



Immunization

A Guide to Requirements

Handout #19

Healthy Children, Strong Families, Caring Communities

Baby Shots are Due Before They are Two!

Children should begin their immunization from birth to one month and end at 18 months of age. These visits can be during the same time as baby checkups.

In the United States, vaccines have reduced or eliminated many infectious diseases which once routinely killed or harmed many infants, children and adults. However, the viruses and bacteria that cause vaccine-preventable disease and death still exist and can be passed on to people not protected by vaccines. Vaccine-preventable diseases have many social and economic costs. Sick children miss school and can cause parents to lose time from work. These diseases also result in doctor's visits, hospitalization and even premature death.

Exemptions

Parents can elect not to immunize their children due to personal or religious beliefs. Parents must sign the Personal Beliefs Affidavit on the back side of the blue California School Immunization Record. A physician can also exempt a child from immunizations for medical reasons. A written statement signed by your physician must be presented stating that there is a medical condition which rules-out immunization(s) and which immunization(s) your child cannot receive.

The law does not allow parents to elect not to immunize because the child's shot record has been lost or is incomplete, for financial reasons or because it may be difficult to get a doctor's appointment. Any child who is not immunized **MUST** be excluded from attending child care if an outbreak of a communicable disease occurs.

Immunization Schedule

The chart on page 2 shows the routine childhood immunization schedule. If your child is missing

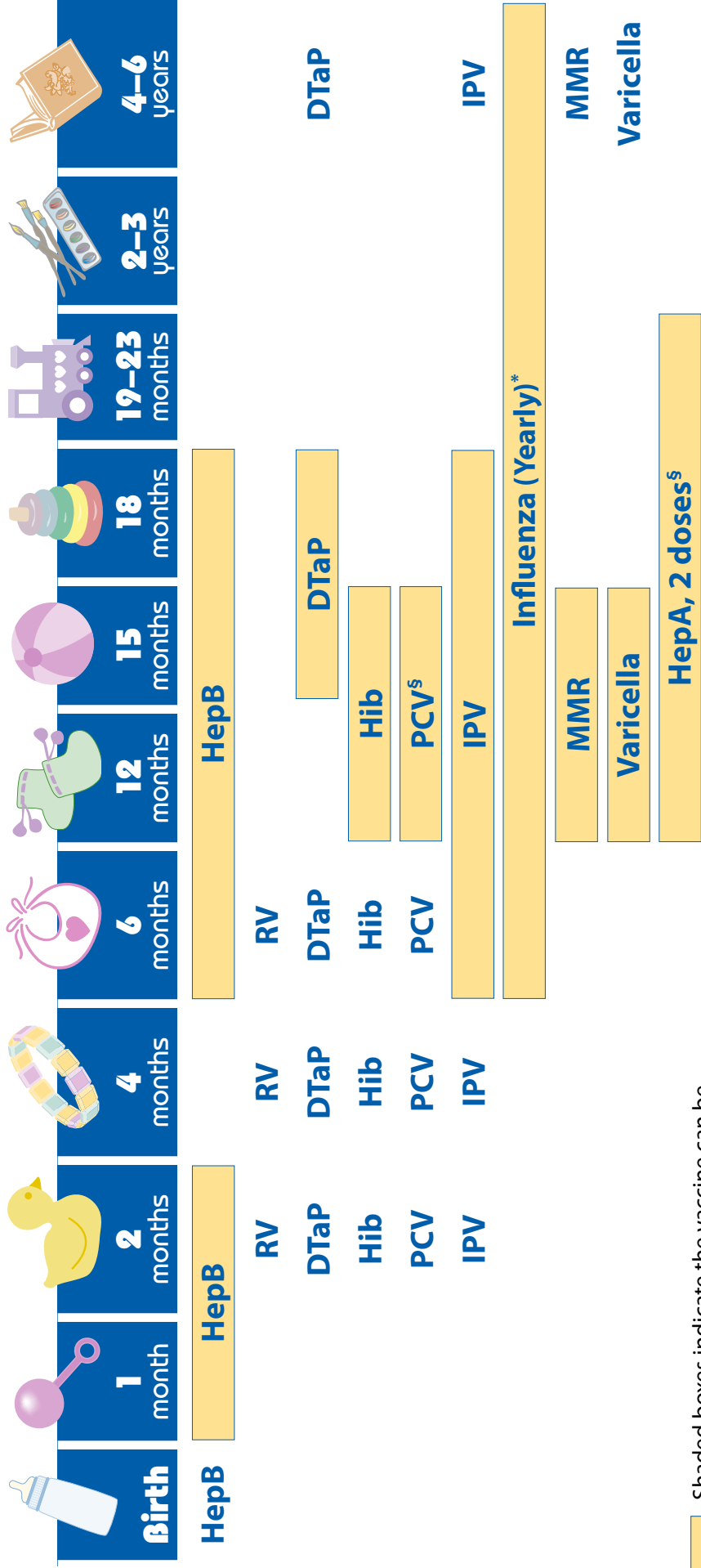


some of the required immunizations, please contact your doctor or clinic to begin their catch-up immunization schedule. Parents must bring their child's yellow Immunization Record with them to all doctor's appointments.

It is recommended that the varicella (chicken pox) vaccine be given on any visit once the child is 12 months or older. Before entrance into preschool, it is required that children have either had chicken pox or had the vaccine.

2010 Recommended Immunizations for Children from Birth Through 6 Years Old

The Recommended Immunization Schedule for Persons Aged Birth Through 6 Years Old is approved by the Centers for Disease Control and Prevention, the American Academy of Pediatrics, and the American Academy of Family Physicians



Shaded boxes indicate the vaccine can be given during shown age range.

See back page for more information on vaccine-preventable diseases and the vaccines that prevent them.

NOTE: If your children miss a shot, you don't need to start over, just go back to your healthcare provider for the next shot. The healthcare provider will keep your children up-to-date on vaccinations. Talk with your healthcare provider if you have questions.

FOOTNOTES

^s HepA vaccination is recommended for high-risk children older than 2 years, along with a dose of meningococcal vaccine (MCV4) and pneumococcal vaccine (PPSV). HepA vaccination may be administered to any child over 2 for whom immunity is desired. See vaccine-specific recommendations at www.cdc.gov/vaccines/pubs/ACIP-list.htm.

* Children 6 months or older should receive flu vaccination every flu season. If this is the first time for flu vaccine, a child 6 months through 8 years of age should receive two doses, separated by at least 4 weeks. If this child only receives one dose in the first season, he or she should receive two doses the next season, if still younger than 9 years. Ask your child's healthcare provider if a second dose is needed.

For more information, call toll free **1-800-CDC-INFO (1-800-232-4636)** or visit <http://www.cdc.gov/vaccines>



Vaccine-Preventable Diseases and the Vaccines that Prevent Them

Diphtheria (Can be prevented by DTaP vaccine)*

Diphtheria is a very contagious bacterial disease that affects the respiratory system, including the lungs. Diphtheria can be passed from person to person by direct contact with droplets from an infected person's cough or sneeze. When people are infected, the diphtheria bacteria produce a toxin (poison) in the body that can cause weakness, sore throat, low-grade fever, and swollen glands in the neck. Effects from this toxin can also lead to swelling of the heart muscle and, in some cases, heart failure. In severe cases, the illness can cause coma, paralysis, and even death.

Haemophilus influenzae type b (Can be prevented by Hib vaccine)

Hib disease is caused by bacteria called *Haemophilus influenzae* type b. The disease is very serious for children younger than age 5, especially infants. Hib is spread from person to person by direct contact, or by contact with respiratory droplets from an infected person's cough or sneeze. Hib is most commonly spread by people who have the bacteria in their noses and throats but who are not sick. Hib can cause meningitis—an infection around the brain and spinal cord—which can lead to life-long disability, mental retardation, and pneumonia. Hib can also cause epiglottitis (infection in the throat) and pneumonia (infection in the lungs). All these infections can be life threatening.

Hepatitis A (Can be prevented by HepA vaccine)

Hepatitis A is an infection in the liver caused by a virus. The virus is spread primarily person-to-person through the fecal-oral route. In other words, the virus is taken in by mouth from contact with objects, food, or drinks contaminated by the feces (stool) of an infected person. Symptoms include fever, tiredness, loss of appetite, nausea, abdominal discomfort, dark urine, and jaundice (yellowing of the skin and eyes). An infected person may have no symptoms, may have mild illness for a week or two, or may have severe illness for several months that requires hospitalization. In the U.S., about 100 people a year die from hepatitis A.

Hepatitis B (Can be prevented by HepB vaccine)

Hepatitis B is an infection of the liver caused by a virus. It spreads through contact with blood or other body fluids, for example, from sharing personal items, such as toothbrushes or eating utensils. Hepatitis B causes a flu-like illness with loss of appetite, nausea, vomiting, rashes, joint pain, and jaundice. The virus stays in the liver of some people for the rest of their lives and can result in severe liver diseases, including fatal cancer.

Influenza (Can be prevented by annual flu vaccine)

Influenza is a highly contagious viral infection of the nose, throat, and lungs. It spreads easily through droplets when an infected person coughs or sneezes and can cause mild to severe illness. Typical symptoms include a sudden high fever, chills, a dry cough, headache, runny nose, sore throat, and muscle and joint pain. Extreme fatigue can last from several days to weeks. Influenza

may lead to hospitalization or even death, even among previously healthy children.

Measles (Can be prevented by MMR vaccine)**

Measles is one of the most contagious viral diseases. Measles is spread by direct contact with the airborne respiratory droplets of an infected person. Measles is so contagious that just being in the same room after a person who has measles has already left can result in infection. Symptoms usually include a rash, fever, cough, and watery eyes. Fever can persist, reaching 104° F or higher, rash can last for up to a week, and coughing can last about 10 days. Measles can also cause pneumonia, seizures, brain damage, or death.

Mumps (Can be prevented by MMR vaccine)**

Mumps is an infectious disease caused by the mumps virus, which is spread in the air by a cough or sneeze from an infected person. A child can also get infected with mumps by coming in contact with a contaminated object, like a toy. The mumps virus causes fever, headaches, painful swelling of the salivary glands under the jaw, fever, muscle aches, tiredness, and loss of appetite. Severe complications for children who get mumps are rare, but can include meningitis (infection of the covering of the brain and spinal cord), encephalitis (inflammation of the brain), permanent hearing loss, or swelling of the testes, which can lead to sterility in men.

Pertussis (Whooping Cough) (Can be prevented by DTaP vaccine)*

Pertussis is caused by bacteria that spread through direct contact with respiratory droplets when an infected person coughs or sneezes. In the beginning, symptoms of pertussis are similar to the common cold, including runny nose, sneezing, low grade fever, and cough. After 1–2 weeks, pertussis can cause spells of violent coughing and choking, making it hard to breathe, drink, or eat. This cough can last for weeks. Pertussis is most serious for babies, who can get pneumonia, have seizures, become brain damaged, or even die. About two-thirds of children under 1 year of age who get pertussis must be hospitalized.

Pneumococcal Disease (Can be prevented by PCV vaccine)

Pneumococcal disease is a bacterial infection that invades the lungs, causing the most common kind of bacterial pneumonia. The bacteria are commonly found in many people's noses and throats and are spread by droplets when people who have the bacteria in their throats or noses cough or sneeze. People—especially children—often have the bacteria in their throats without being ill. In fact, the bacteria are present in about 25% of people. Why the bacteria suddenly invade the body and cause disease is unknown. The bacteria can invade both the bloodstream (bacteremia) and the brain (meningitis, that is infection of the covering of the brain and spinal cord). Symptoms include high fever, cough with chest pain and mucus, shaking chills, breathlessness, and chest pain that increases with breathing. Pneumococcal disease can result in hospitalization and even death.

Polio (Can be prevented by IPV vaccine)

Polio is caused by a virus that lives in an infected person's throat and intestines. It spreads through contact with the feces (stool) of an infected person and through droplets from a sneeze or cough. Symptoms typically include sudden fever, sore throat, headache, muscle weakness, and pain. In about 1% of cases, polio can cause paralysis. Among those who are paralyzed, up to 5% of children may die because they become unable to breathe.

Rotavirus (Can be prevented by RV vaccine)

Rotavirus is caused by a virus and is the most common cause of severe diarrhea among children. Rotavirus is spread primarily person-to-person through the fecal-oral route. In other words, the virus is taken in by mouth from contact with objects, food, or drinks contaminated by the feces (stool) of an infected person. Common symptoms of rotavirus include vomiting, watery diarrhea that lasts for 3–8 days, fever and abdominal pain. Approximately 55,000 children are hospitalized each year in the United States from severe diarrhea and vomiting caused by rotavirus.

Rubella (German Measles) (Can be prevented by MMR vaccine)**

Rubella is caused by a virus that is spread through coughing and sneezing. In children rubella usually causes a mild illness with fever, swollen glands, and a rash that lasts about 3 days. Rubella rarely causes serious illness or complications in children, but can be very serious in pregnant women. If a pregnant woman is infected, the result to the baby can be devastating, including miscarriage, serious heart defects, mental retardation and loss of hearing and eye sight.

Tetanus (Lockjaw) (Can be prevented by DTaP vaccine)*

Tetanus is caused by bacteria found in soil that enters the body through a wound, such as a deep cut. When people are infected, the bacteria produce a toxin (poison) in the body that causes serious, painful spasms and stiffness of all muscles in the body. This can lead to "locking" of the jaw so a person cannot open his or her mouth, swallow, or breathe. Complete recovery from tetanus can take months. Three of ten people who get tetanus die from the disease.

Varicella (Chickenpox) (Can be prevented by Varicella vaccine)

Chickenpox is caused by the varicella zoster virus. Chickenpox is very contagious and spreads very easily from infected people. It can spread from either a cough, sneeze. It can also spread by contact with virus particles that come from the blisters on the skin, either by touching them or by breathing in these virus particles. Typical symptoms of chickenpox include an itchy rash with blisters, tiredness, headache and fever. Chickenpox is usually mild, but it can lead to severe skin infections, pneumonia, encephalitis (brain swelling), or even death.

* DTaP is a combination vaccine that can prevent Diphtheria, Tetanus, and Pertussis
** MMR is a combination vaccine that can prevent Measles, Mumps, and Rubella.

Enrolling in School or Child Care

When enrolling a child in child care or school, parents must present their child's yellow Immunization Record to the school/child care provider prior to enrollment. The child care provider or school must then copy the full record, including the month/day/year that each shot was received, onto the blue California School Immunization Record. The school/child care provider must then determine that all immunizations are current. If a child is behind, she/he may still be admitted if the child is receiving immunizations on a "catch-up" schedule. Once enrolled, it is the responsibility of the parents to continue to immunize their child on time, and the responsibility of the school/child care provider to regularly follow up until all immunizations are completed.

A Tip for Taking the Sting Out of Shots

When a shot is about to be given to your child, tell your child to blow and blow – as if blowing bubbles. Researchers have found that this blowing action during a shot helps children feel less of a sting.

Well Child Visits

To schedule a well child check-up/exam or for information on immunization call 916/875-7151.



Immunization Clinics

For information on clinics, the Care-A-Van mobile clinic, or any other immunization questions, please call the Sacramento County Department of Health and Human Services Immunization Assistance Program at 875-SHOT.

Vaccination Checklist

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Tell your doctor or nurse if any of the circumstances listed below apply to your child on a day when an immunization visit is scheduled.

- ✓ Is your child sick today? (More than a common cold, earache, etc.)
- ✓ Does your child have any severe (life -threatening) allergies?
- ✓ Has your child ever had a severe reaction after a vaccination?
- ✓ Does your child have a weakened immune system (because of diseases such as cancer, or medications such as steroids)?
- ✓ Has your child received a transfusion or any other blood product recently?
- ✓ Has your child ever had convulsions or any kind of nervous system disorder?
- ✓ Does your child not seem to be developing normally?