

*Vaccines build up your immune system against future attacks by a disease.*

## Do We Need Immunizations?

You may have read or heard lots of different information about immunizations, some good and some bad. Opinions are so easy to find on the Internet, and it can be confusing to know what to believe!

While it is true that some of the diseases are extremely rare in the United States, they are still around. If immunizations were eliminated, we would see a return of these diseases. Most are highly contagious and can be spread before we even know there is a problem. In 2014, The United States experienced a record number of *measles* cases with 668 reported in 27 states! According to the Centers for Disease Control (CDC), the majority of the people who got the measles were unvaccinated. This is the greatest number of cases since the measles was reported eliminated in the U.S. in 2000. Why is this? *Because people are not vaccinating their children.*

Some childhood diseases may potentially cause future problems. For example, after we recover from chickenpox, the varicella zoster virus remains dormant in our nerve cells. For one in three adults, the virus later reactivates in the form of shingles, an extremely painful rash that can cause nerve damage.

## Are Immunizations Safe?

Although vaccines have saved millions of lives, in recent years many people have criticized them. Some people fear they can potentially harm their children. A lot of research goes into making vaccines safe for your child. Studies are continually conducted to ensure the safety of vaccinations. Vaccines are made from **dead, weakened or partial versions** of a pathogen. Thanks to amazing technology, the CDC, along with nine health-care organizations, can share information and monitor the safety of all vaccinations.

Some people have suggested there might be a link between vaccines and developmental disabilities like autism. It is important to know that according to recent research, there is no scientific evidence linking childhood vaccines to autism. Additionally, because of these unsupported theories, nearly 1 in 10 parents refuse or delay vaccinations because they believe it is safer than following the CDC guidelines and schedule. This puts their children at risk for catching these preventable and sometimes dangerous diseases.

With the possibility of disease outbreaks, along with studies that have shown vaccines to be safe, it should be obvious that vaccinations are the right choice for your children. By vaccinating your children, you are not only protecting them now, but you are also protecting them for the future as well.

## What Immunizations Are Recommended for Your Child?

The CDC, the American Academy of Physicians, and the American Academy of Pediatrics have teamed up to provide you with an immunization schedule. Children between the ages of birth to six years receive immunizations for **over 13** different diseases. The diseases these vaccines protect against are:

- |                   |                               |
|-------------------|-------------------------------|
| • Chickenpox      | Diphtheria                    |
| • Flu             | Haemophilus influenzae type b |
| • Hepatitis A & B | Measles                       |
| • Mumps           | Pertussis                     |
| • Pneumococcal    | Polio                         |

Keep an immunization record of all your child's vaccinations. You will likely receive an immunization chart from the hospital after you have your baby. They will record her first vaccination in it before she even leaves the hospital. If you don't have it, your pediatrician can provide you with one. Keep it in a safe place, and always take it with you to your baby's checkups.

### Recommended Immunization Schedule Ages Birth to 6 Years Old

Birth	1 Month	2 Months	4 Months	6 Months	12 Months	15 Months	18 Months	19–23 Months	2–3 Years	4–6 Years
HepB	HepB				HepB					
	RV	RV	RV							
	DTaP	DTaP	DTaP			DTaP				DTaP
	Hib	Hib	Hib	Hib						
	PCV13	PCV13	PCV13	PCV						
	IPV	IPV		IPV						IPV
<b>Influenza (Yearly)</b>										
			MMR							MMR
			Varicella							Varicella
			<b>HepA (2-dose series)</b>							
<b>Vaccine</b> (In the order it appears on the above schedule)		<b>Disease(s) It Protects Against</b>		<b>Disease Spread By</b>			<b>Disease Complications</b>			
<b>HepB</b>		Hepatitis B		Contact with blood or body fluids			Chronic liver infection, liver failure, liver cancer			
<b>RV</b>		Rotavirus		Through the mouth			Severe diarrhea, dehydration			
<b>DTaP</b>	Diphtheria		Air, direct contact			Swelling of the heart muscle, heart failure, coma, paralysis, death				
	Tetanus		Exposure through cuts in skin			Broken bones, breathing difficulty, death				
	Pertussis (whooping cough)		Air, direct contact			Pneumonia, death				
<b>Hib</b>	Haemophilus Influenzae type b		Air, direct contact			Meningitis, intellectual disability, epiglottitis (infection that blocks windpipe), pneumonia, death				
<b>PCV13</b>	Pneumococcus		Air, direct contact			Bacteremia (blood infection), meningitis, death				
<b>IPV</b>	Polio		Air, direct contact, through mouth			Paralysis, death				
<b>Influenza</b>	Flu		Air, direct contact			Pneumonia				
<b>MMR</b>	Measles		Air, direct contact			Encephalitis, pneumonia, death				
	Mumps		Air, direct contact			Meningitis, encephalitis, swelling of testicles/ovaries, deafness				
	Rubella		Air, direct contact			If during pregnancy: miscarriage, premature birth, stillbirth, birth defects				
<b>Varicella</b>	Chickenpox		Air, direct contact			Infected blisters, bleeding disorders, encephalitis, pneumonia				
<b>HepA</b>	Hepatitis A		Direct contact, contaminated food or water			Liver failure, arthralgia (joint pain), kidney, pancreatic disease, blood disorders				

Aug 2018 Recommended Immunization Schedule for ages birth through 6 years old. This schedule is recommended by the US Dept. of Health & Human Services, American Academy of Family Physicians and the American Academy of Pediatrics.

Resources include:

1. Centers for Disease Control. 2018 Recommended Immunizations for Children from Birth Through 6 Years Old. Found at <http://www.cdc.gov/vaccines/parents/downloads/parent-ver-sch-0-6yrs.pdf>, accessed 9/26/2018, updated August 2018.

2. Centers for Disease Control. MEasles Cases and Outbreaks. Found at <http://www.cdc.gov/measles/cases-outbreaks.html>, accessed 9/26/2018, updated September 26, 2018.