

The decision to vaccinate your child is important. Get the facts!



Why should I vaccinate my child? ○ ○ ○

To prevent common diseases.

Some diseases in the United States are common and may be very serious, such as whooping cough, flu, and rotavirus. If you do not vaccinate your child, they will be at risk for serious, and sometimes deadly, diseases.

To prevent diseases that exist in the United States.

Diseases such as whooping cough, flu, measles, and mumps still occur in our country. When fewer people get vaccinated against these diseases, outbreaks may happen.

To prevent diseases that exist in other parts of the world.

Diseases such as polio and diphtheria are rare in the United States. But anyone who travels may catch these diseases in another country and spread them to their family or community.

To protect your family and community.

By vaccinating your child, you also protect those who have a weak immune system or can't get vaccinated because they're too young, too old, or have certain medical conditions.

Learn more about vaccine benefits and risks

WASHINGTON STATE DEPARTMENT OF HEALTH:

- **FREE BOOKLET:** *Plain Talk About Childhood Immunization* (available in English, Spanish, and Russian)
- **DOWNLOAD:** bit.ly/PlaintalkEng
- **ORDER:** immunematerials@doh.wa.gov

U.S. CENTERS FOR DISEASE CONTROL AND PREVENTION:


- **VISIT:** cdc.gov/vaccines
- **CALL:** 1-800-CDC-INFO (1-800-232-4636) or 1-800-232-6348 (TTY)
- **EMAIL:** NIPINFO@cdc.gov

VACCINE EDUCATION CENTER AT THE CHILDREN'S HOSPITAL OF PHILADELPHIA:

- **VISIT:** chop.edu/centers-programs/vaccine-education-center



IMMUNIZATION ACTION COALITION:

- **VISIT:** vaccineinformation.org

	Call the WithinReach Help Me Grow Washington Hotline at 1-800-322-2588 (711 TTY relay) or www.ParentHelp123.org
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Vaccines

○ BIRTH THROUGH 6 YEARS





Vaccinate on time ▲ ▲ ▲

It's best to vaccinate your child at the earliest recommended age.

Babies and toddlers are more likely than older children to become very ill or disabled, be hospitalized, or even die from diseases that vaccines can prevent. Work with your doctor or nurse to vaccinate your child on time.

Stay up to date on your child's required vaccines for school and child care.

Keeping up to date also means your child will get vaccines required to start child care, preschool, or kindergarten. Without vaccine protection, your child will be at risk for diseases and may need to stay home during a disease outbreak at school or child care. Some parents and caregivers exempt their child from getting one or more vaccines. To do this, state law requires them to get information on the benefits and risks of vaccines from a doctor. Both the caregivers

and the doctor must sign the exemption form. Our state law does not allow personal or philosophical exemption from the measles, mumps, and rubella (MMR) vaccine.

What if my child falls behind?

If your child falls behind schedule by missing a vaccine dose, catch up as soon as possible. The series does NOT have to be started over. Your child won't have the best protection against the disease until they get all recommended doses.

What if my child is sick?

Vaccines can be given even if your child is taking antibiotics or has a mild fever, cold, or diarrhea. The vaccines will still be effective and won't make your child's illness worse. At every visit, ask your doctor or nurse if your child is due for vaccines.

How do vaccines work? ○ ○ ○

Vaccines create immunity (protection) against serious diseases.

When we get sick, our bodies make antibodies to fight infection. The antibodies stay in our bodies ready to protect us in case we get infected by the same germ later on. Vaccines work the same way. They create protective antibodies without making us sick from the disease. Vaccines are the safest way to teach your child's body how to defend itself against serious diseases.

Why are vaccines given at such a young age?

Babies are at high risk for many serious diseases, but vaccines help them build immunity so they're protected early in life. A baby's immune system can easily handle many vaccines at one visit without being overloaded. Vaccines are given to children at the age when their immune system responds best. Babies should get vaccinated as soon as possible to protect them during the early and most vulnerable months of their lives.

Why so many vaccines at one visit?

We have vaccines to safely protect children against more diseases than ever before. Giving multiple vaccines at the same visit means fewer office visits. It also saves time and money and can be less traumatic for your child.

Why does my child need so many doses of the same vaccine?

Your child needs more than one dose of most vaccines to build the best immunity. Protection increases after each dose your child gets. Children also need "booster doses" of some vaccines throughout their lifetime to stay protected against certain diseases.

Comfort your child * * *

It may be hard to watch your child get vaccines. If your child sees you are relaxed, they are more likely to feel safe. Breathe slowly and stay calm.

Things you can do to comfort your child at any age:

- Bring along a favorite toy or blanket.
- Hold your child in your lap.
- Reassure your child that everything is OK.
- Ask your doctor about when to give medicine to reduce pain or fever.

Things you can do to comfort your toddler:

- Talk to or sing with your child.
- Help your child take deep breaths and "blow out" the pain.
- Point out posters or objects in the room.
- Tell a story or have your child tell you one.
- Let your child cry and don't force them to be brave.
- Help your child understand they may feel a little pinch but it will go away very fast.

Things you can do to comfort your baby:

- Touch your baby gently and talk softly.
- Make eye contact and smile.
- Hold, cuddle, or feed your baby.



Diseases that spread by coughing and sneezing:

Vaccinate!

Vaccinating your child is the best way to protect them from these 15 serious diseases.



○ **CHICKENPOX (VARICELLA)** causes an itchy skin rash with blisters and fever. Chickenpox can be severe and may lead to meningitis (swelling of the covering of the brain and spinal cord), serious skin infections, and pneumonia. Chickenpox may also spread by direct contact with the blisters.

○ **HAEMOPHILUS INFLUENZAE type b (Hib)** can cause meningitis (swelling of the covering of the brain and spinal cord), infections of the joints, skin, and blood, brain damage, and death. Hib is most dangerous to children under 5.

○ **PNEUMOCOCCAL** disease is the main cause of bacterial meningitis (swelling of the covering of the brain and spinal cord) in young children. It can also cause serious blood infections and pneumonia.

○ **DIPHTHERIA** causes a sore throat, mild fever, and can completely block a person's airway. Diphtheria can cause breathing and heart problems, coma, paralysis, and death.

○ **MEASLES** causes a high fever, cold-like symptoms, and a rash. It can cause pneumonia, hearing loss, brain damage, and death. A child who has not been vaccinated will most likely get measles if exposed. Measles spreads very quickly among unvaccinated people.

○ **RUBELLA** causes a fever and a rash on the face and neck. Pregnant people who get rubella may miscarry or have babies with birth defects, such as blindness, deafness, or developmental delays.

○ **FLU (INFLUENZA)** often causes high fever, cough, headache, and muscle aches. Flu viruses can cause pneumonia and heart problems. Parents and caregivers should get vaccinated to prevent spreading flu to babies. Flu can be very serious, especially for babies under 6 months old who are too young to get the flu vaccine. They often must be hospitalized.

○ **MUMPS** can cause headache; fever; and swelling of the cheeks, neck, or jaw. Mumps can cause hearing loss, meningitis (swelling of the covering of the brain and spinal cord), and brain damage. It can also prevent people from having children (sterility).

○ **WHOOPIING COUGH (PERTUSSIS)** causes spells of coughing that make it hard for a child to eat, drink, or breathe. Whooping cough can cause pneumonia, seizures, brain damage, and death. Babies younger than 6 months are at highest risk of being hospitalized and dying from whooping cough. Most babies get the disease from a family member. Older children and adults who have contact with babies should make sure they're up to date on their Tdap vaccine.

Diseases that spread by putting something into the mouth that has the virus on or in it:

These diseases are found in the stool (poop) of infected people. They spread when a person puts something that has the virus on or in it into their mouth. Examples include food, water, hands or a household object.

△ **HEPATITIS A** can cause fever, nausea, and vomiting. These symptoms can last for several months. It also causes liver disease.

△ **POLIO** can cause permanent paralysis and death. There is no cure for polio. Polio still exists in other countries and rarely in the U.S. Anyone who travels may catch it if they are not vaccinated.

△ **ROTAVIRUS** causes high fever, vomiting, and severe diarrhea. These symptoms can cause a child to lose body fluids and become dehydrated, which may lead to hospitalization. It is very dangerous in infants.

Diseases that spread in other ways:

* **HEPATITIS B** spreads by contact with infected blood or other body fluids. It can cause serious liver infections. A pregnant person with hepatitis B can pass the virus to their baby during childbirth. 9 out of 10 babies who get infected will develop lifelong (chronic) hepatitis B. Of those, 1 in 4 will die of liver problems later in life, which includes liver cancer.

* **MENINGOCOCCAL** disease spreads by close contact with infected people by kissing, coughing, or sharing anything by mouth, such as cups, toys, or toothbrushes. It can cause meningitis (swelling of the covering of the brain and spinal cord), pneumonia, and blood infection. Severe disease can cause brain damage, deafness, limb loss, and death.

* **TETANUS (LOCKJAW)** spreads by germs that enter the body through a cut or puncture wound. It can cause muscle spasms, breathing problems, and often, death. Protection from tetanus will always be needed because the tetanus germ lives in soil and manure and can't be removed from the environment.

Get vaccinated throughout your lifetime.

Be sure your whole family is up to date.



Recommended Vaccine Schedule Ages Birth through 6 Years

Based on the 2022 immunization schedule from the Centers for Disease Control and Prevention.

VACCINES	AGE	Birth	1 month	2 months	4 months	6 months	9 months	12 months	15 months	18 months	19-23 months	2-3 years	4-6 years
Hepatitis B (HepB)		1 st dose	2 nd dose			3 rd dose							
Rotavirus (RV)			1 st dose	2 nd dose	3 rd dose								
Diphtheria, tetanus, acellular pertussis (DTaP)			1 st dose	2 nd dose	3 rd dose			4 th dose					5 th dose
Haemophilus influenzae type b (Hib)			1 st dose	2 nd dose	3 rd dose		3 rd or 4 th dose						See below
Pneumococcal conjugate vaccine (PCV)			1 st dose	2 nd dose	3 rd dose		4 th dose						See below
Inactivated Polio Vaccine (IPV)			1 st dose	2 nd dose	3 rd dose								4 th dose
Flu (influenza)			1 or 2 doses every year										
Measles, mumps, rubella (MMR)						See below	1 st dose						2 nd dose
Varicella (chickenpox)							1 st dose						2 nd dose
Hepatitis A (HepA)							1 st dose			2 nd dose			
Meningococcal		See below											
Pneumococcal polysaccharide vaccine (PPSV)													See below

Find more information about recommended vaccine schedules for older children and adults at [cdc.gov/vaccines](https://www.cdc.gov/vaccines).

These vaccines are recommended at this age or age range.

Your child may need these vaccines if they have high-risk conditions. Ask your doctor or nurse for more information.

Your child may get this dose depending on the type of vaccine used. Ask your doctor or nurse for more information.

If your child misses a vaccine dose, get it as soon as possible.