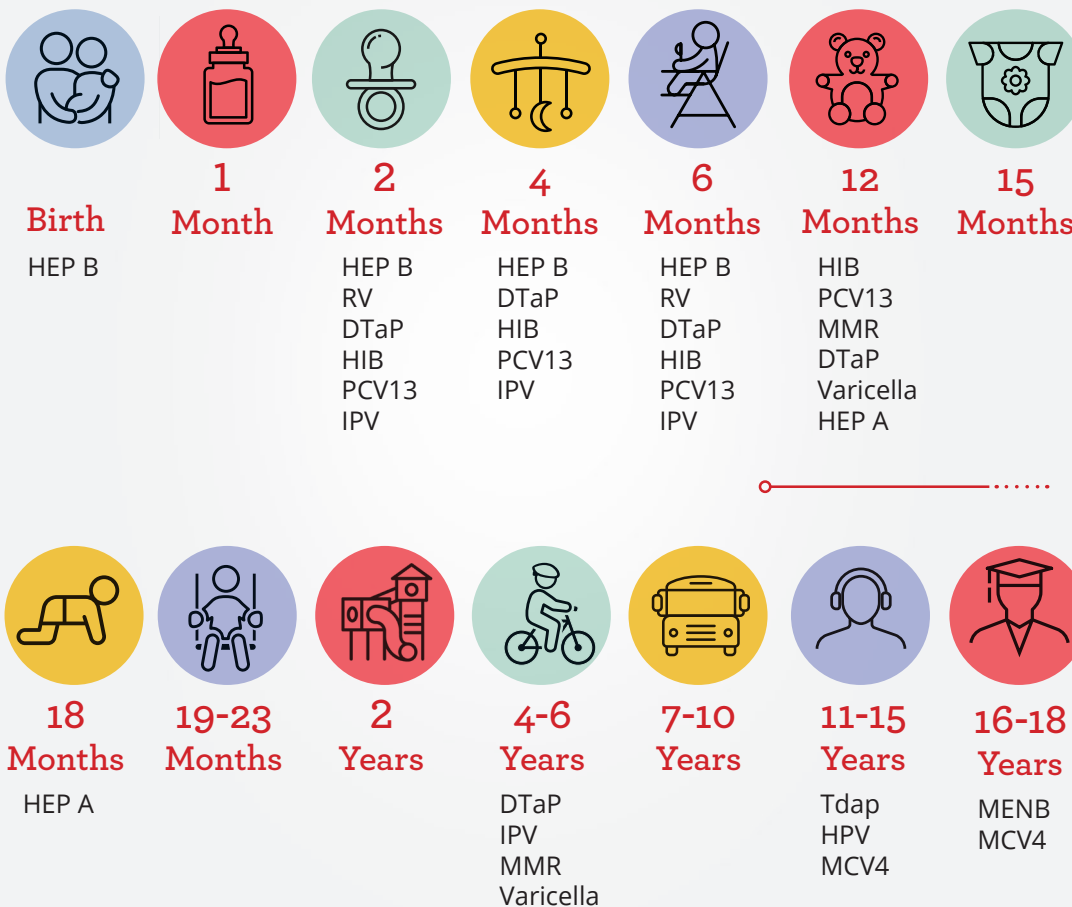




# Fruits. Vegetables. Immunizations.

## As a parent, it's just what you do.

Below you'll find a routine childhood immunization (vaccine) schedule. There are also catch-up schedules for children who are behind on their vaccines, or are high-risk for infection. Ask your child's health care provider about these schedules.



..... ————— FLU after 6 months and every year after. —————>



## The What and Why of Childhood Immunizations.

**Hepatitis B (HepB)** This is an infection that can cause chronic, severe liver disease.

**Rotavirus infection (RV)** This causes severe diarrhea in infants and children up to 2 years old.

### Diphtheria, Tetanus, Pertussis (DTaP)

- **Diphtheria** This is a disease that causes inflammation of the throat and airways, which can block breathing.
- **Tetanus (lockjaw)** This is a disease that causes severe, painful spasms of neck, jaw and other muscles. It can cause death.
- **Pertussis (whooping cough)** This is a disease that causes prolonged loud coughing and gasping. It can interfere with breathing and can cause death.

*Note: Your child also needs an extra dose (Tdap) at 11 to 12 years old. Your child should then get the Tdap or Td booster every 10 years throughout life.*

**Haemophilus influenzae Type b (Hib)** This is a severe bacterial infection that causes lung infection (**pneumonia**), inflammation of the covering of the brain and spinal cord (**meningitis**), and other serious infections.

**Polio (IPV - Inactivated poliovirus vaccine)** This is an infection that can paralyze the muscles.

*Note: Infants, children and adults traveling to countries where polio is still active, and staying for more than four weeks, should get age-appropriate polio vaccines or a polio booster within 12 months before travel.*

### Measles, Mumps, Rubella (MMR)

**Measles.** This is a disease that cause ear infections and pneumonia.

**Mumps.** This is a disease that affects the glands in the neck. It may affect the testes.

**Rubella (German measles)** This is a disease that can cause birth defects in women exposed while pregnant.

**Varicella (chickenpox)** This is a disease that causes itchy rash, with fever and fatigue. It can lead to scarring, pneumonia, brain inflammation (encephalitis) and other serious infections.

**Meningococcal (bacterial meningitis)** This is inflammation of the membrane covering the brain and spinal cord. It can result in death. Two types of vaccines are available:

- **Meningococcal conjugate vaccine (MenACWY)** Prevents meningitis caused by meningococcal bacteria types A, C, W and Y. **Note: Advised for all children; once at 11 to 12 years, with a booster at 16. Catch-up vaccine may be given between ages 13 to 15 years, with a booster between ages 16 to 18 for children not vaccinated as a preteen.**
- **Serogroup B meningococcal vaccine (MenB)** Prevents meningitis caused by meningococcal bacteria type B. **Note: May be advised for some children and teens over 10 years old depending on their health and risk. Talk with your child's health care provider.**

**Pneumococcal disease (PCV)** This can cause ear infections, pneumonia, meningitis and bacteremia (bacteria in the blood).

**Influenza (flu)** The flu can be serious, especially for very young children. It can result in pneumonia and hospitalization.

**Hepatitis A (HepA)** This is an infection that can cause sudden liver inflammation.

**Human papillomavirus (HPV)** Certain types of genital HPV infection, which is a sexually transmitted infection (**STI**), can cause genital warts or cervical, vaginal or vulvar cancers in women.