Understanding normal immune responses vs. serious adverse events

Normal immune responses (sometimes called side effects) are how you know a vaccine is doing its job: your baby's immune system is recognizing an "invader" and preparing to fight it. But with a vaccine, it's a practice exercise and not the real thing so the immune response will usually be mild and go away on its own in a few days. Some normal immune responses for the polio (IPV) vaccine include:



**Soreness where the vaccine was given**



**Mild fussiness or crying**



**Drowsiness**



**Vomiting**



**Redness or swelling around the area where the vaccine was given**



**Low fever**



**Joint pain**

**Serious Adverse Events**

Serious issues are very rare (about 1 in 1 million) and include allergic reactions like:

- hives\*
- swelling of the face and throat
- difficulty breathing
- a fast heartbeat
- dizziness
- weakness

\* Unlike a rash, hives are usually raised and "blotchy" with less defined edges.

## How to treat normal immune responses

The best way to treat normal immune responses to vaccination include:

- 1) Apply a cold compress to the injection site for redness and swelling.
- 2) Give your baby a pain reliever (analgesic) like Infant/Children's Motrin® or Tylenol® or equivalent generic. Call your healthcare provider for dosage.

## When to call your healthcare provider

Severe allergic reactions occur within seconds or minutes so in the extremely rare case that your child has a serious reaction, you will likely still be in the doctor's office. But more mild allergic reactions can happen several hours after vaccination (and rarely up to 24 hours later). If you notice an allergic reaction, you should contact your healthcare provider immediately.

Normal immune responses will usually go away within a week of vaccination. But if you are concerned, you should call your healthcare provider.

## Questions for your healthcare provider

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## Post-vaccine notes

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# PREPARING FOR YOUR CHILD'S WELL BABY VISIT: **ROTAVIRUS VACCINE**



## BEFORE THE VISIT

### What you need to know about rotavirus

Rotavirus is a highly contagious viral infection that causes diarrhea and abdominal pain. It is usually mild but can be serious in children. Dehydration, particularly in young children, is a serious side effect and, if left untreated, can cause death.

Rotavirus can survive on surfaces for several days. A person can be contagious several days before symptoms show up and for up to 10 days after there are no more symptoms. Infected people can be contagious even if they do not have any symptoms.

The most common symptoms of rotavirus in children are fever and vomiting, followed by severe watery and smelly diarrhea for about 3 – 8 days, sometimes with abdominal pain. Other symptoms include:

- Decreased urination
- Dry mouth and throat
- Dizziness
- Crying with few or no tears
- Unusual sleepiness or fussiness

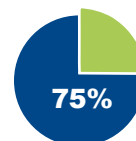
### Fast facts about the rotavirus vaccine



Rotavirus Vaccine is a 3-dose vaccine



1st dose: 2 months  
2nd dose: 4 months  
3rd dose: 6 months



When all 3 doses are received, the vaccine is about 74% effective and 98% effective preventing severe infections

## DURING THE VISIT

The rotavirus vaccine is in the form of drops, not a shot so your child is not likely to cry or fuss because of an injection. But there are still things you can do to help make the visit less stressful.



**Bring a Friend.** Bring your child's favorite toy, blanket or book to help them focus on something positive during the vaccination visit.



**Distract Your Baby.** Sing or read to you child to help them focus on you instead of the vaccination

**A little planning can make a big difference in helping your child have a stress-free vaccination visit.**

**Other vaccines may be given at the same time as the Rotavirus vaccine.**

Ask your health care provider what other vaccines your child will receive at the well baby visit so you can be prepared.



**Congratulations for protecting your child's health and future!**

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# WHAT TO EXPECT AFTER VACCINATION

## Understanding normal immune responses vs. serious adverse events

Normal immune responses (sometimes called side effects) are how you know a vaccine is doing its job: your baby's immune system is recognizing an "invader" and preparing to fight it. But with a vaccine, it's a practice exercise and not the real thing so the immune response will usually be mild and go away on its own in a few days. Some normal immune responses for the rotavirus vaccine include:



Mild  
fussiness or  
crying



Diarrhea



Vomiting

## How to treat normal immune responses

The best way to treat normal immune responses to vaccination include:

Give your baby a pain reliever (analgesic) like Infant/Children's Motrin® or Tylenol® or equivalent generic. Call your healthcare provider for dosage.

## When to call your healthcare provider

Severe allergic reactions occur within seconds or minutes so in the extremely rare case that your child has a serious reaction, you will likely still be in the doctor's office. But more mild allergic reactions can happen several hours after vaccination (and rarely up to 24 hours later). If you notice an allergic reaction, you should contact your healthcare provider immediately.

Normal immune responses will usually go away within a week of vaccination. But if you are concerned, you should call your healthcare provider.

### Serious Adverse Events

Serious issues are very rare (about 1 in 1 million) and include allergic reactions like:

- hives
- swelling of the face and throat
- difficulty breathing
- a fast heartbeat
- dizziness
- weakness



Unlike a rash, hives are usually raised and "blotchy" with less defined edges.

## Questions for your healthcare provider

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## Post-vaccine notes

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# 2020 Recommended immunizations for children from birth - 6 years old



|  | BIRTH | 1 MONTH                     | 2 MONTHS | 4 MONTHS | 6 MONTHS  | 12 MONTHS  | 15 MONTHS                   | 18 MONTHS | 19-23 MONTHS | 2-3 YEARS | 4-6 YEARS |
|--|-------|-----------------------------|----------|----------|---|--|-----------------------------|-----------|--------------|-----------|-----------|
| <b>Chickenpox (varicella)</b><br>2 doses |       |                             |          |          |   | 1 anytime during this range  |                             |           |              |           | 2         |
| <b>DTaP</b><br>5 doses                   |       |                             | 1        | 2        | 3   |  | 4 anytime during this range |           |              |           | 5         |
| <b>Hep A</b><br>2 doses                  |       |                             |          |          |   | 1-2 2 doses between 12 - 23 months, 2nd dose should be 6 mos after 1st |                             |           |              |           |           |
| <b>Hep B</b><br>2 doses                  | 1     | 2 anytime during this range |          |          | 3 anytime during this range   |  |                             |           |              |           |           |
| <b>Hib</b><br>4 doses                    |       |                             | 1        | 2        | 3   | 4 anytime during this range  |                             |           |              |           |           |
| <b>Influenza every year</b>              |       |                             |          |          | Once your child is 6 months old, make sure they have a flu shot every year. Children 6 mos - 8 yrs getting first flu shot should get 2 doses 4 weeks apart. |  |                             |           |              |           |           |
| <b>MMR</b><br>2 doses                    |       |                             |          |          |   | 1 anytime during this range  |                             |           |              |           | 2         |
| <b>Pneumococcal (PCV13)</b><br>4 doses   |       |                             | 1        | 2        | 3   | 4 anytime during this range  |                             |           |              |           |           |
| <b>Polio (IPV)</b><br>3 doses            |       |                             | 1        | 2        | 3 anytime during this range   |  |                             |           |              |           |           |
| <b>Rotavirus</b><br>3 doses              |       |                             | 1        | 2        | 3   |  |                             |           |              |           |           |

- **Are you expecting?** You should get a TDaP vaccine between your 27th and 36th week of pregnancy to protect your newborn. Talk to your healthcare provider for more information.
- **Has your child missed a vaccine?** Catching up is easy. You probably won't need to start your child's series over, just schedule an appointment with your healthcare provider to get caught up.
- **Do you have a child with special healthcare needs?** There may be additional recommended vaccines. Talk to you healthcare provider.
- **Is your family traveling out of the country?** Talk to your healthcare provider about what other vaccines your family may need. Start early since some vaccines are a series and others need time for full protection.

For more vaccine information visit [VoicesForVaccines.org](https://VoicesForVaccines.org)



# Frequently Asked Questions about the Childhood Vaccine Schedule

## Why are there so many more vaccines recommended for infants and children now?

The reason more vaccines are recommended in infancy than any other time in a person's life is because that is the time when children are most at risk of getting sick or dying from preventable diseases. A baby is born with some immunity to diseases that it gets from its mother, but that immunity wears off in the first few months of life. This leaves a child vulnerable to diseases that are very serious for babies such as whooping cough.

Children get more vaccines now than decades ago simply because today we are able to prevent more diseases through vaccines. As a result, fewer children become ill or die from these diseases.

## Are the large number of vaccines too much for an infant's immune system?

No. In fact, a baby's immune system meets many more immunological components on a daily basis than what is in vaccines. A baby's immune system is designed to face new bacteria, viruses, and other pathogens – that is how it learns to protect the baby from serious disease. But sometimes, a baby's system cannot identify a disease and build protection against it fast enough and the baby can get very sick or die. Vaccines prevent that. They allow a baby's immune system to safely recognize a disease and build protection against it WITHOUT the risk of getting sick. Science and technology are constantly evolving so while children get more vaccines than they used to, they are actually getting fewer antigens (a foreign substance that helps the body create an immune response).

## Is it okay to pick and choose which vaccines to get?

It's not a good idea to skip vaccines. Vaccines prevent serious and sometimes deadly diseases, and without them, you leave your child vulnerable. Even if your child survives the disease, they can be left with a lifelong disability like heart or brain damage. If you have concerns about particular vaccines, talk to your doctor or learn the facts from a reputable parent network like Voices for Vaccines or Vaccinate Your Family.

Key Resources to learn more:

- Pediatrics – The Problem with Dr. Bob's Alternative Vaccine Schedule
- Children's Hospital of Philadelphia – Vaccine Schedule: Altering the Schedule

## What's wrong with an alternative schedule that spaces out vaccines for infants?

This biggest problem with an alternative schedule is that it is difficult to predict if and when a vaccine preventable outbreak could occur which leaves a child vulnerable to serious diseases. The vaccine schedule was developed to provide children protection when they are most at risk of disease.

Science backs this up. There have been many clinical trials that show the schedule is both safe and offers the best protection for children. Aside from the scientific reasons, the vaccine schedule is also easier on a baby. Studies show that there is less stress on a child's body from multiple vaccines at one than an increased number of well-baby visits. By giving more than one vaccine at a visit, there are fewer visits - and less stress.