

It's Time to Think about Immunizations

TALK WITH YOUR PRENATAL CARE PROVIDER OR OB/GYN



Immunizations during Pregnancy

A healthy new baby. It's the most important thing for every mom-to-be. There are steps you can take right now to protect your precious new arrival. Talk to your obstetrician (OB) or other prenatal care provider about important immunizations that you should get during your pregnancy (Tetanus, Diphtheria, Pertussis [also called Tdap] and annual flu). Immunizations you get while pregnant are safe for both mom and baby.

Immunizations for your baby

Did you know that your baby will need vaccinations right after birth? Getting your child vaccinated will be one of your first big parental decisions. That's why it's best to schedule an appointment with your baby's future doctor (pediatrician) while you're still pregnant – so you know in advance which immunizations your baby will need. Pediatricians and infectious disease experts have reviewed this fact sheet. The information and resources in it can help you make informed decisions about vaccines for your child.



PARIS' STORY

When you know you're going to become a mother, you start dreaming... You don't think about things like Hepatitis B, a vaccine-preventable disease that can cause life-long problems when contracted by an infant.

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

Courtesy of PKIDS



Q&A

WHY ARE IMMUNIZATIONS FOR MY BABY IMPORTANT?

Just a generation ago, many diseases caused severe disabilities and took millions of lives. Fortunately, we have immunizations today that dramatically reduce that risk. 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.

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. Pediatricians, other physicians and nurse practitioners nationwide support CDC's schedule, shown on the back of this brochure.

WHY DOES THE FIRST IMMUNIZATION FOR MY BABY HAPPEN SO SOON?

On the schedule, the first dose of the Hepatitis B vaccine is recommended for all newborn babies before they leave the hospital. This shot acts as a safety net, reducing the risk of getting the disease from moms or family members who may not know they are infected with hepatitis. Babies and young children are at much greater risk for developing a chronic infection from Hepatitis B, but the vaccine can prevent this.

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. Think about it - if we stopped vaccinating, the rare cases we have here at home could very quickly multiply - putting our children in danger.

BABIES ARE SO TINY - CAN THEY HANDLE ALL OF THESE VACCINES?

Yes, for two reasons:

- **Babies have 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 babies 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.

- **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 baby.

ARE VACCINES SAFE? I HEAR SOME BABIES 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 vaccination to show us the true rate of side effects. Serious reactions are extremely rare – less than one in a million.



I'VE HEARD THAT SOME VACCINE INGREDIENTS ARE HARMFUL.

Although you may have seen some alarming warnings about 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. Amount of aluminum babies take in 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.

DO 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 children get 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.

SCHEDULE A VISIT WITH YOUR BABY'S DOCTOR

Pregnancy is a good time to start thinking about the immunizations that your baby will need. Since these will begin right after baby is born, you may want to schedule



a visit with your baby's future doctor while you are still pregnant. You can talk with your prenatal care provider about the best way to choose your baby's doctor and what questions to ask, such as:

- What can I do while pregnant to protect myself and my baby?
- What shots will my baby need, and when?
- How can I help protect my new baby between scheduled immunizations?
- Are the vaccines really safe and necessary? (also see below for answers)
- Feel free to add your own questions:

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 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 purple 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 months later.

Want to know more?

Below is a link that takes you to a page with many reliable web sites, studies, videos and more to help you check things out for yourself. There is a lot of confusing and conflicting information available these days. Just like with anything on the internet, it is important to question what you read and check where it came from. The website also contains references for the information in this brochure.

www.WhyImmunizeKids.org

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