IMMUNIZATION RESOURCES FOR PARENTS AND PARENTS-TO-BE

2019

VACCINATE YOUR FAMILY
Dear Parent or Parent-to-Be,

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 [cdc.gov/features/vfcprogram](http://cdc.gov/features/vfcprogram).

**Adults, especially pregnant women, need vaccines too.** By getting yourself vaccinated while pregnant you are protecting both you and your baby from getting serious diseases like flu and whooping cough.

For more information and for answers to questions you may have about vaccines for your family, please visit [vaccinateyourfamily.org](http://vaccinateyourfamily.org).

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This booklet was created by Vaccinate Your Family and is supported through funding provided by Centers for Disease Control and Prevention.
<table>
<thead>
<tr>
<th>Age Range</th>
<th>Vaccines</th>
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</thead>
<tbody>
<tr>
<td>Birth</td>
<td>HepB</td>
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<tr>
<td>1 month</td>
<td>HepB</td>
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<tr>
<td>2 months</td>
<td>RV</td>
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<tr>
<td></td>
<td>DTaP</td>
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<td></td>
<td>Hib</td>
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<tr>
<td>4 months</td>
<td>PCV13</td>
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<tr>
<td>6 months</td>
<td>RV</td>
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<td></td>
<td>DTaP</td>
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<tr>
<td></td>
<td>Hib</td>
</tr>
<tr>
<td>12 months</td>
<td>PCV13</td>
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<tr>
<td>15 months</td>
<td>IPV</td>
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<tr>
<td>18 months</td>
<td>MMR</td>
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<tr>
<td>19–23 months</td>
<td>Hib</td>
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<tr>
<td>2–3 years</td>
<td>IPV</td>
</tr>
<tr>
<td>4–6 years</td>
<td>Infuenza (Yearly)*</td>
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<tr>
<td></td>
<td>MMR</td>
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<td></td>
<td>Varicella</td>
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<tr>
<td></td>
<td>HepA§</td>
</tr>
</tbody>
</table>

* Two doses given at least four weeks apart are recommended for children age 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 months after the last dose. HepA vaccination may be given to any child 12 months and older to protect against hepatitis A. Children and adolescents who did not receive the HepA vaccine and are at high risk should be vaccinated against hepatitis A.

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 or she may need.

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

See back page for more information on vaccine-preventable diseases and the vaccines that prevent them.
# Vaccine-Preventable Diseases and the Vaccines that Prevent Them

<table>
<thead>
<tr>
<th>Disease</th>
<th>Vaccine</th>
<th>Disease spread by</th>
<th>Disease symptoms</th>
<th>Disease complications</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chickenpox</td>
<td>Varicella vaccine protects against chickenpox.</td>
<td>Air, direct contact</td>
<td>Rash, tiredness, headache, fever</td>
<td>Infected blisters, bleeding disorders, encephalitis (brain swelling), pneumonia (infection in the lungs)</td>
</tr>
<tr>
<td>Diphtheria</td>
<td>DTaP* vaccine protects against diphtheria.</td>
<td>Air, direct contact</td>
<td>Sore throat, mild fever, weakness, swollen glands in neck</td>
<td>Swelling of the heart muscle, heart failure, coma, paralysis, death</td>
</tr>
<tr>
<td>Hib</td>
<td>Hib vaccine protects against <em>Haemophilus influenzae</em> type b.</td>
<td>Air, direct contact</td>
<td>May be no symptoms unless bacteria enter the blood</td>
<td>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</td>
</tr>
<tr>
<td>Hepatitis A</td>
<td>HepA vaccine protects against hepatitis A.</td>
<td>Direct contact, contaminated food or water</td>
<td>May be no symptoms, fever, stomach pain, loss of appetite, fatigue, vomiting, jaundice (yellowing of skin and eyes), dark urine</td>
<td>Liver failure, arthralgia (joint pain), kidney, pancreatic and blood disorders</td>
</tr>
<tr>
<td>Hepatitis B</td>
<td>HepB vaccine protects against hepatitis B.</td>
<td>Contact with blood or body fluids</td>
<td>May be no symptoms, fever, headache, weakness, vomiting, jaundice (yellowing of skin and eyes), joint pain</td>
<td>Chronic liver infection, liver failure, liver cancer</td>
</tr>
<tr>
<td>Influenza (Flu)</td>
<td>Flu vaccine protects against influenza.</td>
<td>Air, direct contact</td>
<td>Fever, muscle pain, sore throat, cough, extreme fatigue</td>
<td>Pneumonia (infection in the lungs)</td>
</tr>
<tr>
<td>Measles</td>
<td>MMR** vaccine protects against measles.</td>
<td>Air, direct contact</td>
<td>Rash, fever, cough, runny nose, pink eye</td>
<td>Encephalitis (brain swelling), pneumonia (infection in the lungs), death</td>
</tr>
<tr>
<td>Mumps</td>
<td>MMR** vaccine protects against mumps.</td>
<td>Air, direct contact</td>
<td>Swollen salivary glands (under the jaw), fever, headache, tiredness, muscle pain</td>
<td>Meningitis (infection of the covering around the brain and spinal cord), encephalitis (brain swelling), inflammation of testicles or ovaries, deafness</td>
</tr>
<tr>
<td>Pertussis</td>
<td>DTaP* vaccine protects against pertussis (whooping cough).</td>
<td>Air, direct contact</td>
<td>Severe cough, runny nose, apnea (a pause in breathing in infants)</td>
<td>Pneumonia (infection in the lungs), death</td>
</tr>
<tr>
<td>Polio</td>
<td>IPV vaccine protects against polio.</td>
<td>Air, direct contact, through the mouth</td>
<td>May be no symptoms, sore throat, fever, nausea, headache</td>
<td>Paralysis, death</td>
</tr>
<tr>
<td>Pneumococcal</td>
<td>PCV13 vaccine protects against pneumococcus.</td>
<td>Air, direct contact</td>
<td>May be no symptoms, pneumonia (infection in the lungs)</td>
<td>Bacteremia (blood infection), meningitis (infection of the covering around the brain and spinal cord), death</td>
</tr>
<tr>
<td>Rotavirus</td>
<td>RV vaccine protects against rotavirus.</td>
<td>Through the mouth</td>
<td>Diarrhea, fever, vomiting</td>
<td>Severe diarrhea, dehydration</td>
</tr>
<tr>
<td>Rubella</td>
<td>MMR** vaccine protects against rubella.</td>
<td>Air, direct contact</td>
<td>Sometimes rash, fever, swollen lymph nodes</td>
<td>Very serious in pregnant women—can lead to miscarriage, stillbirth, premature delivery, birth defects</td>
</tr>
<tr>
<td>Tetanus</td>
<td>DTaP* vaccine protects against tetanus.</td>
<td>Exposure through cuts in skin</td>
<td>Stiffness in neck and abdominal muscles, difficulty swallowing, muscle spasms, fever</td>
<td>Broken bones, breathing difficulty, death</td>
</tr>
</tbody>
</table>

* DTaP combines protection against diphtheria, tetanus, and pertussis.
** MMR combines protection against measles, mumps, and rubella.
## Immunizations and Developmental Milestones
### for Your Child from Birth Through 6 Years Old

<table>
<thead>
<tr>
<th>Milestones</th>
<th>Birth</th>
<th>1 MONTH</th>
<th>2 MONTHS</th>
<th>4 MONTHS</th>
<th>6 MONTHS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Recommended Immunizations</strong></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Hepatitis B</td>
<td>☐ HepB</td>
<td>☐ HepB¹</td>
<td></td>
<td></td>
<td>☐ HepB</td>
</tr>
<tr>
<td>Rotavirus</td>
<td></td>
<td>☐ RV</td>
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<td>☐ RV²</td>
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</tr>
<tr>
<td>Diphtheria, Tetanus, Pertussis</td>
<td></td>
<td>☐ DTaP</td>
<td></td>
<td>☐ DTaP</td>
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</tr>
<tr>
<td><em>Haemophilus influenzae</em> type b</td>
<td></td>
<td>☐ Hib</td>
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<td>☐ Hib</td>
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<tr>
<td>Pneumococcal</td>
<td></td>
<td>☐ PCV</td>
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<td>☐ PCV</td>
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<tr>
<td>Inactivated Poliovirus</td>
<td></td>
<td>☐ IPV</td>
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<td>☐ IPV</td>
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<tr>
<td>Influenza (Flu)</td>
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<td>☐ Influenza, first dose¹</td>
</tr>
</tbody>
</table>

### Milestones

#### Milestones should be achieved by the age indicated.
Talk to your child’s doctor about age-appropriate milestones if your child was born prematurely.

- Recognizes caregiver’s voice
- Turns head toward breast or bottle
- Communicates through body language, fussing or crying, alert and engaged
- Startles to loud sounds
- Starts to smile
- Raises head when on tummy
- Calms down when rocked, cradled or sung to
- Pays attention to faces
- Begins to smile at people
- Coos, makes gurgling sounds
- Begins to follow things with eyes
- Can hold head up
- Babbles with expression
- Likes to play with people
- Reaches for toy with one hand
- Brings hands to mouth
- Responds to affection
- Holds head steady, unsupported
- Knows familiar faces
- Responds to own name
- Brings things to mouth
- Rolls over in both directions
- Strings vowels together when babbling (“ah”, “eh”, “oh”)

### Growth

- At each well child visit, enter date, length, weight, and percentile information to keep track of your child’s progress.

<table>
<thead>
<tr>
<th>WEIGHT / PERCENTILE</th>
<th>WEIGHT / PERCENTILE</th>
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<th>WEIGHT / PERCENTILE</th>
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<td>LENGTH / PERCENTILE</td>
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<td>LENGTH / PERCENTILE</td>
</tr>
</tbody>
</table>

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

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1. The second dose of HepB may be given either at the 1 month or 2 month visit.
2. A third dose of rotavirus vaccine is only needed for RotaTeq.
3. 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 and for some other children in this age group.

This is not an exhaustive list of milestones from 0-6 years. See more at [www.cdc.gov/milestones](http://www.cdc.gov/milestones)

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

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**www.cdc.gov/milestones** (Milestones)

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**U.S. Department of Health and Human Services**

**Centers for Disease Control and Prevention**

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**American Academy of Pediatrics**

**AAFP**

**American Academy of Family Physicians**

**Dedicated to the Health of All Children™**

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Last updated on April 2019 • CS300526-D
### Immunizations and Developmental Milestones for Your Child from Birth Through 6 Years Old

#### Recommended Immunizations

<table>
<thead>
<tr>
<th></th>
<th>12 MONTHS</th>
<th>15 MONTHS</th>
<th>18 MONTHS</th>
<th>19–23 MONTHS</th>
<th>2–3 YEARS</th>
<th>4–6 YEARS</th>
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<tbody>
<tr>
<td><strong>Hepatitis B</strong></td>
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<td><strong>Diphtheria, Tetanus, Pertussis (DTaP)</strong></td>
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<td><strong>Haemophilus influenzae type b (Hib)</strong></td>
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<td><strong>Pneumococcal (PCV)</strong></td>
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<td><strong>Inactivated Poliovirus (IPV)</strong></td>
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<td><strong>Influenza (Flu)</strong></td>
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<tr>
<td><strong>Measles, Mumps, Rubella (MMR)</strong></td>
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<td><strong>Varicella</strong></td>
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<tr>
<td><strong>Hepatitis A</strong></td>
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</table>

#### Milestones

- **Milestones** adapted from AAP Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents Third Edition.
- This is not an exhaustive list of milestones from 0-6 years. See more at www.cdc.gov/Milestones and download the Milestone Tracker App at www.cdc.gov/MilestoneTracker

#### Growth

- At each well child visit, enter date, length, weight, and percentile information to keep track of your child’s progress.

<table>
<thead>
<tr>
<th></th>
<th>VISIT DATE</th>
<th>VISIT DATE</th>
<th>VISIT DATE</th>
<th>VISIT DATE</th>
<th>VISIT DATE</th>
<th>VISIT DATE</th>
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<tbody>
<tr>
<td>WEIGHT / PERCENTILE</td>
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<tr>
<td>LENGTH / PERCENTILE</td>
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<tr>
<td>HEAD CIRCUMFERENCEx</td>
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</tr>
</tbody>
</table>

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

- 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 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 6 months and 18 months of age. The second dose should be given 6 months after the first dose. 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.
- Milestones adapted from AAP Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents Third Edition.

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For more information, call toll free 1-800-CDC-INFO (1-800-232-4636) or visit www.cdc.gov/vaccines/schedules/easy-to-read/child-easyread.html (Immunization) or www.cdc.gov/milestones (Milestones).
<table>
<thead>
<tr>
<th>Age Group</th>
<th>Flu Influenza</th>
<th>Tdap Tetanus, diphtheria, pertussis</th>
<th>HPV Human papillomavirus</th>
<th>Meningococcal</th>
<th>Pneumococcal</th>
<th>Hepatitis B</th>
<th>Hepatitis A</th>
<th>Polio</th>
<th>MMR Measles, mumps, rubella</th>
<th>Chickenpox Varicella</th>
</tr>
</thead>
<tbody>
<tr>
<td>7-8 Years</td>
<td>Green</td>
<td>Green</td>
<td>Green</td>
<td>Purple</td>
<td>Purple</td>
<td>Purple</td>
<td>Purple</td>
<td>Green</td>
<td>Green</td>
<td>Green</td>
</tr>
<tr>
<td>9-10 Years</td>
<td>Green</td>
<td>Blue</td>
<td>Green</td>
<td>Purple</td>
<td>Purple</td>
<td>Purple</td>
<td>Purple</td>
<td>Green</td>
<td>Green</td>
<td>Green</td>
</tr>
<tr>
<td>11-12 Years</td>
<td>Green</td>
<td>Green</td>
<td>Green</td>
<td>Purple</td>
<td>Purple</td>
<td>Purple</td>
<td>Purple</td>
<td>Green</td>
<td>Green</td>
<td>Green</td>
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<tr>
<td>13-15 Years</td>
<td>Green</td>
<td>Green</td>
<td>Green</td>
<td>Purple</td>
<td>Purple</td>
<td>Purple</td>
<td>Purple</td>
<td>Green</td>
<td>Green</td>
<td>Green</td>
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<tr>
<td>16-18 Years</td>
<td>Green</td>
<td>Green</td>
<td>Green</td>
<td>Purple</td>
<td>Purple</td>
<td>Purple</td>
<td>Purple</td>
<td>Green</td>
<td>Green</td>
<td>Green</td>
</tr>
</tbody>
</table>

**More information:**
- Everyone 6 months and older should get a flu vaccine every year.
- All 11- through 12-year olds should get one shot of Tdap.
- All 11- through 12-year olds should get a 2-shot series of HPV vaccine. A 3-shot series is needed for those with weakened immune systems and those who start the series at 15 years or older.
- All 11- through 12-year olds should get one shot of meningococcal conjugate (MenACWY). A booster shot is recommended at age 16.
- Teens 16–18 years old may be vaccinated with a serogroup B meningococcal (MenB) vaccine.

**INFORMATION FOR PARENTS 2019 Recommended Immunizations for Children 7–18 Years Old**

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/hcp/acip-recs/.

This shaded box indicates children not at increased risk may get the vaccine if they wish after speaking to a provider.
Vaccine-Preventable Diseases and the Vaccines that Prevent Them

**Diphtheria** *(Can be prevented by TDap vaccination)*
Diphtheria is a very contagious bacterial disease that affects the respiratory system, including the lungs. Diphtheria bacteria can be spread from person to person by direct contact with droplets from an infected person’s cough or sneeze. When people are infected, the bacteria can produce a toxin (poison) in the body that can cause a thick coating in the back of the nose or throat that makes it hard to breathe or swallow. Effects from this toxin can also lead to swelling of the heart muscle and, in some cases, heart failure. In serious cases, the illness can cause coma, paralysis, or even death.

**Hepatitis A** *(Can be prevented by HepA vaccination)*
Hepatitis A is an infection in the liver caused by hepatitis A virus. The virus is spread primarily person to person through the fecal-oral route. In other words, the virus is taken in by mouth from contact with objects, food, or drinks contaminated by the feces (stool) of an infected person. Symptoms can include fever, tiredness, poor appetite, vomiting, stomach pain, and jaundice (when skin and eyes turn yellow). An infected person may have no symptoms, may have mild illness for a week or two, may have severe illness for several months, or may rarely develop liver failure and die from the infection. In the U.S., about 100 people a year die from hepatitis A.

**Hepatitis B** *(Can be prevented by HepB vaccination)*
Hepatitis B causes a flu-like illness with loss of appetite, nausea, vomiting, rashes, joint pain, and jaundice. Symptoms of acute hepatitis B include fever, fatigue, loss of appetite, nausea, vomiting, pain in joints and stomach, dark urine, grey-colored stools, and jaundice (when skin and eyes turn yellow). In people in their teens and early 20s. About 14 million people, including teens, become infected with HPV each year. HPV can cause warts in both men and women.

**Human Papillomavirus** *(Can be prevented by HPV vaccination)*
HPV is a common virus. HPV is most common in people in their teens and early 20s. About 14 million people, including teens, become infected with HPV each year. HPV infection can cause cervical, vaginal, and vulvar cancers in women and penile cancer in men. HPV can also cause anal cancer, oropharyngeal cancer (back of the throat), and genital warts in both men and women.

**Influenza** *(Can be prevented by annual flu vaccination)*
Influenza is a highly contagious viral infection of the nose, throat, and lungs. The virus spreads easily through droplets when an infected person coughs or sneezes and can be transmitted through air. Typical symptoms include a sudden high fever, chills, a dry cough, headache, runny nose, sore throat, and muscle and joint pain. Extreme fatigue can last from several days to weeks. Influenza may lead to hospitalization or even death, even among previously healthy children.

**Measles** *(Can be prevented by MMR vaccination)*
Measles is one of the most contagious viral diseases. Measles virus is spread by direct contact with the airborne respiratory droplets of an infected person. Measles is so contagious that just being in the same room after a person who has measles has already left can result in infection. Symptoms usually include a rash, fever, cough, and red, watery eyes. Fever can persist, rash can last for up to a week, and coughing can last about 10 days.

**Meningococcal Disease** *(Can be prevented by meningococcal vaccination)*
Meningococcal disease has two common outcomes: meningitis (infection of the lining of the brain and spinal cord) and bloodstream infections. The bacteria that cause meningococcal disease spread through the exchange of nose and throat droplets, such as when coughing, sneezing, or kissing. Symptoms include sudden onset of fever, headache, and stiff neck. With bloodstream infection, symptoms also include a dark purple rash. About one of every 10 people who gets the disease dies from it. Survivors of meningococcal disease may lose their arms or legs, become deaf, have problems with their nervous systems, become developmentally disabled, or suffer seizures or stroke.

**Pneumonia** *(Can be prevented by pneumococcal vaccination)*
Pneumonia is an infection of the lungs that can be caused by the bacteria called “pneumococci.” These bacteria can cause other types of infections, too, such as ear infections, sinus infections, meningitis (infection of the lining of the brain and spinal cord), and bloodstream infections. Sinus and ear infections are usually mild and are much more common than the more serious forms of pneumococcal disease. However, in some cases, pneumococcal disease can be fatal or result in long-term problems like brain damage and hearing loss. The bacteria that cause pneumococcal disease spread when people cough or sneeze. Many people have the bacteria in their nose or throat at one time or another without being ill—this is known as being a carrier.

**Pertussis** *(Whooping cough)* *(Can be prevented by TDap vaccination)*
Pertussis spreads very easily through coughing and sneezing. It can cause a bad cough that makes someone gasp for air after coughing fits. This cough can last for many weeks, which can make preteens and teens miss school and other activities. Pertussis can be deadly for babies who are too young to receive the vaccine. Often babies get whooping cough from their older brothers or sisters, like preteens or teens, or other people in the family. Babies with pertussis can get pneumonia, have seizures, become brain damaged, or even die. About half of children under 1 year of age who get pertussis must be hospitalized.

**Rubella** *(German Measles)* *(Can be prevented by MMR vaccination)*
Rubella is caused by a virus that is spread through coughing and sneezing. In children, rubella usually causes a mild illness with fever, swollen glands, and a rash that lasts about 3 days. Rubella rarely causes serious illness or complications in children, but can be very serious to a baby in the womb. If a pregnant woman is infected, the result for the baby can be devastating, including miscarriage, serious heart defects, mental retardation, and loss of hearing and eyesight.

**Tetanus** *(Lockjaw)* *(Can be prevented by TDap vaccination)*
Tetanus mainly affects the neck and belly. When people are infected, the bacteria produce a toxin (poison) that causes muscles to become tight, which is very painful. This can lead to “locking” of the jaw so a person cannot open his or her mouth, swallow, or breathe. The bacteria that cause tetanus are found in soil, dust, and manure. The bacteria enter the body through a puncture, cut, or sore on the skin. Complete recovery from tetanus can take months. One to two out of 10 people who get tetanus die from the disease.

**Varicella** *(Chickenpox)* *(Can be prevented by varicella vaccination)*
Varicella is caused by the varicella zoster virus. Chickenpox is very contagious and spreads very easily from infected people. The virus can spread from either a cough or sneeze. It can also spread from the blisters on the skin, either by touching them or by breathing in these viral particles. Typical symptoms of chickenpox include an itchy rash with blisters, tiredness, headache, and fever. Chickenpox is usually mild, but it can lead to severe skin infections, pneumonia, encephalitis (brain swelling), or even death.

**Whooping Cough** *(Can be prevented by Tdap vaccination)*
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.
Top 4 Things Parents Need to Know about Measles

Measles is very contagious and can be serious. An unvaccinated child can get measles when traveling abroad or even in the U.S. Two doses of MMR vaccine provide the best protection against measles for your child.

You may be hearing a lot about measles lately. And all of this news on TV, social media, Internet, newspapers and magazines may leave you wondering what you as a parent really need to know about this disease. CDC has put together a list of the most important facts about measles for parents like you.

1. Measles can be serious.

Some people think of measles as just a little rash and fever that clears up in a few days, but measles can cause serious health complications, especially in children younger than 5 years of age. There is no way to tell in advance the severity of the symptoms your child will experience.

- About 1 in 5 people in the U.S. who get measles will be hospitalized
- 1 out of every 1,000 people with measles will develop brain swelling, which could lead to brain damage
- 1 to 3 out of 1,000 people with measles will die, even with the best care

Some of the more common measles symptoms include:

- high fever (may spike to more than 104° F),
- cough,
- runny nose (coryza),
- red, watery eyes (conjunctivitis), and
- rash (3-5 days after symptoms begin).

2. Measles is very contagious.

Measles spreads through the air when an infected person coughs or sneezes. It is so contagious that if one person has it, up to 9 out of 10 people around him or her will also become infected if they are not protected. Your child can get measles just by being in a room where a person with measles has been, even up to two hours after that person has left. An infected person can spread measles to others even before knowing he/she has the disease—from four days before developing the measles rash through four days afterward.
3. Your child can still get measles in United States.

Measles was declared eliminated from the U.S. in 2000 thanks to a highly effective vaccination program. Eliminated means that the disease is no longer constantly present in this country. However, **measles is still common in many parts of the world**. Each year around the world, an estimated 10 million people get measles, and about 110,000 of them die from it.

Even if your family does not travel internationally, you could come into contact with measles anywhere in your community. Every year, measles is **brought into the United States by unvaccinated travelers** (mostly Americans and sometimes foreign visitors) who get measles while they are in other countries. Anyone who is not protected against measles is at risk.

4. You have the power to protect your child against measles with a safe and effective vaccine.

The best protection against measles is measles-mumps-rubella (MMR) vaccine. MMR vaccine provides **long-lasting protection against all strains of measles**.

Your child needs two doses of MMR vaccine for best protection:

- The first dose at 12 through 15 months of age
- The second dose at 4 through 6 years of age

If your family is traveling overseas, the vaccine recommendations are a little different:

- If your baby is 6 through 11 months old, he or she should receive 1 dose of MMR vaccine before leaving.
- If your child is 12 months of age or older, he or she will need 2 doses of MMR vaccine (separated by at least 28 days) before departure.

Another vaccine, the measles-mumps-rubella-varicella (MMRV) vaccine, which protects against 4 diseases, is also available to children 12 months through 12 years of age.
Infant Immunizations FAQs

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

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

Q: What are the side effects of the vaccines? How do I treat them?
A: Vaccines, like any medication, may cause some side effects. Most of these side effects are very minor, like soreness where the shot was given, fussiness, or a low-grade fever. These side effects typically only last a couple of days and are treatable. For example, you can apply a cool, wet washcloth on the sore area to ease discomfort. Serious reactions are very rare. However, if your child experiences any reactions that concern you, call the doctor’s office.

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

Q: Is there a link between vaccines and autism?
A: No. Scientific studies and reviews continue to show no relationship between vaccines and autism.

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

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

Q: Why do vaccines start so early?
A: The recommended schedule protects infants and children by providing immunity early in life, before they come into contact with life-threatening diseases. Children receive immunization early because they are susceptible to diseases at a young age. The consequences of these diseases can be very serious, even life-threatening, for infants and young children.

Q: Can vaccines overload my baby’s immune system?
A: Vaccines do not overload the immune system. Every day, a healthy baby’s immune system successfully fights off thousands of germs. Antigens are parts of germs that cause the body’s immune system to go to work to build antibodies, which fight off diseases.

The antigens in vaccines come from the germs themselves, but the germs are weakened or killed so they cannot cause serious illness. Even if babies receive several vaccinations in one day, vaccines contain only a tiny fraction of the antigens they encounter every day in their environment. Vaccines give your child the antibodies they need to fight off serious vaccine-preventable diseases.
Infant Immunizations FAQs

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

Q: What are combination vaccines? Why are they used?
A: Combination vaccines protect your child against more than one disease with a single shot. They reduce the number of shots and office visits your child would need, which not only saves you time and money, but also is easier on your child.

Some common combination vaccines are Pediarix®, which combines DTap, Hep B, and IPV (polio), and ProQuad®, which combines MMR and varicella (chickenpox).

Q: Can’t I just wait until my child goes to school to catch up on immunizations?
A: 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.

Q: Why does my child need a chickenpox shot? Isn’t it a mild disease?
A: 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 children may have blisters that become infected. Others may develop pneumonia. There is no way to tell in advance how severe your child’s symptoms will be.

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

Q: My child is sick right now. Is it okay for her to still get shots?
A: Talk with your child’s 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.

Q: What are the ingredients in vaccines and what do they do?
A: Vaccines contain ingredients that cause the body to develop immunity. Vaccines also contain very small amounts of other ingredients. All ingredients play necessary roles either in making the vaccine, or in ensuring that the final product is safe and effective.

Q: Don’t infants have natural immunity? Isn’t natural immunity better than the kind from vaccines?
A: Babies may get some temporary immunity (protection) from mom during the last few weeks of pregnancy, but only for diseases to which mom is immune. Breastfeeding may also protect your baby temporarily from minor infections, like colds. These antibodies do not last long, leaving your baby vulnerable to disease.

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

Q: Can’t I just wait to vaccinate my baby, since he isn’t in child care, where he could be exposed to diseases?
A: No, even young children who are cared for at home can be exposed to vaccine-preventable diseases, so it’s important for them to get all their vaccines at the recommended ages. Children can catch these illnesses from any number of people or places, including from parents, brothers or sisters, visitors to their home, on playgrounds or even at the grocery store. Regardless of whether or not your baby is cared for outside the home, she comes in contact with people throughout the day, some of whom may be sick but not know it yet.

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

Q: Do I have to vaccinate my baby on schedule if I’m breastfeeding him?
A: Yes, even breastfed babies need to be protected with vaccines at the recommended ages. The immune system is not fully developed at birth, which puts newborns at greater risk for infections.

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

Q: What’s wrong with delaying some of my baby’s vaccines if I’m planning to get them all eventually?
A: Young children have the highest risk of having a serious case of disease that could cause hospitalization or death. Delaying or spreading out vaccine doses leaves your child unprotected during the time when they need vaccine protection the most. For example, diseases such as Hib or pneumococcus almost always occur in the first 2 years of a baby’s life. And some diseases, like Hepatitis B and whooping cough (pertussis), are more serious when babies get them at a younger age. Vaccinating your child according to the CDC’s recommended immunization schedule means you can help protect him at a young age.

Q: I got the whooping cough and flu vaccines during my pregnancy. Why does my baby need these vaccines too?
A: The protection (antibodies) you passed to your baby before birth will give him some early protection against whooping cough and flu. However, these antibodies will only give him short-term protection.

It is very important for your baby to get vaccines on time so he can start building his own protection against these serious diseases.
10 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

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<thead>
<tr>
<th>Vaccines</th>
<th>Important Diseases</th>
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<tbody>
<tr>
<td>Diphtheria</td>
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<tr>
<td>Haemophilus influenzae type b (Hib)</td>
<td>(Hib disease is a major cause of bacterial meningitis)</td>
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<tr>
<td>Hepatitis A</td>
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<td>Hepatitis B</td>
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<tr>
<td>Human Papillomavirus (HPV)</td>
<td>(HPV is a major cause of cervical and other cancers)</td>
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<td>Influenza (Flu)</td>
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<td>Measles</td>
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<td>Meningococcal</td>
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<td>Mumps</td>
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<td>Pertussis (Whooping Cough)</td>
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<tr>
<td>Pneumococcal (Causes bacterial meningitis and blood infections)</td>
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<td>Polio</td>
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<td>Rubella (German Measles)</td>
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<td>Tetanus (Lockjaw)</td>
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<tr>
<td>Varicella (Chickenpox)</td>
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Learn more about vaccines and the diseases they protect against, and the risks and benefits of vaccines on the Vaccine Information Statements (VIS) - available at www.cdc.gov/vaccines/hcp/vis.

3. Which vaccines your child needs and when each vaccine should be given
View the recommended immunization schedule to see which vaccines your child needs and when each dose should be given (www.vaccinateyourfamily.org/babies-children).

Adapted from CDC website at cdc.gov/vaccines/vac-gen/10-shouldknow.htm and VYF website at vaccinateyourfamily.org/which-vaccines-does-my-family-need/babies-children
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.

5. What to do if your child has a serious reaction
It is **very rare**, but 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 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 [vaers.hhs.gov](http://vaers.hhs.gov) to file this form yourself electronically.

6. Why you should not wait to vaccinate
**Children under 5 are especially vulnerable to diseases because their immune systems have not built up the necessary defenses to fight infections.** By getting your child all his or her vaccines on time, you can protect your child from diseases and also protect other children (and adults) 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 shots on time. If you move or change doctors, having a 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 ([cdc.gov/vaccines/programs/iis/contacts-locate-records.html#state](http://cdc.gov/vaccines/programs/iis/contacts-locate-records.html#state)) to find your child’s immunization record.

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 dues does not cover vaccines and go to Federally Qualified Health Clinics (FQHCs) or Rural Health Centers (RHCs).

9. Breastfed babies need vaccines too
**Even breastfed babies need to be protected with vaccines at the recommended ages.** While breast milk provides important protection from some infections like colds, ear infections and diarrhea, breast milk will not protect him or her against all diseases. Your baby needs the **long-term protection** that can only come from making sure he or she receives all his vaccines according to the [recommended immunization schedule](http://www.cdc.gov/vaccines/hcp/acip-recs/index.html), **before** he is exposed to diseases.

10. More information is available
Visit Centers for Disease Control and Prevention ([cdc.gov/vaccines](http://www.cdc.gov/vaccines)) & Vaccinate Your Family ([vaccinateyourfamily.org](http://www.vaccinateyourfamily.org)).

Adapted from CDC website at [cdc.gov/vaccines/vac-gen/10-shouldknow.htm](http://www.cdc.gov/vaccines/vac-gen/10-shouldknow.htm) and VYF website at [vaccinateyourfamily.org/which-vaccines-does-my-family-need/babies-children](http://www.vaccinateyourfamily.org/which-vaccines-does-my-family-need/babies-children)
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.
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.
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.

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...

VACCINATE YOUR FAMILY
Vaccines and Pregnancy
Getting Vaccinated While Pregnant Protects Both Mom and Baby

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 cannot 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.

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
Credible Websites for Vaccine Information and Resources

Vaccinate Your Family (VYF) – www.vaccinateyourfamily.org

American Academy of Family Physicians’ (AAFP) Family Doctor - familydoctor.org

American Academy of Pediatrics’ (AAP) Healthy Children –
www.healthychildren.org/english/safety-prevention/immunizations/Pages/default.aspx

American Cancer Society (HPV information) - www.cancer.org/healthy/hpv-vaccine

American College of Obstetricians and Gynecologists (ACOG) – www.immunizationforwomen.org

American College of Nurse-Midwives (ACNM) –
www.ourmomentoftruth.com/your-health/importance-of-vaccines

Centers for Disease Control and Prevention (CDC) –
www.cdc.gov/vaccines/parents &
www.cdc.gov/vaccines/pregnancy

Department of Health and Human Services (HHS) – www.vaccines.gov

Families Fighting Flu (FFF) – www.familiesfightingflu.org

Immunization Action Coalition (IAC) –www.vaccineinformation.org

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


National Foundation for Infectious Diseases (NFID) – www.nfid.org

National Meningitis Association (NMA) –www.nmaus.org

Meningitis B Action Project – www.meningitisbactionproject.org

Parents of Kids with Infectious Diseases (PKIDs) - www.pkids.org

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

Vaccine Education Center at The Children’s Hospital of Philadelphia (CHOP) - vaccine.chop.edu

Voices for Vaccines (VFV) – www.voicesforvaccines.org