Preparing for vaccines
It’s a good idea to prepare for vaccines ahead of time. Bringing a favorite toy or blanket can help keep children calm. It’s also important to remember that children can tell when their parents are nervous, so parents should be sure their questions are answered and they are comfortable with their children being vaccinated.

What to expect after getting vaccines
There are things you can do to help ease your child’s discomfort.

Placing a cold washcloth where your child got the shot will help reduce redness, soreness, or swelling.

If your child is having any pain or fever, you can give your child a non-aspirin, pain-relieving medication. Ask your doctor or nurse what you should give your child, and how much to give.

Talk to your doctor or nurse if you have any questions or worries.

Your child’s vaccination record
The Michigan Care Improvement Registry (MCIR) keeps your child’s record. Ask your doctor or nurse if the vaccines your child received are in MCIR. Your doctor can look in MCIR to see what your child needs.

You should ask for a record of your child’s vaccines. Keep it, and carry it with you every time you visit your health care provider.

It’s best for your child to get all vaccines on time. But it’s never too late to get caught 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 doctor or local health department about the Vaccines for Children (VFC) program. This program is available for eligible children 18 years of age and younger.

Where to go for more information
- Your health care provider
- Your local health department
- Michigan Department of Health and Human Services: www.michigan.gov/immunize
- Vaccine Education Center: http://vec.chop.edu
- Vaccinate Your Baby: www.vaccinatemybaby.org
- Immunization Action Coalition: www.vaccineinformation.org
- Centers for Disease Control and Prevention (CDC): www.cdc.gov/vaccines/parents
  - English and Spanish
  - 1-800-CDC-INFO
  - 1-800-932-4636
  - TTY 1-888-232-6348

Protect your child’s health
Parents want to do everything possible to make sure their children are healthy and protected from preventable diseases. Vaccination is the best way to do that.

Ask your doctor or nurse if your child is up-to-date on vaccinations. Getting your child vaccinated on time, by following the recommended schedule, will help protect him or her against 14 diseases.

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 protecting children with vaccines.

Timing of vaccines
Hepatitis B vaccine is given in the hospital after birth. Infants receive vaccines at 2 months, 4 months, 6 months, 12 to 15 months, and 15 to 18 months. Children will need vaccines again at ages 4 to 6 years, 11 to 12 years, and 16 years. Finally, all babies and children should get a flu vaccine every year beginning at age 6 months.

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 be given many vaccines at the same time without harm. If a parent wants to delay some vaccines, that can be risky. When children don’t receive all the vaccines on time, they might get sick.
These diseases exist in the communities where we live, work, and play. The best way to protect your child from these diseases is to vaccinate on time by following the recommended schedule for immunizations (shots).

**FLU**
Flu (influenza) is caused by viruses that are spread by coughing and sneezing. Thousands of children are hospitalized each year because of influenza. All babies and children (and everyone!) should get a flu vaccine every year beginning at age 6 months. Babies under 6 months of age cannot get a flu shot. The best way to protect them is to make sure that you, your family members, and their caregivers get flu vaccine. This includes brothers, sisters, parents, grandparents, babysitters and daycare workers.

**HEPATITIS A**
Hepatitis A disease can last a couple of weeks or many months. It can make your child very sick with stomach pains or diarrhea. Many children do not show symptoms, but can still give the virus to others. Make sure your child has two shots of hepatitis A vaccine.

**HEPATITIS B**
Hepatitis B can cause long-term illness in infants and children. Children may get hepatitis B disease at birth from their mothers or from others who have the virus. Make sure your child gets all three hepatitis B shots starting at birth.

**ROTAVIRUS**
Rotavirus usually infects children between the ages of 6 to 24 months. It causes a high fever, diarrhea, and vomiting. Many infants get so sick they have to go to the hospital. The vaccine is a liquid given by mouth (it's not a shot).

**DTaP**
DTaP vaccine protects your child from 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) can occur after a cut or wound lets the germ into the body. Tetanus causes severe and painful muscle spasms. Whooping cough (pertussis) is spread by coughing and sneezing. Whooping cough can cause coughing and choking that makes it hard to eat or breathe. The coughing can last for weeks. Nearly half of babies with pertussis are so sick they must go to the hospital, and some even die. Babies catch whooping cough from adults or older children.

**HEPATITIS B**
Hepatitis B can cause long-term illness in infants and children. Children may get hepatitis B disease at birth from their mothers or from others who have the virus. Make sure your child gets all three hepatitis B shots starting at birth.

**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**
MMR vaccine protects your child from 3 diseases: measles, mumps, and rubella. Measles causes a high fever, cough, runny nose, sore eyes and rash. It can also infect the brain, or cause hearing loss or death. Mumps causes painful swelling under the jaw. Mumps can lead to mild swelling of the brain and spinal cord, and hearing loss. Rubella causes fever, painful swelling in the neck, a skin rash, soreness or swelling in the joints. If a pregnant woman gets rubella, it may be harmful to her unborn baby. Babies born with rubella can have heart disease, be blind or deaf, or have learning problems.

**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 who have health problems or are traveling outside the United States may need other vaccines. First, make sure your child has received all of the routine vaccines (the vaccines that are listed in this brochure). Then, talk to your doctor or nurse to see if any other vaccines are needed.

**CHICKENPOX**
Chickenpox causes fevers and itchy blisters all over the body, which can lead to scarring. Some children get skin infections, pneumonia, brain damage, and bleeding problems.

**PNEUMOCOCCAL CONJUGATE**
Pneumococcal germs can cause bacterial meningitis. These germs are serious and can cause many illnesses.