PARENTS' GUIDE TO IMMUNIZATIONS

Dear Parent,

This Guide contains helpful information on vaccines (shots) for you and your family.

Vaccines save lives. They protect against serious diseases like measles, flu, whooping cough and chickenpox. Adults need vaccines too. By getting yourself vaccinated you are protecting both you and your family from getting those diseases.

Immunizing children against certain diseases is one important way to help them stay healthy. WIC's mission is to be a partner with other services that are key to childhood and family well-being, such as immunizations. You are encouraged to bring your child's shot record to your WIC appointments so that WIC staff can review that record and make sure that your child is up-to-date on all of his or her vaccines. If not, WIC staff will suggest a place you can go to get your child the vaccines he or she needs.

If your children do not have health insurance, are Medicaid-eligible, or are underinsured, they may be able to receive free vaccines at their doctor's office through the Vaccines for Children (VFC) Program. For more information on the VFC Program, see the Q&A page in this Guide or visit www.cdc.gov/vaccines/programs/vfc/parents/default.htm

This Guide was created by:

Every Child By Two, Carter/Bumpers Champions for Immunization

Every Child By Two
Carter/Bumpers Champions For Immunization

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VACCINES FOR CHILDREN PROGRAM (VFC)

INFORMATION FOR PARENTS FROM CDC

GET HELP PAYING FOR YOUR CHILD'S VACCINES!

How can I get help paying for my child's vaccines?

Since 1994, parents have been protecting their children through the VFC Program. This program provides free vaccines to children whose parents need help paying for them.

Is my child eligible for the VFC Program?

Your child is eligible if it is before his or her 19th birthday, and if he or she is one of the following:

- Medicaid-eligible
- Uninsured
- American Indian or Alaska Native
- Underinsured (Underinsured children are only eligible for VFC Vaccines through Federally Qualified Health Centers and Rural Health Clinics.)

What do you mean by "underinsured?"

Underinsured means your child has health insurance, but it won't cover the vaccine(s) because:

- It doesn't cover any vaccines.
- It doesn't cover certain vaccines.
- It covers vaccines, but it has a fixed dollar limit or cap for vaccines. Once that fixed dollar amount has been reached, your child is eligible.

Where can I go to get my child vaccinated?

Ask your doctor if he or she is a VFC Program provider. There are over 40,000 doctors enrolled in the VFC Program nationwide.

How much will I have to pay?

All vaccines are free through the VFC Program, saving you $100 or more on some vaccines. Even though you're saving a great deal of money by getting free vaccines, there can be other costs to the VFC visit:

- Doctors can charge a fee to give each shot. However, VFC vaccines cannot be denied to an eligible child if the family cannot afford the fee.
- There can be a fee for the office visit.
- There can be fees for non-vaccines services, like an eye exam or a blood test.

My child's doctor isn't a VFC provider. Where can I take my child for vaccines?

If your child's doctor isn't a VFC provider, you can take your child to one of the following places to get VFC vaccines:

- Public Health Clinic
- Federally Qualified Health Center (FQHC)
- Rural Health Clinic (RHC)

The best place to take your child depends on where you live and how your child is eligible for the VFC Program. Before you go, contact your state's VFC coordinator and ask where you should take your child for vaccines. You can find your state's VFC coordinator at this website: **www.cdc.gov/vaccines/programs/vfc/contacts-state.htm**. Or call **1-800-CDC-INFO (232-4636)**. Ask for the phone number for your state's VFC coordinator.

For more information about the VFC Program, you can go to CDC's VFC webpage at **www.cdc.gov/vaccines/programs/vfc/** or call **1-800-CDC-INFO (232-4636)** and ask for information about the VFC Program.

May 2011 CS204495-C

9 Things You Need to Know About Immunizations

1. Why your child should be immunized

Children need immunizations (shots) to protect them from dangerous childhood diseases. These diseases can have serious complications and even kill children.

2. Diseases that childhood vaccines prevent

- Diphtheria
- *Haemophilus influenzae* type b (Hib disease - a major cause of bacterial meningitis)
- Hepatitis A
- Hepatitis B
- Human Papillomavirus (HPV)
- Measles
- Meningococcal
- Mumps
- Pertussis (Whooping Cough)
- Pneumococcal (causes bacterial meningitis and blood infections)
- Polio
- Rotavirus
- Rubella (German Measles)
- Tetanus (Lockjaw)
- Varicella (Chickenpox)

3. Number of doses your child needs

Your child should receive the following vaccinations by age two. These vaccines can be given at a doctor's office or at a clinic.

- 4 doses of diphtheria, tetanus & pertussis vaccine (DTaP)
- 3-4 doses of Hib vaccine
- 4 doses of pneumococcal vaccine
- 3 doses of polio vaccine
- 2 doses of hepatitis A vaccine
- 3 doses of hepatitis B vaccine
- 1 dose of measles, mumps & rubella vaccine (MMR)
- 3 doses of rotavirus vaccine
- 1 dose of varicella vaccine
- 2-3 doses of influenza (flu) vaccine (given to children 6 months and older)

Information adapted from CDC website -www.cdc.gov/vaccines/vac-gen/10-shouldknow.htm

4. Like any medicine, there may be minor side effects

Side effects can occur with any medicine, including vaccines. Depending on the vaccine, these can include: slight fever, rash, or soreness where the shot was given. Slight discomfort is normal and should not be a cause for alarm. Your health care provider can give you additional information.

5. What to do if your child has a serious reaction

Although it's very rare, some children may have more serious reactions to their shots. If you think your child is experiencing a persistent or severe reaction, call your doctor or get the child to a doctor right away. Write down what happened and the date and time it happened. Ask your doctor, nurse or health department to file a Vaccine Adverse Event Report form or go to www.vaers.hhs.gov to file this form yourself electronically.

6. Why you should not wait to vaccinate

Children under 5 are especially susceptible to disease because their immune systems have not built up the necessary defenses to fight infection. By fully immunizing on time (by age 2), you can protect your child from disease and also protect others at school or daycare.

7. Be sure to track your child's shots with a vaccination record

A vaccination record (also known as a shot record) helps you and your doctor keep your child's vaccinations on schedule. If you move or change doctors, having an accurate record might prevent your child from repeating vaccinations he or she has already had. A shot record should be started when your child receives his/her first vaccination and updated with each vaccination visit. Ask your doctor if your child has his/her vaccination record in your local or state electronic immunization registry.

8. Some are eligible for free vaccinations

A federal program called Vaccines for Children (VFC) provides free vaccines to eligible children, including those without health insurance coverage, all those who are enrolled in Medicaid, American Indians and Alaskan Natives and those whose health insurance dues does not cover vaccines and go to Federally Qualified Health Clinics or Rural Health Centers.

9. More information is available.

For general questions about vaccines, call the Centers for Disease Control and Prevention (CDC) at 1-800-CDC-INFO **(1-800-232-4636)** English and Español

CDC website - www.cdc.gov/vaccines

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

Every Child By Two – www.ecbt.org and www.vaccinateyourbaby.org

Information adapted from CDC website -www.cdc.gov/vaccines/vac-gen/10-shouldknow.htm

2011 Recommended Immunizations for Children from Birth Through 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
HepB	HepB			HepB						
		RV	RV	RV						
		DTaP	DTaP	DTaP		DTaP				DTaP
		Hib	Hib	Hib	Hib					
		PCV	PCV	PCV	PCV§					
		IPV	IPV	IPV						IPV
				Influenza (Yearly)*						
					MMR					MMR
					Varicella					Varicella
					HepA, 2 doses§					

Shaded boxes indicate the vaccine can be given during shown age range.

NOTE: If your child misses a shot, you don't need to start over, just go back to your child's doctor for the next shot. The doctor will keep your child up-to-date on vaccinations. Talk with your doctor if you have questions.

FOOTNOTES

§ HepA vaccination is recommended for high-risk children older than 2 years. Children with certain medical conditions may also need a dose of meningococcal vaccine (MCV4) and pneumococcal vaccine (PPSV). HepA vaccination may be administered to any child older than 2 years for whom immunity is desired. See vaccine-specific recommendations at http://www.cdc.gov/vaccines/pubs/ACIP-list.htm.

* Two doses given at least four weeks apart are recommended for children aged 6 months through 8 years of age who are getting a flu vaccine for the first time. Children who only got one dose in their first year of vaccination should get two doses the following year.

See back page for more information on vaccine-preventable diseases and the vaccines that prevent them.

For more information, call toll free
1-800-CDC-INFO (1-800-232-4636)
or visit
http://www.cdc.gov/vaccines

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

AMERICAN ACADEMY OF FAMILY PHYSICIANS
STRONG MEDICINE FOR AMERICA

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN™

Vaccine-Preventable Diseases and the Vaccines that Prevent Them

Disease	Vaccine	Disease spread by	Disease symptoms	Disease complications
Chickenpox	Varicella vaccine protects against chickenpox.	Air, direct contact	Rash, tiredness, headache, fever	Infected blisters, bleeding disorders, encephalitis (brain swelling), pneumonia (infection in the lungs)
Diphtheria	DTaP* vaccine protects against diphtheria.	Air, direct contact	Sore throat, mild fever, weakness, swollen glands in neck	Swelling of the heart muscle, heart failure, coma, paralysis, death
Hib	Hib vaccine protects against *Haemophilus influenzae* type b.	Air, direct contact	May be no symptoms unless bacteria enter the blood	Meningitis (infection of the covering around the brain and spinal cord), mental retardation, epiglottis (life-threatening infection that can block the windpipe and lead to serious breathing problems) and pneumonia (infection in the lungs), death
HepA	HepA vaccine protects against hepatitis A.	Personal contact, contaminated food or water	May be no symptoms, fever, stomach pain, loss of appetite, fatigue, vomiting, jaundice (yellowing of skin and eyes), dark urine	Liver failure
HepB	HepB vaccine protects against hepatitis B.	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
Flu	Flu vaccine protects against influenza.	Air, direct contact	Fever, muscle pain, sore throat, cough, extreme fatigue	Pneumonia (infection in the lungs)
Measles	MMR** vaccine protects against measles.	Air, direct contact	Rash, fever, cough, runny nose, pinkeye	Encephalitis (brain swelling), pneumonia (infection in the lungs), death
Mumps	MMR**vaccine protects against mumps.	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
Pertussis	DTaP* vaccine protects against pertussis (whooping cough).	Air, direct contact	Severe cough, runny nose, apnea (a pause in breathing in infants)	Pneumonia (infection in the lungs), death
Polio	IPV vaccine protects against polio.	Through the mouth	May be no symptoms, sore throat, fever, nausea, headache	Paralysis, death
Pneumococcal	PCV vaccine protects against pneumococcus.	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
Rotavirus	RV vaccine protects against rotavirus.	Through the mouth	Diarrhea, fever, vomiting	Severe diarrhea, dehydration
Rubella	MMR** vaccine protects against rubella.	Air, direct contact	Children infected with rubella virus sometimes have a rash, fever, and swollen lymph nodes.	Very serious in pregnant women—can lead to miscarriage, stillbirth, premature delivery, and birth defects
Tetanus	DTaP* vaccine protects against tetanus.	Exposure through cuts in skin	Stiffness in neck and abdominal muscles, difficulty swallowing, muscle spasms, fever	Broken bones, breathing difficulty, death

* DTaP is a combination vaccine that protects against diphtheria, tetanus, and pertussis.
** MMR is a combination vaccine that protects against measles, mumps, and rubella.

Last updated on 4/26/2011 • *CS220486-B*

How many times do I need to bring my baby in for vaccinations?

At least five visits are needed before age two, but the visits can be timed to coincide with well-child check-ups. Your baby should get the first vaccine (hepatitis B) shortly after birth, while still in the hospital. Multiple visits during the first two years are necessary because there are 14 diseases your baby can be protected against, and most require several doses of vaccine for the best protection.

How do I know when to take my baby in for shots?

Your healthcare provider should give you a reminder when the next doses are due. If you are not sure, call your clinic or health- care provider's office to find out when you should bring your child back. Doses cannot be given too close together or immunity doesn't have time to build up. On the other hand, you don't want to delay your child's shots and get behind schedule because during this time, your child remains unprotected against these diseases.

What if I miss an appointment? Does my baby have to start the vaccines all over again?

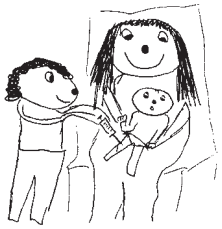
No. If your baby misses some doses, it's not necessary to start over. Your provider will continue from where he or she left off.

How do I keep track of my baby's shots?

Your healthcare provider should give you a personal record card for your child's vaccinations. If you don't receive one, ask! Bring the card to all medical appointments. Whenever your child receives a vaccine, make sure the card gets updated. Your child will benefit by retaining an accurate vaccination record throughout his or her life.

Everyone needs vaccinations!

If you can't afford shots or don't know where to get them, contact your local or state health department, or call the CDC-INFO Contact Center at (800) 232-4636.



What if my child isn't a baby anymore? Is it too late to get him or her vaccinated?

No. Although it's best to have your child begin vaccinations as a newborn, it's never too late to start. If your child has not received any, or all, of his or her vaccinations, now is the best time to start.

What if I can't afford to get my child vaccinated?

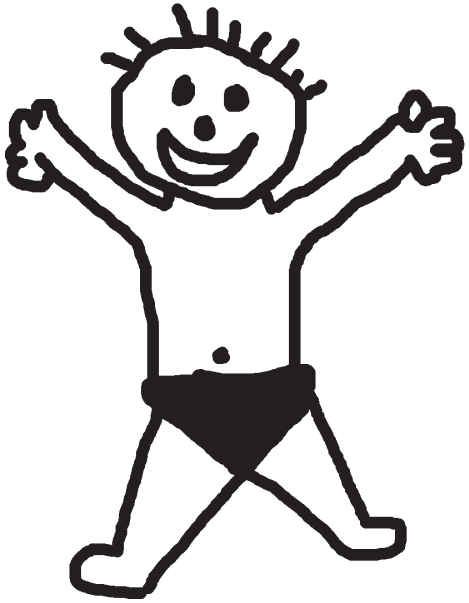
Vaccinations are usually free or low cost for children when families can't afford them. You can call the CDC-INFO Contact Center at (800) 232-4636 or your local health department to find out where to go for affordable vaccinations. Your child's health depends on it!

A friendly reminder for parents:

Adults need vaccinations, too! Vaccines will not only protect you from diseases like the flu, but once you are protected, you can't pass the illness on to your child. Call your clinic or health department to find out what vaccinations you might need or when next ones are due. Your baby is counting on you!

Adapted from The Child Vaccination Program and the Immunization Action Coalition.

Questions parents ask about baby shots

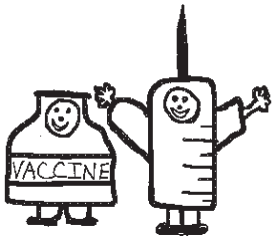


What are vaccinations?

Vaccinations (vaccines) protect your child against serious diseases by stimulating the immune system to create antibodies against certain bacteria or viruses. Most vaccinations are given as injections.

What diseases do vaccines protect against?

Vaccines protect against diseases like measles, mumps, rubella, influenza, hepatitis B, hepatitis A, polio, tetanus, whooping cough, chickenpox, rotavirus, and more. Vaccines can't protect children from minor illnesses like colds, but they can keep children safe from many serious diseases.



Isn't all this talk about diseases just a way to scare parents so they'll bring their babies in for shots?

No. These diseases can injure and kill children in the United States. For example, pertussis is a dangerous disease for infants. During 1997–2000, nearly 30,000 pertussis cases were reported; 62 resulted in death. In 2003 alone, 11,647 cases and 18 deaths from pertussis were reported. Influenza also takes a toll on children. During the 2003–04 influenza season, 40 states reported 152 influenza-related deaths among children younger than 18 years of age.

I don't know anybody who has had measles or rubella. Why does my baby need these shots?

You might not think that measles and rubella are a threat today because you don't see or hear much about them, but they are still around. These diseases are common in other parts of the world and are just a plane ride away. If we stop vaccinating against these diseases, many more people will become infected. Vaccinating your child will keep him or her safe.

Isn't there some way besides vaccination to protect my baby against these diseases?

No. Despite the many benefits of breastfeeding, such as enhanced protection against colds, ear infections, and diarrhea, it does not protect a child from the specific diseases preventable by vaccines. Likewise, vitamins don't protect against the specific bacteria and viruses that cause these serious diseases.

Of course, infection usually results in immunity, and some parents think that getting the "natural" disease is preferable to "artificial" vaccination. Some even arrange chickenpox "parties" to ensure their child is infected. However, exposing children to the disease will not guarantee they will get it nor that they will have a mild case. Natural disease can cause serious illness, hospitalization and even death. No one can predict which child will have a life-threatening reaction to the disease. The high price of natural immunity is not a risk worth taking when a safe vaccine is available. Making sure your child gets all of his shots on time also helps to keep your community healthy. The more children vaccinated in your neighborhood, the more likely diseases will stay away. This is called "herd immunity."

Does my baby need immunizations if I am breastfeeding?

Yes, breastfed babies still need immunizations. Breastfeeding is not a substitute for immunization. Breastfeeding and immunizations work together to protect your baby against serious illness. Vaccines are safe for breastfeeding moms and babies.

Breastfed babies respond better to their shots. Breastfed babies develop higher levels of protection against disease than babies who get no breast milk. Breastfeeding is one more way parents can protect their child.

Breastfeeding and immunization go hand in hand. Did you know that you can breastfeed right before, during (if possible), and after your baby receives any immunization? Research shows that breastfeeding during vaccination can help comfort your child by reducing pain and stress. Breastfeeding and immunizing your baby can protect your child from harmful disease.

Are vaccinations safe?

Vaccines are safe, and scientists continually work to make sure they become even safer. Every vaccine undergoes many tests before being licensed, and its safety continues to be monitored as long as the vaccine is in use. Most side effects from vaccination are minor, such as soreness where the injection was given or a low-grade fever. These side effects do not last long and are treatable. Serious reactions are very rare. The tiny risk of a serious vaccine reaction has to be weighed against the very real risk of getting a dangerous vaccine-preventable disease. If you have concerns or questions, talk to your child's healthcare provider.

What if my baby has a cold or fever, or is taking antibiotics? Can he or she still get vaccinated?

Yes. Your child can still be vaccinated if he or she has a mild illness, a low-grade fever, or is taking antibiotics. Ask your child's healthcare provider if you have questions.

After the Shots…

Your child may need extra love and care after getting vaccinated. Some vaccinations that protect children from serious diseases also can cause discomfort for a while. Here are answers to questions many parents have after their children have been vaccinated. If this sheet doesn't answer your questions, call your healthcare provider.

Vaccinations may hurt a little… but disease can hurt a lot!

Call your healthcare provider right away if you answer "yes" to any of the following questions:

- ☐ Does your child have a temperature that your healthcare provider has told you to be concerned about?
- ☐ Is your child pale or limp?
- ☐ Has your child been crying for more than 3 hours and just won't quit?
- ☐ Is your child's body shaking, twitching, or jerking?
- ☐ Is your child very noticeably less active or responsive?

What to do if your child has discomfort

I think my child has a fever. What should I do?

Check your child's temperature to find out if there is a fever. An easy way to do this is by taking a temperature in the armpit using an electronic thermometer (or by using the method of temperature-taking your healthcare provider recommends). If your child has a temperature that your healthcare provider has told you to be concerned about or if you have questions, call your healthcare provider.

Here are some things you can do to help reduce fever:

- Give your child plenty to drink.
- Dress your child lightly. Do not cover or wrap your child tightly.
- Give your child a fever- or pain-reducing medicine such as acetaminophen (e.g., Tylenol) or ibuprofen (e.g., Advil, Motrin). The dose you give your child should be based on your child's weight and your healthcare provider's instructions. *Do not give aspirin.* Recheck your child's temperature after 1 hour. Call your healthcare provider if you have questions.

My child has been fussy since getting vaccinated. What should I do?

After vaccination, children may be fussy because of pain or fever. To reduce discomfort, you may want to give your child a medicine such as acetaminophen or ibuprofen. *Do not give aspirin.* If your child is fussy for more than 24 hours, call your healthcare provider.

My child's leg or arm is swollen, hot, and red. What should I do?

- Apply a clean, cool, wet washcloth over the sore area for comfort.
- For pain, give a medicine such as acetaminophen or ibuprofen, according to your healthcare provider's instructions (see box below). *Do not give aspirin.*
- If the redness or tenderness increases after 24 hours, call your healthcare provider.

My child seems really sick. Should I call my healthcare provider?

If you are worried **at all** about how your child looks or feels, call your healthcare provider!

HEALTHCARE PROVIDER: PLEASE FILL IN THE INFORMATION BELOW.

If your child's temperature is _____°F or _____°C or higher, or if you have questions, call your healthcare provider.

Healthcare provider phone number: _____

Technical content reviewed by the Centers for Disease Control and Prevention, May 2011.

IMMUNIZATION ACTION COALITION 1573 Selby Avenue ▪ St. Paul, Minnesota 55104 ▪ www.vaccineinformation.org ▪ www.immunize.org

www.immunize.org/catg.d/p4014.pdf ▪ Item #P4014 (5/11)

COMMON QUESTIONS PARENTS ASK
about infant immunizations

Is it okay for my baby to have so many shots at once?	Yes. Studies show that kids' bodies—even infants—can handle many shots at once. **Having several vaccines at once is safe, even for a newborn.** Combination vaccines protect your child against more than one disease with a single shot. This reduces the number of shots and office visits your child would need. It's not your imagination; there are a greater number of shots now than even a few years ago. That's because as science advances, we are able to protect your child against more diseases than ever before.
Don't infants have natural immunity?	Babies get some temporary immunity (protection) from mom during the last few weeks of pregnancy—but only for the diseases mom is immune to. **These antibodies do not last long, leaving the infant vulnerable to disease.**
Haven't we gotten rid of most of these diseases in this country?	Thanks to vaccines, most diseases prevented by vaccines are no longer common in this country. Even the few cases we have in the U.S. could very quickly become **tens or hundreds of thousands of cases if we stopped vaccinating**. It's not uncommon to have measles outbreaks, whooping cough outbreaks, chickenpox outbreaks, and other diseases when vaccination rates drop. Kids that are not fully vaccinated can become seriously sick and spread it through a community.
I heard that some vaccines can cause autism. Is this true?	**No. Scientific studies and reviews have found no relationship between vaccines and autism.** Groups of experts, including the American Academy of Pediatrics and the Institute of Medicine (IOM), also agree that vaccines are not responsible for the number of children now recognized to have autism.
Can't I just wait until my child goes to school to catch up on immunizations?	Many of the diseases vaccines protect against can be very dangerous to infants. Newborns, babies, and toddlers can all be exposed to diseases from parents and other adults, brothers and sisters, on a plane, at child care, or even at the grocery store. International travel is easier than ever—your baby can be exposed to diseases from other countries without you knowing. **Don't wait to protect your baby and risk these diseases** when he or she needs protection now. It is easier to stay up to date than to catch up!
Why does my child need a chickenpox shot? Isn't it a mild disease?	**Chickenpox can actually be a serious disease** for kids if the blisters become infected. Before vaccine was available, about 50 kids died every year from chickenpox, and about 1 in 500 kids who got chickenpox were hospitalized.
My child is sick right now. Is it okay for her to still get shots?	Yes, usually. **Talk with the doctor, but children can usually get vaccinated even if they have a mild illness** like a cold, earache, mild fever, or diarrhea. If the doctor says it is okay, your child can still get vaccinated.
Where can I get more information?	Centers for Disease Control and Prevention (CDC) • www.cdc.gov/vaccines or 800-CDC-INFO (232-4636) American Academy of Pediatrics • www.aap.org The Children's Hospital of Philadelphia • www.vaccine.chop.edu Immunization Action Coalition (IAC) • www.immunize.org Every Child By Two • www.ecbt.org

CS124445 01/21/09

Keeping Track of Your Children's Shots: Questions & Answers for Parents

What are Immunization Information Systems?

Also known as Immunization Registries, Immunization Information Systems (IIS) are computer systems that have information on the shots that were given to your child. Some IIS can remind you or your doctor of the next shot due to keep your child up-to-date with their immunizations.

What are the benefits of having my child's shot record saved in an IIS?

- Helps to make sure that your child doesn't miss any shots or get too many shots
- Reminds you by mail or telephone when your child need shots
- Allows you to get a copy of your child's shot record from the doctor quickly
- Makes sure your child has all of the shots needed to start child care or school

What information is in an IIS?

Information in an IIS is different in every state, but most contain at least the following information:

- patient name (first, middle, and last)
- patient birth date
- patient gender (male or female)
- patient birth state/country
- mother's name
- the types of shots given
- the dates the shots were given

Who do I contact to see if my child's shot record is in an IIS or if I want a copy of my child's shot record?

You must contact your doctor's office, or your local or state health department.

Does it cost any money to have my child's shot record in my state's IIS?

No, there is no cost to a parent/patient to participate in an IIS.

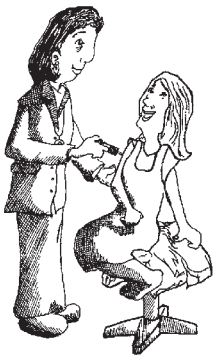
How can I find out if my child's doctor is participating in the IIS?

Just ask your doctor if they use the state or local IIS. You can also contact the IIS in your area to find out if your doctor participates.

Personal Immunization Schedule Tool - www.vaccinateyourbaby.org/schedule/tool.cfm

Another way to help you keep track of all the shots your child needs is the personal immunization schedule tool created by Every Child By Two. This tool can be downloaded to a computer or smart phone. It will create a personal immunization schedule for children up to 6 years old and will send you email reminders when it's time to schedule your child's next immunization appointment.

Adapted from the CDC website: http://cdc.gov/vaccines/programs/iis/faq.htm#1 and the Vaccinate Your Baby website: www.VaccinateYourBaby.org



Vaccinations for Adults

You're NEVER too old to get immunized!

Getting immunized is a lifelong, life-protecting job. Don't leave your healthcare provider's office without making sure you've had all the vaccinations you need.

Vaccine ▼ / Age ▶	19–49 years	50–64 years	65 years & older
Influenza	You need a dose every fall (or winter) for your protection and for the protection of others around you.		
Pneumococcal	You need 1–2 doses if you smoke cigarettes or if you have certain chronic medical conditions.*		You need 1 dose at age 65 (or older) if you've never been vaccinated.
Tetanus, diphtheria, pertussis (whooping cough) (Td, Tdap)	Be sure to get a 1-time dose of "Tdap" vaccine (the adult whooping cough vaccine) if you are younger than age 65 years, are 65+ and have contact with an infant, are a healthcare worker, or simply want to be protected from whooping cough. You need a Td booster dose every 10 years. Consult your healthcare provider if you haven't had at least 3 tetanus- and diphtheria-containing shots sometime in your life or have a deep or dirty wound.		
Hepatitis B (HepB)	You need this vaccine if you have a specific risk factor for hepatitis B virus infection* or you simply wish to be protected from this disease. The vaccine is given in 3 doses, usually over 6 months.		
Hepatitis A (HepA)	You need this vaccine if you have a specific risk factor for hepatitis A virus infection* or you simply wish to be protected from this disease. The vaccine is usually given as 2 doses, 6–18 months apart.		
Human papillomavirus (HPV)	You need this vaccine if you are a woman who is age 26 years or younger. One brand, Gardasil, can be given to men age 26 years or younger to prevent genital warts. The vaccine is given in 3 doses over 6 months.		
Measles, mumps, rubella (MMR)	You need at least 1 dose of MMR if you were born in 1957 or later. You may also need a 2nd dose.*		
Varicella (Chickenpox)	If you've never had chickenpox or you were vaccinated but received only 1 dose, talk to your healthcare provider to find out if you need this vaccine.*		
Meningococcal	If you are going to college and plan to live in a dormitory, or have one of several medical conditions*, you need to get vaccinated against meningococcal disease. You may also need additional booster doses.*		
Zoster (shingles)			If you are age 60 years or older, you should get this vaccine now.

* Consult your healthcare provider to determine your level of risk for infection and your need for this vaccine.

Do you travel outside the United States? If so, you may need additional vaccines. The Centers for Disease Control and Prevention (CDC) provides information to assist travelers and their healthcare providers in deciding the vaccines, medications, and other measures necessary to prevent illness and injury during international travel. Visit CDC's website at www.cdc.gov/travel or call (800) CDC-INFO ([800] 232-4636). You may also consult a travel clinic or your healthcare provider.

Technical content reviewed by the Centers for Disease Control and Prevention, December 2010.

www.immunize.org/catg.d/p4030.pdf • Item #P4030 (12/10)

IMMUNIZATION & Pregnancy

SAFER • HEALTHIER • PEOPLE™

Vaccines help keep a pregnant woman and her growing family healthy.

Before pregnancy

Before becoming pregnant, a woman should be up-to-date on routine adult vaccines. This will help protect her and her child. Live vaccines should be given a month or more before pregnancy. Inactivated vaccines can be given before or during pregnancy, if needed.

During pregnancy

Did you know that a mother's immunity is passed along to her baby during pregnancy? This will protect the baby from some diseases during the first few months of life until the baby can get vaccinated.

Flu Vaccine

It is safe, and very important, for a pregnant woman to receive the inactivated flu vaccine. A pregnant woman who gets the flu is at risk for serious complications and hospitalization. To learn more about preventing the flu, visit the CDC website **www.cdc.gov/flu**.

Travel

Many vaccine-preventable diseases, rarely seen in the United States, are still common in other parts of the world. A pregnant woman planning international travel should talk to her health professional about vaccines. Information about travel vaccines can be found at CDC's traveler's health website at **www.cdc.gov/travel**.

Childhood Vaccines

Pregnancy is a good time to learn about childhood vaccines. Parents-to-be can learn more about childhood vaccines from the CDC parents guide at **www.cdc.gov/vaccines/pubs/flyers-brochures.htm**. Also, the child and adolescent vaccination schedule can be downloaded and printed at **www.cdc.gov/vaccines/spec-grps/default.htm**.

After pregnancy

It is safe for a woman to receive vaccines right after giving birth, even while she is breastfeeding. A woman who has not received the new vaccine for the prevention of tetanus, diphtheria and pertussis (Tdap) should be vaccinated right after delivery. Vaccinating a new mother against pertussis (whooping cough) reduces the risk to her infant too.* Guidelines can be found at **www.cdc.gov/vaccines/recs/provisional/downloads/tdap-preg.pdf**. Also, a woman who is not immune to measles, mumps and rubella and/or varicella (chicken pox) should be vaccinated before leaving the hospital. If inactivated influenza vaccine was not given during pregnancy, a woman should receive it now because it will protect her infant. LAIV may be an option.

*Pregnant women should ask their OB-GYN about receiving a Tdap vaccine prior to delivery to protect their newborn from pertussis.

Visit CDC's website at www.cdc.gov for more information. Or get an answer to your specific question by e-mailing cdcinfo@cdc.gov or calling 800-CDC-INFO (232-4636) · 24/7 · English or Spanish

CS124445 01/20/09

I'll protect my baby.

I'll get my flu vaccine.

Even if you're healthy, if you live with or care for someone at increased risk for serious complications from influenza, you should get vaccinated. Groups at high risk include **infants** and **pregnant** women.

Babies younger than 6 months can't be vaccinated against the flu, but they are at high risk for severe complications from the flu.

They rely on you to protect them.

Get vaccinated.

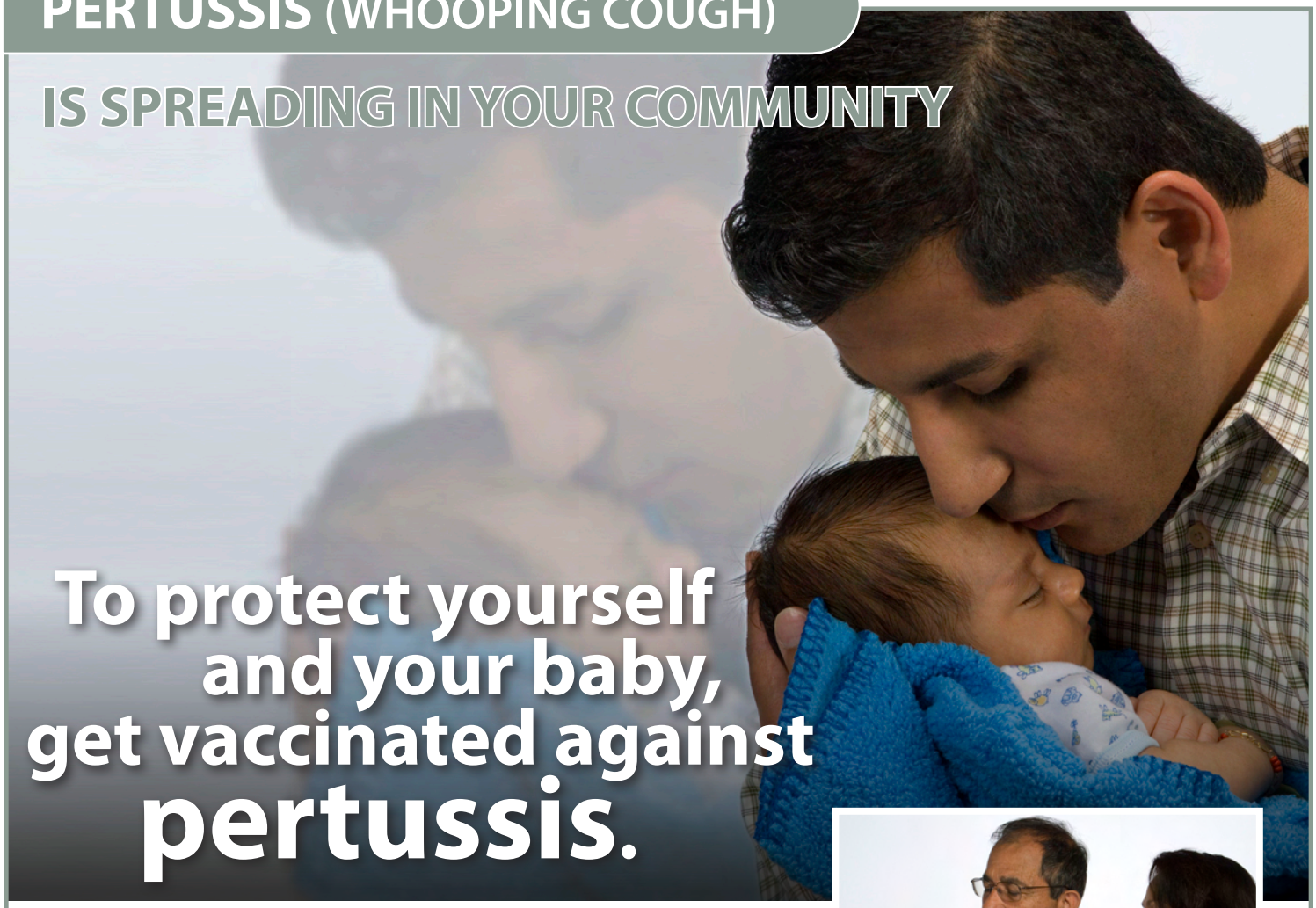
U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

For more information, visit
http://www.flu.gov or **http://www.cdc.gov/flu**

CS212299-J

PERTUSSIS (WHOOPING COUGH)

IS SPREADING IN YOUR COMMUNITY



To protect yourself and your baby, get vaccinated against pertussis.

Pertussis (whooping cough) is a serious disease for babies. Adults and older children can spread pertussis to babies.

Pertussis is very contagious. It can cause serious illness and even death. Most infants who get the disease must be hospitalized.

Find out about the booster shot (Tdap) that's recommended for yourself, older children, and other adults, including grandparents and babysitters.

http://www.cdc.gov/features/pertussis

National Center for Immunization & Respiratory Diseases
Office of the Director

CS214870

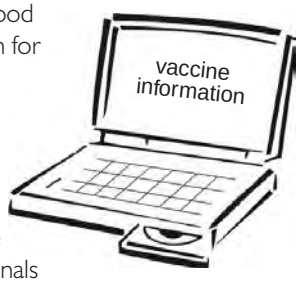
You can download this flyer from: http://www.cdc.gov/vaccines/vpd-vac/pertussis/downloads/f_pertussis_print-508.pdf and print additional copies on your color printer.

Reliable Sources of Immunization Information: Where to go to find answers!

Websites

American Academy of Pediatrics (AAP)

www.aap.org/immunization AAP's childhood immunization website contains information for both parents and clinicians.



Centers for Disease Control and Prevention (CDC)

www.cdc.gov/vaccines The information on this website ranges from official vaccine recommendations for healthcare professionals to information for the general public about vaccines.

Every Child by Two (ECBT) www.ecbt.org and www.vaccinateyourbaby.org ECBT, founded by Rosalynn Carter and Betty Bumpers, has created these two websites. Each contains a broad array of educational materials and information about vaccines, their safety, vaccine research and science, vaccine misperceptions, and many other topics to help clinicians and parents.

Immunization Action Coalition (IAC)

www.immunize.org and www.vaccineinformation.org IAC is a nonprofit organization that promotes immunization for all people against vaccine-preventable diseases. These websites offer educational materials, photos, and video clips for parents, healthcare professionals, the media, and the general public.

National Network for Immunization Information (NNii) www.immunizationinfo.org NNii provides current, science-based, extensively reviewed information to healthcare professionals, the media, policy makers, and the public.

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

www.vaccines.gov Vaccines.gov is the federal gateway to information on vaccines and immunizations for infants, children, teenagers, adults, and seniors.

Vaccine Education Center (VEC) www.vaccine.chop.edu The goal of the VEC at Children's Hospital of Philadelphia is to accurately communicate the facts about each childhood vaccine. VEC publishes a monthly vaccine e-newsletter for parents titled "Parents PACK." For more information or to subscribe, visit www.vaccine.chop.edu/parents

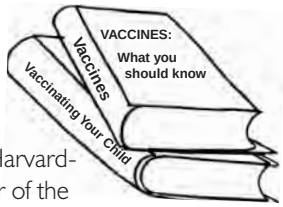
Phone Numbers

CDC–INFO Contact Center

A toll-free number for consumers and healthcare professionals who have questions about immunization and vaccine-preventable diseases. Call (800) CDC-INFO or (800) 232-4636. The Center operates 24/7 in English & Spanish. TTY: (888) 232-6348.

Technical content reviewed by the Centers for Disease Control and Prevention, May 2011.

Books for Parents



Baby 411, 4th edition

By Denise Fields and Ari Brown, MD, Windsor Peak Press, 2009. Written by a Harvard-trained pediatrician (Brown) and the author of the best-selling *Baby Bargains* (Fields), this book is the ultimate compilation of frequently asked questions for baby's first year. It includes a special section on vaccines. To purchase, visit your local bookstore or www.windsorpeak.com/baby411

Do Vaccines Cause That?! A Guide for Evaluating Vaccine Safety, 1st edition

By Martin Myers, MD, and Diego Pineda, MS. Published by Immunizations for Public Health, 2008. Get straight, science-based answers to parents' questions about the safety of vaccines. To purchase, visit your local bookstore or www.dovaccinescausethat.com

Parents Guide to Childhood Immunization, 2010

This 68-page booklet from CDC introduces parents to 14 childhood diseases and the 10 vaccines that can protect children from them. Parents can order a free booklet or print their own copy by visiting www.cdc.gov/vaccines/pubs/parents-guide

Plain Talk About Childhood Immunization, 6th edition

Washington State Department of Health, et al., 2008. This 54-page booklet provides parents with accurate information about immunizations and the diseases they prevent, vaccine safety, and other topics of interest to the public. The publication, available in English and Spanish, can be downloaded at http://here.doh.wa.gov/materials/plain-talk-about-childhood-immunizations in either low resolution (for printing on office copiers) or high resolution (for professional printing).

Vaccines and Your Child, Separating Fact from Fiction, 2011 By Paul Offit, MD, and Charlotte Moser, Columbia University Press, 2011. This book answers questions about the science and safety of modern vaccines. In straightforward prose, Offit and Moser explain how vaccines work, how they are made, and how they are tested. Most important, they separate the real risks of vaccines from feared but unfounded risks. To purchase, visit your local bookstore or www.cup.columbia.edu

Videos

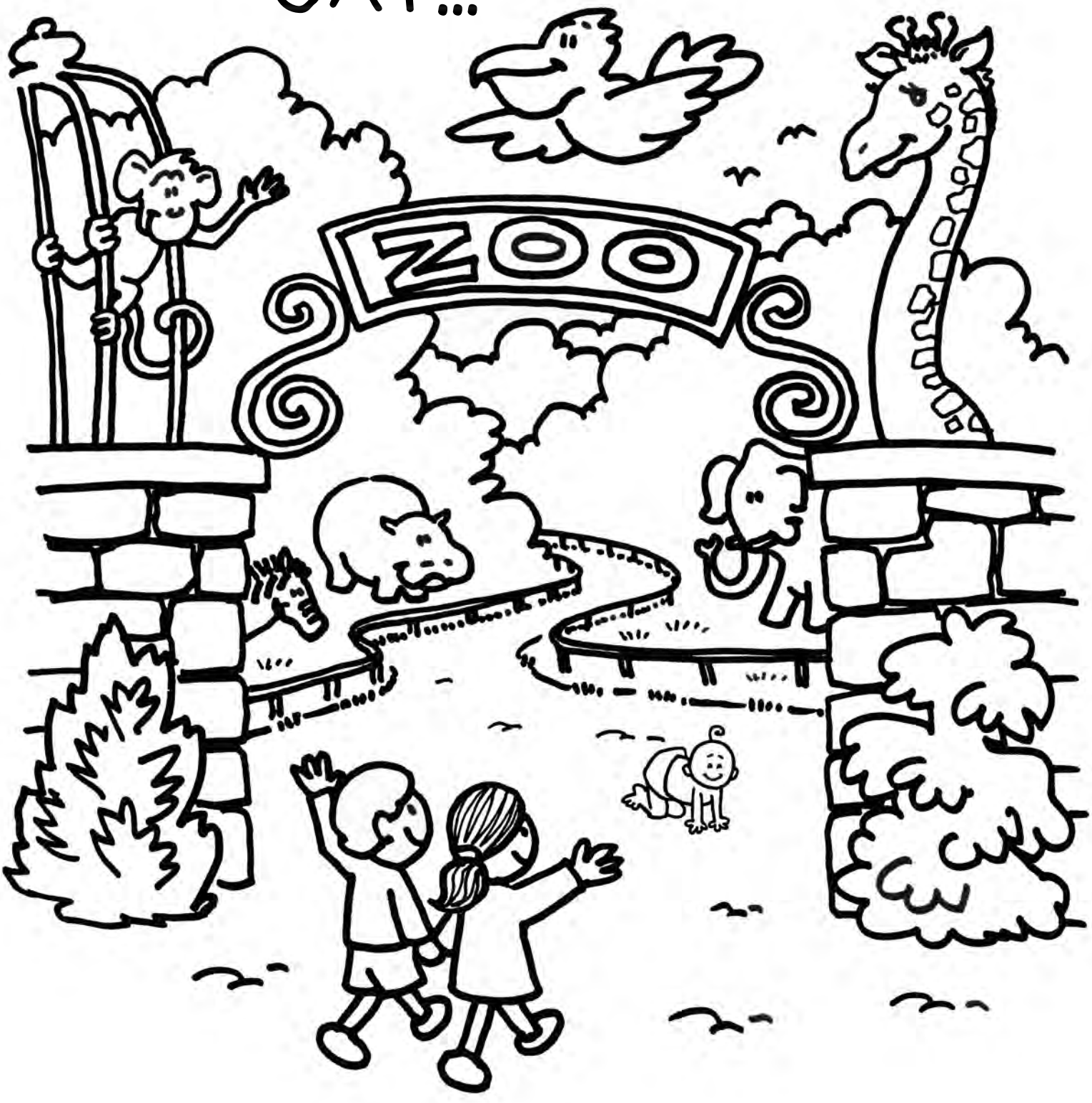
"Vaccines and Your Baby" and **"Vaccines: Separating Fact from Fear"** Available for a nominal charge in English and Spanish in DVD format, these videos answer many questions that new parents have. Ordering information is available at www.chop.edu/service/vaccine-education-center/familyOrder.cfm or parents can watch the videos online at www.chop.edu/service/vaccine-education-center/related-information/multimedia.html.

www.immunize.org/catg.d/p4012.pdf • Item #P4012 (5/11)

Every Child By Two hopes that you found the *Parents' Guide to Immunizations* very helpful when looking for more information about vaccines. We would really appreciate your feedback.

Please visit www.ecbt.org/parentsguide.htm to fill out a very short online survey.

YOUR FRIENDS AT THE ZOO SAY...



IMMUNIZE BY TWO!