



If you take care of kids... protect them from vaccine-preventable diseases.



Child Care Providers Need:

- **MMR vaccine.** You are required to get one or two doses to protect against measles, mumps, and rubella. State law requires this vaccine for all child care workers and volunteers.

Child Care Providers Should Get:

- **Flu vaccine.** Get one dose of flu vaccine every year to protect against flu.
- **Tdap vaccine.** Get one dose of Tdap vaccine to protect against whooping cough, tetanus, and diphtheria. If you are pregnant, you need one dose of Tdap with each pregnancy, early in the third trimester.

Protect Yourself

Child care providers can catch all sorts of infections. You can prevent serious diseases, like measles, mumps, rubella, flu (influenza), and whooping cough by getting immunized.

Protect Kids

If you are not up to date on your vaccines, you can easily pass serious diseases to kids you care for. This can happen even before you feel sick. These diseases can be very serious for babies.

Avoid Missing Work

If you get sick, you can miss weeks of work. Vaccines are safe and help you stay healthy. You can't get these diseases from the shots.

Questions?

Visit www.doh.wa.gov/Immunization or call the Washington State Department of Health at 1-866-397-0337.



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