

Shots to Protect Your Child

Facts about Vaccinations

Are shots (vaccinations) safe?

Yes. Medical experts are constantly reviewing the safety and effectiveness of vaccines. If your child gets the right vaccinations at the right time, he or she will have a better chance of avoiding certain diseases. Remember, these diseases can harm a child who does not get these shots.



the shots are much less than the risk of getting ill from the disease.

Vaccinations aren't just for babies and young children

Adolescents need to keep up with their vaccinations too. California law requires vaccinations against **hepatitis B** for school. If your teen hasn't received all three **hepatitis B** shots, make an

appointment today. Also, the **tetanus vaccine** your child received when he/she was young wears off over time. It is important for pre-teens and teens to get a booster shot to make sure they remain protected against both tetanus and whooping cough (Tdap). If your teen is heading off to live in a dorm (college or military), it is important for them to get the **meningococcal** vaccine.

What about side effects?

Some children will have mild reactions to vaccines, such as a sore arm, mild swelling at the site of the shot, or fussiness. A low fever or mild rash may also develop, especially a few weeks after the vaccine for measles, mumps, and rubella (MMR) is administered. Acetaminophen drops may soothe your child's discomfort and fever. It is important to remember that the risks of having side effects from

What are the recommended vaccinations?

Hepatitis A (HAV): Protects against the Hepatitis A virus. This vaccination should be given to all children starting at age 1 year, and to children ages 2 to 18 who have not been previously vaccinated.

Hepatitis B (HBV): Protects against hepatitis B, which causes liver disease. This vaccine must be given 3 times, usually between birth and 2 years. California law requires that all children get the HBV vaccine before 7th grade.

Rotavirus: Protects against rotavirus, which causes severe diarrhea in babies and toddlers. This vaccine is given 3 times during your child's first 6 months.

Diphtheria - Tetanus - Pertussis (DTaP): Protects against diphtheria, tetanus (lockjaw), and pertussis (whooping cough). This shot is given 5 times between birth and 6 years, with a booster shot at 11 to 12 years of age.

Measles, Mumps, Rubella (MMR): Protects against measles (rubeola), mumps, and rubella (German measles). MMR is given twice before your child is 6 years old.

Pneumococcal: Protects against some brain, blood, lung and ear infections. Recommended for all children under 2 years of age.

Influenza (Flu): Protects against common strains of flu. All children 6 months to 18 years old should receive a flu vaccination. Children with certain chronic illnesses will receive it every year.

Haemophilus Influenzae Type B (HiB): Protects against a major cause of spinal meningitis. The HiB vaccine can be given at 2, 4, 6 and 12 to 15 months of age. HiB must be given 4 times during your child's first 18 months.

Polio (IPV): Protects against polio. IPV is a killed virus vaccine and is given as a shot. IPV is recommended for almost all individuals in the United States. This vaccine must be given 4 times during the first 6 years of your child's life.

Varicella Zoster: Protects against chickenpox. Children who have never had chickenpox should get 2 doses of the vaccine: one at 12-15 months, and another booster dose before kindergarten. Anyone 13 and older needs 2 doses at least one month apart. If your child has not had chickenpox or the varicella vaccine, ask your doctor to schedule this shot as soon as possible. The varicella vaccine is required before a child can enter school or child care.

Meningococcal: Protects against meningitis, an infection of the fluid around the brain and spinal cord, and sometimes of the blood. The vaccine is given to all children 11 years or older, especially those entering high school and college.

Human Papillomavirus (HPV) Protects against some diseases caused by Human Papillomavirus, a common virus. Some kinds of the virus cause no problems; others can cause genital warts and precancerous abnormalities. Offers the most protection when given to girls ages 11-12. Vaccine is given in 3 doses.

