

**Q:** How many vaccines does a child need?

**A:** The Centers for Disease Control (CDC) recommends *the following vaccine schedule be completed by*

**Number of Vaccinations Needed by Age 2**

MMR	✓			
Hib	✓	✓	✓	✓
Polio	✓	✓	✓	
DTP	✓	✓	✓	✓
Hepatitis B	✓	✓	✓	
Varicella	✓			
Pneumococcal	✓	✓	✓	✓

MMR — measles, mumps and rubella  
Hib — *Haemophilus influenzae* type B  
DTP — diphtheria, tetanus, and pertussis

age 2. This can be done in 5 visits at the doctor's office:

**Q:** Is there any way to ease a child's fear of multiple shots?

**A:** Yes. Combination vaccines are better. There are fewer shots. Less fear, less pain, less tears. **But remember: only combination vaccines approved by the Food and Drug**

**Administration (FDA) should be used.** Talk to your health care provider as to what combinations can safely be given.

**Q:** Are vaccines safe for everyone?

**A:** According to the CDC, serious reactions to immunization do happen. But these reactions are extremely rare. The CDC also maintains that the risk of serious illness from *not* vaccinating

is far greater. Discuss risks and benefits of immunization with a trusted health care provider. He or she is required by law to give you written materials on this subject.

**Q:** Do health care providers keep records of vaccinations?

**A:** Yes. Your health care provider should keep detailed records of your past vaccinations. In fact, the National Childhood Vaccine Injury Act of 1986 requires doctors who administer vaccines to keep permanent vaccination records. This Act also requires that doctors report adverse reactions to certain vaccines, in both children *and* adults. And don't forget: keep a duplicate set at home of your family's immunization records.

**Q:** Do vaccines have any side effects?

**A:** Yes, it's possible. It depends on the vaccine. Sometimes there can be a mild fever. There can also be a rash or tenderness where the needle is inserted. Mild discomfort is normal, so don't be alarmed. Ask your health care provider about any side effects to look out for. Always be a wise consumer and a smart patient—ask.

**Q:** What should I do next?

**A:** Speak to your health care provider about the immunization needs for you and your family.

To ensure your family's health,  
**it's wise to immunize**

Educate yourself and your loved ones about the benefits of immunization

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**M**any adults aren't aware that they should be immunized to be protected against certain infectious diseases. They may believe that shots are only for children. In truth, immunization is an important part of preventive health care for *every* person, regardless of their age. So be vigilant. If you don't know your immunization status, you'll need to talk to your health care provider about bringing your vaccination record up to date. This applies to you, to other adults in your family, and to your children. As a person who cares about your own health and that of your loved ones, the *more* you know, the safer and healthier you and your family will be.



**Q:** What does the word “immunization” mean?

**A:** The word “immunization” means the process of becoming immune to certain infectious diseases. Someone is immune when those diseases can no longer make that person sick. Immunization builds the body's immune system, or defense against disease. This is accomplished with shots called vaccines.

**Q:** How does immunization do this?

**A:** It does this by introducing a small amount of inactive or dead disease germs into your body. Their presence makes your body produce antibodies, which are molecules that attack the disease. From this point on, these antibodies prevent you from getting sick by attacking

the disease-causing germs if you are exposed to them.

**Q:** Why do adults need to be vaccinated? Isn't that just for children?

**A:** All adults should be immunized, not just children. Each year, as many as 50,000 to 70,000 adults die needlessly from diseases that could've been prevented with proper immunization.

**Q:** What diseases should adults get immunized against?

**A:** Immunizations for such common adult diseases as flu, pneumococcal disease, and hepatitis B are readily available. Immunization for measles, mumps, rubella, hepatitis A, diphtheria, tetanus, and chickenpox are also needed. The US Public Health Service

clearly outlines when and to whom these shots should be given. You may also ask a health care provider you trust for recommendations.

**Q:** Are there some adults who *must* have certain vaccinations?

**A:** Yes. All adults should have tetanus and diphtheria immunizations. Adults born after 1956 require immunization against measles, mumps, and rubella. All adults over age 65, and persons with diabetes, chronic heart or lung conditions (including

asthma), and liver or kidney disorders should be vaccinated against influenza and pneumococcal diseases. Hepatitis B vaccine is recommended for adults in certain high-risk groups (eg, health care workers or

persons with multiple sex partners). If

you plan on traveling abroad, ask your health care provider about the immunizations you'll need.

**Q:** Where should I go to get immunized?

**A:** As a part of their practice, health care providers should routinely give you and your family the proper immunization for vaccine-preventable diseases. This safeguards your health and helps ensure your peace of mind.

**Q:** Why should my child be immunized?

**A:** First, children should be immunized to protect them from serious childhood diseases. (To find out what vaccinations your child needs before entering school, call your local school district.) Second, by getting the vaccinations your child needs, it protects others. For instance, there are people who cannot be vaccinated. There are also people who do not respond to vaccination. If everyone around them has been immunized, the diseases won't get passed along to them.



**Q:** What diseases should my child be immunized against?

**A:** A child should be immunized against:

- ✓ Measles
- ✓ Mumps
- ✓ Polio
- ✓ Rubella (German measles)
- ✓ Pertussis
- ✓ Diphtheria
- ✓ Tetanus
- ✓ *Haemophilus influenzae* type B (Hib)
- ✓ Hepatitis B
- ✓ Varicella (chickenpox)
- ✓ Pneumococcal