



IMMUNIZATION RESOURCES FOR PARENTS AND PARENTS-TO-BE

2018 VERSION

Dear Parent,

This booklet 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. 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.

Most health insurance plans cover the cost of vaccines, but you may want to check with your insurance provider before going to the doctor. 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 booklet or visit www.cdc.gov/features/vfcprogram.

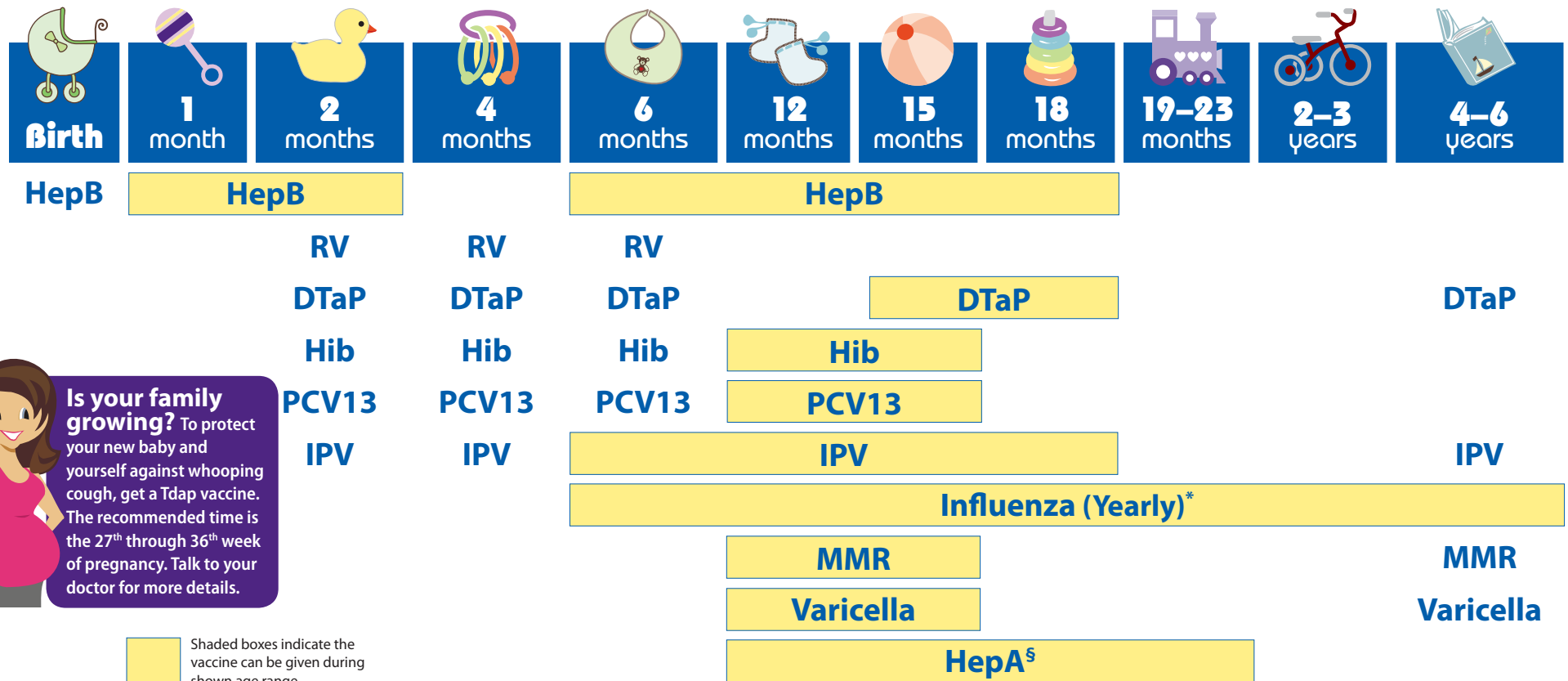
Adults, especially pregnant women, need vaccines too. By getting yourself vaccinated you are protecting both you and your baby from getting serious diseases.

For more information about vaccines for your entire family, please visit www.vaccinateyourfamily.org



This booklet was created by Vaccinate Your Family: The Next Generation of Every Child By Two and is supported through funding provided by Centers for Disease Control and Prevention.

2018 Recommended Immunizations for Children from Birth Through 6 Years Old



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. Talk with your child's doctor if you have questions about vaccines.

FOOTNOTES:

- * Two doses given at least four weeks apart are recommended for children aged 6 months through 8 years of age who are getting an influenza (flu) vaccine for the first time and for some other children in this age group.
- [§] Two doses of HepA vaccine are needed for lasting protection. The first dose of HepA vaccine should be given between 12 months and 23 months of age. The second dose should be given 6 to 18 months later. HepA vaccination may be given to any child 12 months and older to protect against HepA. Children and adolescents who did not receive the HepA vaccine and are at high-risk, should be vaccinated against HepA.

If your child has any medical conditions that put him at risk for infection or is traveling outside the United States, talk to your child's doctor about additional vaccines that he may need.

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
www.cdc.gov/vaccines/parents



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



**American Academy
of Pediatrics**

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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 <i>Haemophilus influenzae</i> 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), intellectual disability, epiglottitis (life-threatening infection that can block the windpipe and lead to serious breathing problems), pneumonia (infection in the lungs), death
Hepatitis A	HepA vaccine protects against hepatitis A.	Direct 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, arthralgia (joint pain), kidney, pancreatic, and blood disorders
Hepatitis B	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
Influenza (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.	Air, direct contact, through the mouth	May be no symptoms, sore throat, fever, nausea, headache	Paralysis, death
Pneumococcal	PCV13 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, swollen lymph nodes	Very serious in pregnant women—can lead to miscarriage, stillbirth, premature delivery, 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 combines protection against diphtheria, tetanus, and pertussis.

** MMR combines protection against measles, mumps, and rubella.

9 Things to Know About Childhood Vaccines

1. Why your child should be vaccinated

Children need vaccinations (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 is a major cause of bacterial meningitis)
- Hepatitis A
- Hepatitis B
- Human Papillomavirus (HPV is a major cause of cervical and other cancers)
- Influenza (Flu)
- 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

The following vaccinations are recommended by age two and can be given over five visits to a doctor or clinic:

- 4 doses of diphtheria, tetanus & pertussis vaccine (DTaP)
- 3-4 doses of Hib vaccine (depending on the brand used)
- 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)
- 2-3 doses of rotavirus vaccine (depending on the brand used)
- 1 dose of varicella vaccine
- 1 or 2 annual doses of influenza vaccine (number of doses depends on influenza vaccine history)

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 healthcare provider can give you additional information. Vaccine Information Sheets (VIS) that explain both the benefits and risks of each vaccine are available on the CDC website at www.cdc.gov/vaccines/hcp/vis.

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. The risk of serious complications from a vaccine-preventable disease is far greater than the risk of a serious reaction to a vaccine. 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, you can protect your child from disease and also protect others at school or daycare.

7. Track your child's vaccines with an immunization record

Keeping up-to-date immunization records (also known as shot records) for your family, especially your children, is important. You will need your children's official immunization records to register them for school, child care, athletic teams and summer camps, and for international travel. An immunization record helps you and your healthcare provider keep your child's vaccinations on schedule. If you move or change doctors, having an accurate record might prevent your child from needing to get vaccines he or she has already had. An immunization record should be started when your child receives his/her first vaccine and updated with each vaccination visit. Ask your healthcare provider if your child has his/her record in your local or state electronic immunization information system (IIS). You can also contact your state's IIS to find your child's immunization record. Visit www.cdc.gov/vaccines/programs/iis/contacts-locate-records.html#state to find contact information for your state's IIS.

8. Some children 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 does not cover vaccines and go to Federally Qualified Health Clinics or Rural Health Centers.

9. More information is available

- Centers for Disease Control and Prevention - www.cdc.gov/vaccines (Or call in English or Español at 1-800-CDC-INFO (1-800-232-4636))
- Vaccinate Your Family – www.vaccinateyourfamily.org
- American Academy of Pediatrics - www.healthychildren.org

Infant Immunizations FAQs

Are vaccines **safe**?

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

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

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

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

What are the **risks and benefits** of vaccines?

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

Is there a link between **vaccines and autism**?

No. Scientific studies and reviews continue to show no relationship between vaccines and autism.

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

Can vaccines **overload** my baby's immune system?

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

The antigens in vaccines come from the germs themselves, but the germs are weakened or killed so they cannot cause serious illness. **Even if they receive several vaccinations in one day, vaccines contain only a tiny fraction of the antigens that babies encounter every day in their environment.** Vaccines provide your child with the antibodies they need to fight off the serious illnesses for which they have been vaccinated.

Why are so many **doses** needed for each vaccine?

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

Why do vaccines start **so early**?

The recommended schedule is designed to protect infants and children by providing immunity early in life, before they are exposed to life-threatening diseases. Children are immunized early because they are susceptible to diseases at a young age, and the consequences of these diseases can be very serious, and even life-threatening, for infants and young children.

What do you think of **delaying** some vaccines or following an **alternative schedule**?

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

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

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

What are **combination vaccines**? Why are they used?

Combination vaccines protect your child against more than one disease with a single shot. They reduce the number of shots and office visits your child would need, which not only saves you time and money, but also is easier on your child.

Some common combination vaccines that are currently used are: DTaP (diphtheria-tetanus-pertussis) and MMR (measles-mumps-rubella).

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

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

Why does my child need a **chickenpox** shot? Isn't it a mild disease?

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

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

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

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.

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

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

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

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

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

800-CDC-INFO (800-232-4636) • www.cdc.gov/vaccines

Tips for a Less Stressful Shot Visit



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

Before Getting Shots

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

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

For older children

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

At the Doctor's Office

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

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

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

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

Ways to soothe your baby:

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

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

The Centers for Disease Control and Prevention (CDC), the American Academy of Family Physicians (AAFP), and the American Academy of Pediatrics (AAP) adapted this information from *Be There for Your Child during Shots*, California Department of Public Health Immunization Branch.

For older children

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

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

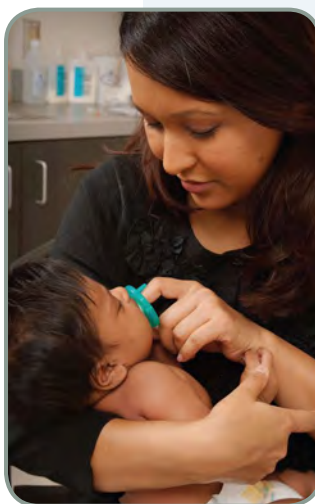
After the Shots

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

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

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

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



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.html. 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.



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

What are Immunization Information Systems?

Immunization Information Systems (IIS), also known as immunization registries, are electronic systems that have information on the vaccines (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 quickly get a copy of your child's shot record from the doctor
- Makes sure your child has all of the shots needed to start daycare, school and/or camp, and for international travel.

What information is in an IIS?

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

- Patient's name (first, middle, and last)
- Patient's birth date
- Patient's gender (male or female)
- Patient's birth state/country
- Mother's name
- Types of shots given
- 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. Some states allow the public to directly access the IIS in order to print out shot records.

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. Visit the CDC website at www.cdc.gov/vaccines/programs/iis/contacts-locate-records.html#state to find contact information for your state's IIS.

Talk to your child's doctor or nurse about the vaccines recommended for their age.

	Flu <i>Influenza</i>	Tdap Tetanus, diphtheria, pertussis	HPV Human papillomavirus	Meningococcal		Pneumococcal	Hepatitis B	Hepatitis A		Inactivated Polio	MMR Measles, mumps, rubella	Chickenpox <i>Varicella</i>
				MenACWY	MenB							
7-8 Years												
9-10 Years												
11-12 Years												
13-15 Years												
16-18 Years												
More information:	Preteens and teens should get a flu vaccine every year.	Preteens and teens should get one shot of Tdap at age 11 or 12 years.	All 11-12 year olds should get a 2-shot series of HPV vaccine at least 6 months apart. A 3-shot series is needed for those with weakened immune systems and those age 15 or older.	All 11-12 year olds should get a single shot of a meningococcal conjugate (MenACWY) vaccine. A booster shot is recommended at age 16.	Teens, 16-18 years old, may be vaccinated with a serogroup B meningococcal (MenB) vaccine.							



These shaded boxes indicate when the vaccine is recommended for all children unless your doctor tells you that your child cannot safely receive the vaccine.



These shaded boxes indicate the vaccine should be given if a child is catching-up on missed vaccines.



These shaded boxes indicate the vaccine is recommended for children with certain health or lifestyle conditions that put them at an increased risk for serious diseases. See vaccine-specific recommendations at www.cdc.gov/vaccines/pubs/ACIP-list.htm.



This shaded box indicates children not at increased risk may get the vaccine if they wish after speaking to a provider.



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If you are
this age,

talk to your health care professional about these vaccines

	Flu Influenza	Tdap or Td Tetanus, diphtheria, pertussis	Shingles Zoster		Pneumococcal		Meningococcal		MMR Measles, mumps, rubella	HPV Human papillomavirus		Chickenpox Varicella	Hepatitis A	Hepatitis B	Hib <i>Haemophilus influenzae</i> type b
			RZV	ZVL	PCV13	PPSV23	MenACWY	MenB		for women	for men				
19 - 21 years															
22 - 26 years															
27 - 49 years															
50 - 64 years															
65+ year															

**More
Information:**

You should get flu vaccine every year.

You should get 1 dose of Tdap if you did not get it as a child or adult. You should also get a Td booster every 10 years. Women should get 1 dose of Tdap during every pregnancy.

There are 2 types of zoster vaccine. You should get 2 doses of RZV at age 50 years or older (preferred) or 1 dose of ZVL at age 60 years or older, even if you had shingles before.

There are 2 types of pneumococcal vaccine. You should get 1 dose of PCV13 and at least 1 dose of PPSV23 depending on your age and health condition.

There are 2 types of meningococcal vaccine. You may need one or both types depending on your health condition.

You should get this vaccine if you did not get it when you were a child.

You should get HPV vaccine if you are a woman through age 26 years or a man through age 21 years and did not already complete the series.



Recommended For You: This vaccine is recommended for you *unless* your health care professional tells you that you do not need it or should not get it.



May Be Recommended For You: This vaccine is recommended for you if you have certain risk factors due to your health condition. Talk to your health care professional to see if you need this vaccine.

If you are traveling outside the United States, you may need additional vaccines.

Ask your health care professional about which vaccines you may need at least 6 weeks before you travel.

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



**U.S. Department of
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Control and Prevention

Vaccines and Pregnancy

Getting Vaccinated While Pregnant Protects
Both Mom and Baby



Talk to your doctor or midwife about flu and whooping cough vaccines, and to find out what other vaccines you may need.

For more information about vaccines during pregnancy and the importance of timely immunizations for people of all ages, visit VaccinateYourFamily.org

Whooping Cough (Pertussis)

Whooping cough, also known as pertussis, is a serious disease, especially in infants. Some babies with whooping cough have coughing fits and gasp for air, while others may stop breathing. About half of babies younger than 12 months who get whooping cough are hospitalized. The good news is that you can help protect your baby. **By getting the whooping cough vaccine (also called Tdap) during pregnancy, you'll pass antibodies to your baby that will help protect your newborn from this disease from the time he or she is born until your baby gets his first whooping cough vaccination at 2 months of age.** Doctors and midwives who specialize in taking care of pregnant women agree that the **whooping cough vaccine is safe for mom and baby, and is important for women to get during the 27th through 36th week (3rd trimester) of each pregnancy.**

Influenza (Flu)

The flu can be a dangerous illness, especially for pregnant women and young children. Changes in your immune, heart and lung functions during pregnancy make you more likely to get seriously ill from the flu. Pregnant women with the flu also have a greater chance for serious problems for their unborn baby, including premature labor and delivery. **Fortunately, getting a flu shot is a simple thing you can do to help protect yourself and your baby.** When you get a flu shot, your body makes antibodies that can be passed on to your unborn child to help protect him or her from the flu for up to 6 months after he is born. This is important because your newborn is at high risk of severe flu complications, but can not get his own flu vaccine until 6 months of age. Sadly, every year, about 20,000 children under five are hospitalized and approximately 100 die due to complications from the flu. **The flu vaccine is safe for both mom and baby, and can be received during any trimester. The CDC recommends getting the vaccine as soon as it becomes available during flu season.**

Surround Your Baby with Protection

For additional protection, make sure friends, family and caregivers who will be in contact with your baby are up-to-date on their vaccinations at least two weeks before meeting your newborn.



**There's so much to do before the big day.
Let us help guide you on ways to keep your
newborn healthy from the start.**

Visit VaccinateYourFamily.org to learn...

How getting flu and whooping cough (Tdap) vaccinations while pregnant protect you and your newborn baby.

Why it's important to follow the CDC's recommended schedule.

Which vaccines your baby needs and when each is due.

Why your baby needs the Hepatitis B vaccine
before leaving the hospital.

How vaccines in the U.S. are continually monitored for safety.

What to do if you can't afford to pay for vaccines.

Where to find credible resources on vaccines.

And much, much more...



The Next Generation of Every Child By Two



Credible Websites for Vaccine Information and Resources

Vaccinate Your Family: The Next Generation of Every Child By Two - www.vaccinateyourfamily.org

American Academy of Family Physicians - www.familydoctor.org

American Academy of Pediatrics - www.aap.org/immunization & www.healthychildren.org/english/safety-prevention/immunizations

American College of Obstetricians and Gynecologists - www.immunizationforwomen.org

American College of Nurse-Midwives - www.ourmomentoftruth.com/your-health/importance-of-vaccines

Centers for Disease Control and Prevention - www.cdc.gov/vaccines

Department of Health and Human Services - www.vaccines.gov

Families Fighting Flu - www.familiesfightingflu.org

Family Vaccines Resource Center - www.family-vaccines.org

Immunization Action Coalition – www.immunize.org & www.vaccineinformation.org

Institute for Vaccine Safety at Johns Hopkins Bloomberg School of Public Health - www.vaccinesafety.edu

Meningitis Angels - www.meningitis-angels.org

National Foundation for Infectious Diseases – www.nfid.org

National Meningitis Association - www.nmaus.org

Parents of Kids with Infectious Diseases - www.pkids.org

Shot by Shot: Stories of Vaccine-Preventable Diseases - www.shotbyshot.org

Vaccine Education Center at The Children's Hospital of Philadelphia - vaccine.chop.edu

Voices for Vaccines – www.voicesforvaccines.org



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