

# HealthyActions

Achieving Your Goals for Healthy Living



## Immunization Reminder Card – Baby/Child

Keep track of your child's shots. The doctor will have a form for you to use. Your child will need it for school.

### Baby/Child Immunization Reminder

\_\_\_\_\_ (date)

Dear \_\_\_\_\_,

It's time for your child to have a check-up and some shots.

By age 2, your child needs some shots to stay healthy. Some of these may be<sup>1</sup>:

- Hepatitis B (3 doses)
- Rotavirus (3 doses)
- Diphtheria, tetanus, & pertussis (DTaP) (4 doses)
- Haemophilus influenza type b (Hib) (3 or 4 doses)
- Pneumococcal (4 doses)
- Polio (3 doses)
- Measles, mumps, & rubella (MMR) (1 dose)
- Varicella (chickenpox) (1 dose)
- Hepatitis A (2 doses)
- Other: \_\_\_\_\_

Well child check-ups are important. We want to make sure your child is growing and developing. We want to make sure your child is protected from serious diseases.

Please call our office to schedule your child's check-up. Our phone number is: \_\_\_\_\_. Please call weekdays from \_\_\_\_ AM to \_\_\_\_ PM. We will be happy to answer any questions you may have.



Sincerely,



HEALTH RECORD	
IMMUNIZATION DATE	
DIPHTHERIA	
WHOOPIING COUGH	
TETANUS	
SMALLPOX	
POLIO	
INFLUENZA	
HAYS	
MEASLES	

# Immunization Reminder Card – Baby/Child

## Immunization

Becoming immune to (protected from) a disease. Immunizations are usually vaccinations. They are also called vaccines or shots.

## Immune system

Protects the body from germs, bacteria, and viruses. Also protects against cancer cells.

## Antibodies

Fight germs.

## What About Side Effects?

Your child may have mild side effects from a shot, such as:

- Soreness where the shot was given.
- A low-grade fever.

Serious reactions are very rare. Your child is far more likely to be harmed by diseases than by the shots that prevent them.

## Why Immunize? A Parent's Guide to Protecting Your Child

### Protect Your Child from Serious Diseases

As a parent, your job is to protect your child. You can do that by making sure your child gets immunized.

**Immunizations** will protect your child from serious illnesses now and in the future. Preventing diseases is always better than having to treat them.

### How Do Immunizations Work?

Immunizations strengthen your body's **immune system**. They help protect you from some diseases. Here's how they work. A weak form of the disease germ is injected into your body. Your body makes antibodies to fight the germ. The **antibodies** stay there. If the actual disease germ ever gets into your body, the antibodies destroy it. You do not get the disease.

Your child will usually get more than one dose of each vaccine. Follow the doctor's shot schedule to give your child the best protection from diseases.

## What Diseases Do the Vaccines Protect Your Child From?¹

- Measles
- Mumps
- Rubella (ru-bell-uh)
- Varicella (vair-uh-sell-uh) (chickenpox)
- Diphtheria (dif-theer-ee-uh)
- Tetanus (lockjaw)
- Pertussis (purr-tuss-us) (whooping cough)
- Haemophilus (huh-maw-full-us) influenza type b
- Hepatitis A
- Hepatitis B
- Polio
- Rotavirus (ro-tuh-virus)
- Pneumococcal (new-mo-cockle) disease
- Influenza (flu)

Before there were vaccines, these diseases killed thousands of children in America every year. Many more children were harmed for life.<sup>2</sup>

## References

1. CDC. "Recommended Immunization Schedules for Persons Aged 0-18 Years—United States, 2007." Available at: <http://www.cdc.gov/mmwr/pdf/wk/mm5551-Immunization.pdf>. Accessed June 21, 2007.
2. CDC. "ABCs of Childhood Vaccines." Available at: <http://www.cdc.gov/vaccines/vac-gen/ABCs>. Accessed June 21, 2007.

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