

VACCINES FOR YOUR CHILD

SEPARATING FACT FROM FEAR

As a parent, you want to give your child a healthy start in life. Getting your child vaccinated is one of your first big parental decisions. Unfortunately, there's a lot of confusing and conflicting information out there. So it's important to question what you read and hear – and check where it came from. **We want you to know the facts.** Physicians and infectious disease experts have reviewed and verified all the information and resources in this fact sheet.

Why are immunizations important?

Many diseases that caused disability or death 10 to 20 years ago are seen far less often now -thanks to vaccinations. **What is most important? Following the recommended immunization schedule on the back of this brochure.** By doing so, you not only protect yourself – you protect your children against 14 serious childhood diseases **before** they're exposed.



Q&A

What is the recommended Immunization Schedule?

The Centers for Disease Control and Prevention (CDC) recommends an immunization schedule based on scientific evidence showing when each vaccine will work best. Physicians nationwide and the American Academy of Pediatrics (AAP) support CDC's schedule. See the chart on the back.

Does disease immunity come to a child automatically when I breastfeed?

No. Breastfeeding offers short-term and incomplete protection, and it doesn't last very long. Babies need to develop their own immune response.

MATTHEW'S STORY



Courtesy of PKIDS

Matthew's parents decided their son could wait to get the vaccine against Hib disease, a disease that many younger doctors haven't even seen, and they hadn't heard about. When Matthew complained of throat pain, "We thought it was strep throat, and took him to the local hospital." The doctor there diagnosed Hib disease, and told them their son might die ...within minutes.

See the full story at
<http://shotbyshot.org/hib/a-hib-story/>

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I don't remember getting so many shots when I was a child. Why are there more now?

Thirty years ago, vaccines protected children from seven diseases. Today we can protect them from 14 dangerous diseases. These diseases have always existed, but today scientific and medical technology has advanced to allow us to protect children from more diseases.

Babies are so tiny - can they handle multiple vaccines?

Yes, for two reasons:

1) Your baby has an amazing immune system.

Think about the millions of germs babies come into contact with every day – without getting sick. Plus, we cuddle and hold our kids all the time – yet the average adult has more than 150 different kinds of bacteria on their hands (women even more than men!). In contrast, today's vaccines contain only a small amount of weakened or killed germ particles (called "antigens") that cause absolutely no problem to babies or adults. In fact, these antigens give the vital protection against the powerful "disease germs" that can overpower a child's immune system.

2) Scientific advances have skyrocketed over the decades, creating vaccines that are even purer and safer.

The seven vaccines of a few decades ago, all together, had about 3,000 antigens. Today's vaccines? They contain only 150 antigens – for all 14 types of vaccines. Making them powerful against disease – and extremely safe for your child.

I've heard that some vaccine ingredients are harmful.

Although you may have seen alarming warnings about some vaccine ingredients, here are the facts:

- Aluminum is used in very small amounts to boost the body's immune response and make the shots more effective. Aluminum also occurs naturally in the body, and does not accumulate - most leaves the body within a couple of weeks. However, your baby gets more aluminum from breast milk or soy formula (10 to 140 milligrams) than from all their shots combined!

Babies take in the following amounts of aluminum during their first 6 months of life:

All recommended vaccines = 4 mg

Breast Milk = 10 mg


Soy Formula = 120 mg

- Formaldehyde is used to keep some vaccines germ-free. But it's also produced naturally in the human body as a vital part of normal bodily functions to produce energy. In fact, studies show that a newborn weighing six to eight pounds already has 50-70 times more formaldehyde in their body naturally than they would receive from even a single dose of vaccine.

- Thimerosal, a mercury-containing substance used for many years in vaccines, is no longer in routine childhood vaccines with the exception of some forms of influenza vaccine. Thimerosal-free influenza vaccine is widely available.

Can vaccines cause autism?

No. Dozens of scientific studies have clearly disproved the idea that vaccines might be related to autism. While some parents first notice signs of autism at about the same time their child gets vaccinated, the two events are not related.



Recent studies on autism show that changes in the cells of a developing baby's brain are present in the second trimester of pregnancy – long before a child gets any vaccinations.

Are vaccines safe? I hear some children have reactions to the shots.

The risk of a vaccine side effect is far less than the risk of complications from getting the disease.

Vaccines are one of the most monitored and studied areas in medicine. There are new systems that allow us to follow millions of people after vaccines to show us the true rate of side effects. Serious reactions are extremely rare – less than one in a million.

So...if a disease is rare, why vaccinate?

Fact: Not all vaccine-preventable diseases are rare. Pertussis (whooping cough) and chicken pox remain common in the United States. Others, such as diphtheria and polio, are no longer common here thanks to vaccines, but are a serious risk in other parts of the world. Which means a potentially deadly childhood disease may only be a plane ride away! **Think about it – if we stopped vaccinating, the rare cases we have here at home could very quickly multiply – putting our children in danger.**

- Pertussis causes the most serious side effects in babies. In 2010, almost 10,000 people in California became ill with pertussis – and ten infants died. In 2013, this dangerous disease started to increase again.
- Before the chicken pox vaccine was developed, the disease hospitalized more than 12,000 people in the United States, and caused 50 to 100 deaths every year. Children who have the disease instead of being vaccinated are at risk for invasive bacteria, like staph and strep. They live on the skin, creating a pathway to enter the body that can cause serious complications – and even death.
- Measles is still common in many parts of the world, and spreads easily. The disease can be serious, causing

hospitalization and even death. In 2008, here in San Diego, an unvaccinated 7-year old was unknowingly infected with measles while visiting Switzerland. When he returned home, he was carrying the disease – causing the biggest outbreak of measles in San Diego since 1991. An important note? All of the children who became infected were not immunized.

I hear a lot about delaying or skipping some vaccines. What do I need to know?

Some people claim that delaying or skipping certain vaccines is safer. However, delaying or skipping shots leaves your child unprotected for longer against very serious diseases. The American Academy of Pediatrics (AAP) and most doctors support the CDC's immunization schedule. It's scientifically-designed to give your child the strongest, safest protection for a lifetime.

What if my child is sick when it's time to get shots?

Talk with your child's doctor. It's usually safe to go ahead with routine shots if a child has a cold, earache, mild fever or diarrhea. Likewise, vaccines are safe for children with certain allergies. Let the doctor know about your child's allergy history or current cold symptoms.

What about a parent's right to choose?

As a parent, you need to know the risks of skipping or delaying any vaccines. Starting in 2014, a California law requires any parent who wants a vaccine exemption for school or day care to talk to a medical professional first. **So, talk to your doctor. Use reliable sources to make your decision.** And remember, if you choose to not immunize your child, you're affecting other kids, too. **Did you know that children with cancer and leukemia aren't able to get vaccines due to their illness? They count on the rest of us to create a protective "circle" of immunity around them.**

Want to know more?
go to www.WhyImmunizeKids.org

The vaccine schedule below is recommended by the CDC, the AAP and most physicians. It is reviewed annually by a diverse group of healthcare providers and public health officials and changed as necessary to include the latest research and safety guidelines.

2014 Recommended Immunizations

for Children from Birth through 6 Years Old

Birth	1 month	2 months	4 months	6 months	12 months	15 months	18 months	19-23 months	2-3 years	4-6 years
HepB	HepB				HepB					
		RV	RV	RV						
		DTaP	DTaP	DTaP		DTaP				DTaP
		Hib	Hib	Hib	Hib					
		PCV	PCV	PCV	PCV					
		IPV	IPV		IPV					IPV
					Influenza (yearly)*					
					MMR					MMR
					Varicella					Varicella
						HepA**				

Areas shaded in blue indicate the vaccine can be given during shown age range.

If your child misses a shot, you don't need to start over, just go back to your child's doctor for the next shot. Talk with your child's doctor if you have questions about vaccines.

Is your family growing?
To protect your new baby and yourself against whooping cough, get a Tdap vaccination in the third trimester of each pregnancy. See your doctor for more details.

* Two doses given at least four weeks apart are recommended for children aged 6 months through 8 years of age who are getting a flu vaccine for the first time and for some other children in this age group.

** Two doses of Hep A vaccine are needed for lasting protection. The first should be given between 12 and 23 months of age, and the second 6-18 month later.

Want to know more?

Below is a link that takes you to a page with a number of links to reliable web sites to help you check things out for yourself. It's important to question what you read and check where it came from so you can separate good information from questionable information. References for the information in this brochure can be found on the website below.

www.WhyImmunizeKids.org

This brochure was created by a partnership including Rady Children's Hospital-San Diego; Children's Physicians Medical Group; American Academy of Pediatrics, California Chapter 3; Children's Primary Care Medical Group; and California Department of Public Health, Immunization Branch; and funded by First 5 San Diego. Information was gleaned from the Centers for Disease Control; Children's Hospital of Philadelphia; the Journal of Pediatrics; the Vaccine Education Center; and numerous studies.