Why should I immunize?

To prevent common illnesses.
Some illnesses, such as whooping cough, flu, and rotavirus, can be dangerous. If you do not vaccinate your child, he or she will be at risk for serious, and sometimes deadly, diseases.

To prevent diseases that exist in the United States.
Some diseases, such as whooping cough, measles, and mumps, still occur in our country. When fewer people get vaccinated, the risk of outbreaks increases.

To prevent diseases that exist in other parts of the world.
Some diseases, such as polo and diphtheria, are rare in the United States. But anyone who travels may catch and spread these diseases. They’re only a plane ride away.

To protect your family and community.
By immunizing your child, you also protect those who have weakened immune systems; can’t get shots because they’re too young, too old, or have certain medical conditions.

The decision to immunize your child is important. Get the facts!

Immunizations

WASHINGTON STATE DEPARTMENT OF HEALTH:
FREE BOOKLET: Plain Talk About Childhood Immunization (available in English, Spanish, and Russian)
DOWNLOAD: http://bit.ly/PlainTalkEng
ORDER: immunematerials@doh.wa.gov

U.S. CENTERS FOR DISEASE CONTROL AND PREVENTION:
VISIT: www.cdc.gov/vaccines
CALL: 1-800-CDC-INFO (1-800-232-4636) or 1-800-232-6348 (TTY)
EMAIL: NIPINFO@cdc.gov

VACCINE EDUCATION CENTER AT THE CHILDREN’S HOSPITAL OF PHILADELPHIA:
VISIT: www.chop.edu/centers-programs/vaccine-education-center

IMMUNIZATION ACTION COALITION:
VISIT: www.vaccineinformation.org

WithinReach
WithinReach Family Health Hotline
1-800-332-2588 (TTY and English)
www.ParentHo1123.org
Why so many vaccines at one visit? We have vaccines to safely protect children against more diseases than ever before. Giving multiple shots at the same visit means fewer doses of some vaccines are needed. This can make it easier for the child to get vaccinated.

Why are vaccines given at such a young age? Babies are at high risk for many serious diseases and vaccines help build immunity so they’re protected as soon as possible. The baby’s immune system can easily handle many vaccines at one visit without being overloaded. Vaccines are given to children at the age when their immune systems respond best.

Comfort your child.

It may be hard to watch your child get shots. If your child sees you relaxed, he or she is more likely to feel safe. Breathe slowly and stay calm.

Things you can do to comfort your child at any age:

- Bring along a favorite toy or blanket
- Hold your child in your lap
- Reassure your child that everything is OK
- Ask your doctor about when to give medicine to reduce pain or fever

Things you can do to comfort your baby:

- Touch your baby gently and talk softly
- Make eye contact and smile
- Hold, cuddle, or feed your baby
Diseases that spread by coughing and sneezing:

- **HAEMOPHILUS INFLUENZAE type b (Hib)** can cause meningitis (swelling of the covering of the brain and spinal cord), infections of the joints, skin, and blood; brain damage, and death. Hib is most dangerous to children under five.

- **MEASLES** causes a high fever, cold-like symptoms, and a rash. It can lead to pneumonia, hearing loss, brain damage, and death. A child who has not been immunized will most likely get measles if exposed. Measles spreads very quickly among unimmunized people.

- **MUMPS** can cause headache, fever, and swelling of the cheeks, neck, or jaw. Mumps can lead to hearing loss, meningitis (swelling of the covering of the brain and spinal cord), and brain damage. It can also prevent people from having children (sterility).

- **PNEUMOCOCCAL** disease spreads (swelling of the covering of the brain and spinal cord) in young children. It can also cause serious blood infections and pneumonia.

- **RUBEOLA** causes a fever and a rash on the face and neck. Pregnant women who get rubella may miscarry or have babies with birth defects, such as blindness, deafness, or developmental delays.

- **WHOOPING COUGH (PERTUSSIS)** causes spells of coughing that make it hard for a child to eat, drink, or breathe. Whooping cough can cause pneumonia, seizures, brain damage, and death. Babies younger than six months are at highest risk of being hospitalized and dying from whooping cough. Most babies get the disease from a family member. Older children and adults who have contact with babies should make sure they’re up-to-date on their Tdap vaccine.

You need immunizations throughout your lifetime. Be sure your whole family is up-to-date.

Recomended Immunization Schedule Ages Birth through 6 Years

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<th>Age</th>
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More information about recommended immunization schedule for older children and adults at www.cdc.gov/vaccines.

If your child misses a recommended dose, get it as soon as possible.