

# My Child's Immunization Record

Immunizing your child is one of the most loving things you can do for him or her. Immunization prevents dangerous diseases. These include polio, measles, rubella, diphtheria, pertussis (whooping cough), tetanus, mumps, *H. influenza* type b, hepatitis B and chickenpox.

## Because you love your child:

- ★ Shots start at birth.
- ★ Make sure your child's immunizations are up-to-date. See schedule.
- ★ Each time you visit or call your doctor, ask when the next shots are due and make an appointment.
- ★ Record the date of each immunization.
- ★ Carefully read over any information you receive about the shots that your child is having. Ask questions if you have them.

## Vaccines protect against:

- ★ **Hep B vaccine protects against hepatitis B**, which can cause liver cancer, liver failure or chronic liver disease.
- ★ **DT&P vaccine protect against diphtheria, tetanus and pertussis.** **Diphtheria** can cause choking, paralysis and death. **Tetanus (lockjaw)** can cause stiff muscles, seizures, and breathing and heart problems. **Pertussis (whooping cough)** can cause pneumonia, brain damage and death.
- ★ **IPV protects against polio**, which can cause paralysis and death.
- ★ **Hib vaccine protects against *H. influenza* type b**, which can cause severe ear, nose and throat infections; pneumonia; mental retardation and death.
- ★ **PCV protects against pneumococcal infections**, which can cause pneumonia and meningitis.
- ★ **MMR vaccine protects against measles, mumps and rubella.** **Measles** can cause ear infections, pneumonia, brain damage and death. **Mumps** can cause hearing loss, brain damage and sterility in males. **Rubella (German measles)** can cause a miscarriage and serious birth defects.
- ★ **Varicella vaccine protects against chickenpox**, which can cause severe infections.

## Immunization Comfort Tips:

### For Infants

Talk to the infant in a soothing voice.

Rock or hold him or her.

Have a pacifier handy.

Provide a familiar comforting object, such as a blanket, stuffed animal, or soft rattle.

### For Toddlers, Preschoolers, and School-Age Children

(base what you do on the child's level of maturity)

- ★ Distract the child by talking, singing or telling a story.
- ★ Ask the child to count or name the different objects in the room.
- ★ Remind the child how well he or she is behaving.
- ★ Have a sticker or colorful adhesive bandage readily as a reward.
- ★ Prepare the child for what will happen and why. (If you need tips on what to say, talk to your healthcare provider.)
- ★ Help the child relax by showing how to take deep breaths: inhale slowly through the nose and exhale through the mouth.
- ★ Bring along a favorite comforting object, such as a favorite stuffed animal or doll.
- ★ Playact what will happen with the child. Let the child pretend to be the healthcare provider as well as the person being immunized.

# Immunization Record

Child's Name

Birth Date

Vaccine	Recommend At	Dose	Date	Doctor
Hepatitis B (Hep B)	Birth-2 months	1		
	1-4 months	2		
	6-18 months	3		
	2-18 years*			
Diphtheria, Tetanus, Pertussis (DTap)	2 months	1		
	4 months	2		
	6 months	3		
	15-18 months	4		
	4-6 years	5		
Inactivated Polio (IPV)	2 months	1		
	4 months	2		
	6-18 months	3		
	4-6 years	4		
<i>H. Influenzae</i> type b (Hib)	2 months	1		
	4 months	2		
	6 months	3		
	12-15 months	4		
Pneumococcal (PCV)	2 months	1		
	4 months	2		
	6 months	3		
	12-15 months	4		
Measles, Mumps, Rubella (MMR)	12-15 months	1		
	4-6 years	2		
	11-18 years*			
Varicella (chickenpox)	12-18 months	1		
	2-18 years*	2		
Tetanus-Diphtheria	11-18 years	1		

**Your doctor's immunization schedule may vary due to individual circumstances.**

1. Hep B: All infants should receive the first dose within 12 hours of birth. The first dose may also be given by age 2 months if the mother is HBsAg-negative.

2. Varicella: Can be give to susceptible children at any visit at or after age 1. Susceptible children 13 or older should receive 2 doses, at least 4 weeks apart.

\*Vaccines to be given if previously recommended doses were missed. The Hepatitis A and influenza vaccine are recommended for children with certain risk factors. Check with your doctor.