

## Protect your child's health

Parents want to do everything possible to keep their child healthy and safe. Vaccination is the best way to protect against vaccine-preventable diseases.

Ask your child's health care provider if your child is up-to-date on vaccines. By getting your child vaccinated on time following the recommended schedule, you're helping protect him or her against 14 diseases in their first year of life!

## Vaccines are safe

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

The American Academy of Pediatrics, the American Academy of Family Physicians, and the Centers for Disease Control and Prevention all strongly support and recommend protecting children with vaccines.

## Timing of vaccines

Hepatitis B vaccine is given in the hospital after birth. Babies will also get vaccines at 2 months, 4 months, 6 months, and 12 to 18 months. Children need more vaccines at ages 4 to 6 years, 11 to 12 years, and 16 years. Beginning at 6 months of age, your child should get flu vaccine every year.

## Many vaccines in one visit

Vaccines are given at certain ages to best protect your child. Your child will need more vaccines at some visits than others. Studies show that children can safely get multiple vaccines at the same time. Delaying vaccines can be risky. If your child doesn't get all their vaccines on time, they might get sick.

## Preparing for vaccines

Young children can tell when their parents are nervous. Make sure you get your questions answered and that you stay calm at the visit.

It can help to bring your child's favorite toy or blanket for comfort. Hold your child firmly on your lap, and talk or sing to them to distract them.



## What to expect after vaccines

Talk to your child's health care provider about common side effects to expect after vaccines.

You can help ease your child's discomfort after vaccines by placing a cold washcloth where your child got a shot. This helps reduce redness, soreness, and swelling.

If your child has any pain or fever, you can give a non-aspirin pain-relieving medication. Ask your child's health care provider what medicine to give your child and how much to give.

## Your child's vaccination record

Your child's vaccine record is kept in the Michigan Care Improvement Registry (MCIR). Ask your child's health care provider if the vaccines your child receives are in MCIR. Your doctor can look in MCIR to see what vaccines your child needs.

Ask for a record of your child's vaccines, and take it with you every time they see a health care provider.

It's best for your child to get all their vaccines on time. If your child gets behind on vaccines, their health care provider or your local health department can help catch them up.

## Paying for vaccines

Most insurance plans cover routine vaccinations without copays or deductibles.

If your child does not have health insurance or does not have insurance that covers vaccines, ask your child's health care provider or your local health department about the Vaccines for Children (VFC) program. This program provides vaccines at no cost to eligible children aged 18 years and younger.

## Where to go for more information

- Your child's health care provider
- Your local health department
- Michigan Department of Health and Human Services: [www.michigan.gov/immunize](http://www.michigan.gov/immunize)
- Alliance for Immunization in Michigan: [www.aimtoolkit.org](http://www.aimtoolkit.org)
- Vaccine Education Center: [www.chop.edu/vec](http://www.chop.edu/vec)
- Immunization Action Coalition: [www.vaccineinformation.org](http://www.vaccineinformation.org)
- Vaccinate Your Family: [www.vaccinateyourfamily.org](http://www.vaccinateyourfamily.org)
- I Vaccinate: [www.ivaccinate.org](http://www.ivaccinate.org)
- Centers for Disease Control and Prevention (CDC):
  - [www.cdc.gov/vaccines/parents](http://www.cdc.gov/vaccines/parents)
  - English and Spanish
  - 1-800-CDC-INFO (1-800-232-4636)
  - TTY 1-888-232-6348



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# PROTECT BABIES AND TODDLERS FROM SERIOUS DISEASES



**DID YOU KNOW?** These serious diseases are still in our communities! The best way to protect your child is to get their vaccines on time by following the recommended schedule.



### Influenza (flu)

Flu is caused by viruses that are spread by coughing and sneezing. Children less than 5 years old are at high risk for complications from flu. Everyone aged 6 months and older should get flu vaccine every year. Some children need 2 doses of flu vaccine in a single flu season.

Babies less than 6 months of age are too young to get flu vaccine. Protect them by making sure that you, your child's family members (grandparents, siblings), and your child's caregivers (babysitters, daycare workers) all get flu vaccine every year.

### Hepatitis A

Hepatitis A spreads easily and can last for weeks or months. It can cause stomach pains and diarrhea. Young children with hepatitis A may not have symptoms but can still give the virus to others. Make sure your child gets 2 shots of hepatitis A vaccine.

### Hepatitis B

Hepatitis B can cause lifelong illness in babies and children. Children may get hepatitis B from their mother at birth or from others with the virus. Make sure your child gets all 3 shots of hepatitis B vaccine. The first shot should be given within 24 hours of birth.

### Rotavirus

Rotavirus usually infects babies and young kids. It can cause fever, diarrhea, and vomiting. Many babies get so sick they have to go to the hospital. The vaccine is a liquid given by mouth (it's not a shot). To best protect your baby, make sure they get this vaccine on time.

### DTaP (diphtheria, tetanus, pertussis)

DTaP vaccine protects against 3 diseases: diphtheria, tetanus, and pertussis (whooping cough).

Diphtheria is spread by coughing and sneezing. It can cause trouble breathing, heart problems, or paralysis (unable to move parts of the body).

Tetanus (lockjaw) occurs from dirty cuts or wounds and causes severe, painful muscle spasms.

Pertussis (whooping cough) spreads by coughing and sneezing. It causes a cough that lasts for weeks and makes it hard to eat or breathe. Nearly half of babies with pertussis get so sick they have to go to the hospital, and some even die. Babies usually get pertussis from older siblings or parents.



### Haemophilus influenzae type b (Hib)

Hib disease is spread by coughing, sneezing, or close contact. It can cause tissues in the brain to swell, bloodstream infections, hearing loss, poor sight, or speech problems.

### MMR (measles, mumps, rubella)

MMR vaccine protects against 3 diseases: measles, mumps, and rubella.

Measles is very contagious and causes high fever, cough, runny nose, red eyes, and rash. It can also infect the brain or cause hearing loss or death.

Mumps causes painful swelling under the jaw. It can lead to hearing loss and swelling of the brain and spinal cord.

Rubella causes fever, painful swelling in the neck, rash, and soreness or swelling in the joints. If a pregnant woman gets rubella, it can be harmful to her unborn baby. Babies born with rubella can have heart disease, be blind or deaf, or have learning problems.

### Varicella (chickenpox)

Chickenpox causes fever and itchy blisters all over the body which can lead to scarring. Some children can have skin infections, pneumonia, brain damage, and bleeding problems. Make sure your child gets 2 shots of varicella vaccine.

### Pneumococcal conjugate

Pneumococcal disease can cause pneumonia and swelling of the brain and spinal cord. Children less than 2 years old are at high risk for this disease.

### Polio

Some children who get polio become paralyzed (unable to move parts of their bodies). Polio can make it hard to breathe without the help of a machine. It may even cause death.



### More vaccines?

Children with health problems or traveling outside the country may need other vaccines. First, make sure your child has received all routine vaccines listed in this brochure. Then, talk to your child's health care provider to see if other vaccines may be needed.