

Keeping Your Child **HEALTHY**

What You Need to Know About Vaccinations



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2008 Vaccination Checklist

Protecting Your Child

As a parent, you want to protect your child whenever possible. Vaccinations can help protect children from serious diseases that can cause harm. Vaccinations have reduced and in some cases eliminated serious diseases in the U.S.

To continue to help protect our children and prevent the spread of serious diseases, public health and medical experts recommend vaccinations for children, preteens and teens. These experts include the Centers for Disease Control and Prevention (CDC), the American Academy of Pediatrics, and the American Academy of Family Physicians.

These health experts recommend several vaccinations for children ages 4 to 6 years. Many schools and day care centers require some or all of these shots for entry.

Vaccinations are also recommended for preteens and teens. As kids get older, the protection from some childhood shots begins to wear off. For example, the pertussis (whooping cough) vaccination wears off after 5 to 10 years, so a booster shot is recommended. The CDC recommends that children receive several vaccinations at their 11- or 12-year-old check-up.



Your Child's Recommended Shots

You can use the checklists on the front and back of the next page to record your child's shots. Both sides provide a list of vaccinations that your child and/or teen may need, along with the diseases they protect against. Don't forget to talk to your child's healthcare provider about the recommended shots.



What You Can Do

- Talk to your child's healthcare provider and the school nurse about the recommended and required shots for your child
- Take your child to his or her healthcare provider for a check-up
- Ask if your child's shots are up-to-date for his or her age group
- Use this handout as a reminder of the shots your child gets and the dates he or she gets them

Visit These Web Sites to Learn More

- Centers for Disease Control and Prevention (CDC)
www.cdc.gov/vaccines
- American Academy of Pediatrics Childhood Immunization Support Program (CISP)
www.cispimmunize.org
- American Academy of Family Physicians
www.aafp.org
- National Association of School Nurses (NASN)
www.nasn.org

Did you know... In addition to getting scheduled shots, your child may need to catch up on missed shots or shots that were not available when he or she was younger. Ask your healthcare provider about these and other shots that may also be recommended for certain high-risk groups.

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Vaccination Checklist 4- to 6-Year-Old Children*

Child's Name: _____

Child's Birthday: _____

	Vaccination	Date(s) Given
Recommended	DTaP Protects against diphtheria, tetanus, and pertussis (whooping cough)	
	Inactivated Poliovirus Protects against polio	
	Measles, Mumps and Rubella Protects against measles, mumps, and rubella	
	Varicella Protects against chickenpox	
	Influenza Protects against influenza (flu)	
High-Risk	Hepatitis A Protects against hepatitis A	
	Pneumococcal Polysaccharide Protects against pneumococcal disease	
	Meningococcal Conjugate Protects against meningococcal disease	

Hepatitis B and Haemophilus influenzae type b (Hib) may be needed as catch-up shots for some children in this age group.

* Adapted from the 2008 Centers for Disease Control and Prevention Recommended Immunization Schedule for Persons Aged 0-6 Years, www.cdc.gov/vaccines

Remember to always talk to your child's healthcare provider about recommended vaccinations.

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Vaccination Checklist *for Preteens and Teens**

Child's Name: _____

Child's Birthday: _____

Vaccination		Date(s) Given
Recommended	Tdap Booster Protects against tetanus, diphtheria, and pertussis (whooping cough)	
	Meningococcal Conjugate Protects against meningococcal disease	
	Human Papillomavirus Protects against cervical cancer	
	Influenza† Protects against influenza (flu)	
High-Risk	Hepatitis A Protects against hepatitis A	
	Pneumococcal Polysaccharide Protects against pneumococcal disease	
Catch-Up	Hepatitis B Protects against hepatitis B	
	Inactivated Poliovirus Protects against polio	
	Measles, Mumps and Rubella Protects against measles, mumps, and rubella	
	Varicella Protects against chickenpox	

* Adapted from the 2008 Centers for Disease Control and Prevention Recommended Immunization Schedule for Persons Aged 7-18 Years, www.cdc.gov/vaccines

† This vaccine was recently recommended by the Advisory Committee for Immunization Practices in February 2008 and will be added to the upcoming CDC schedule.

Remember to always talk to your child's healthcare provider about recommended vaccinations.