

Why Immunize?

Would you allow your child to drink un-sanitized water? None of us want to see our children get sick. According to the CDC, "Immunizations have been called the most important public health intervention in history, after safe drinking water".

Did you know getting your children immunized can protect them, their friends, and others from some diseases? Some children cannot get certain immunization because of medical reasons, for these children the immunity of people around them is their only protection. Immunizations can also protect your future generations. Ultimately immunizations could help rid the world of many contagious diseases.

What You Need to Know:

Prep for the event by:

1. Bring your child's immunization record
2. Read vaccine information statements
3. Ask questions
4. Bring along a favorite toy or blanket
5. Stay calm. Your child picks up your feelings

Comfort Measures:

During Shots:

1. Distract your child
2. Touch soothingly and speak softly
3. Make eye contact and smile at your child

After Shots:

1. Hold, cuddle, caress, or breast feed your child
2. Talk lovingly and soothingly
3. Ask your doctor for advice on using non-aspirin pain reliever

Infant's Acetaminophen Dosage (ensure you use 160mg/5mL)

Weight	Age	Dose (mL)
6-11 lbs	0-3 mo	1.25 mL

12-17 lbs	4-11 mo	2.5 mL
18-23 lbs	12-23 mo	3.75 mL
24-35 lbs	24-36 mo	5 mL
Over 35 lbs	Over 36 mo	See packaging instructions

At Home:

1. Mark your calendar for the next appointment
2. Review vaccine information statements and watch for possible reactions
3. A cool wet cloth can reduce redness, soreness, and/ or swelling where shot was given
4. Observe your child for the next few days. Fever/ pain at the site is normal for the first 48 hours. If your child has any reaction that concerns you, call your doctor.
5. To reduce pain or fever your doctor may recommend a non-aspirin pain reliever
6. Give your child plenty of fluids. It is normal if he/she eats less than usual for the next 24 hours

For more information on immunization schedules, click on the link here

Ages Birth through age 6: <http://www.cdc.gov/vaccines/parents/downloads/parent-ver-sch-0-6yrs.pdf>

Ages 7 through 18: <http://www.cdc.gov/vaccines/who/teens/downloads/parent-version-schedule-7-18yrs.pdf>

Also available in Spanish~

Ages Birth through age 6: <http://www.cdc.gov/vaccines/parents/downloads/parent-ver-sch-0-6yrs-sp.pdf>

Ages 7 through 18: <http://www.cdc.gov/vaccines/who/teens/downloads/parent-version-schedule-7-18yrs-sp.pdf>