



# Immunization Education for the Family

Family and Consumer Sciences

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Regular checkups with a pediatrician, family doctor, or registered nurse are extremely important in monitoring the overall health, growth, and development of your baby. Some communicable diseases that were once common and deadly are still around and can be prevented through immunizations. The health staff at the local health clinic can help in scheduling your child's immunizations. Your county Extension educator is also a valuable source for referral information about children's health.

The immunization information provided below is current. It is intended to help keep your baby healthy during the first two years of life, and up to age 18. The U.S. Food and Drug Administration (FDA), U.S. Centers for Disease Control (CDC), and the U.S. Academy of Pediatricians are constantly revising immunization schedules, introducing new vaccines, and deleting older ones. This information is not intended to substitute, but to expand the advice from your health care provider, and enable you to ask further questions about childhood immunization. When in doubt about issues that pertain to the health of your child, ask questions. Keeping good records of your baby's immunizations keeps you knowledgeable about what your baby has received, what still has to be given, and when to give it. It is also important to keep your records in a safe place because immunization records are always needed when your child enrolls in a day care center or school.

The sample *Immunization Record* and *Health Provider* forms, can be used during your visit to the health clinic. It is also possible you will be provided with another immunization form at the local health clinic. Whatever the case, keep your child's immunization record complete, and follow the pediatrician's advice.

If you do not have a pediatrician, call the County Health Department. They usually have supplies of free vaccines for children. You may also contact the county Extension educator on where to get immunization help.

## Why should you vaccinate or immunize your child?

Vaccines or immunizations help control many infectious diseases that were once common, caused a lot of illnesses, and



killed a lot of people, particularly children. Bacteria and viruses that cause preventable disease and deaths still occur and can be passed on to people who are not protected by vaccines. When children are not protected against these diseases, they can become sick and spend a lot of time in doctors' offices and hospitals. This costs money and time away from work for the parents, or even premature deaths.

## How are vaccines made and how do they work?

Vaccines are made using the natural components in viruses and bacteria that cause a particular disease. The goal is to weaken the virus or bacteria, so the vaccinated individual can be infected to produce the immunity in their body, without developing the symptoms of the infection.

## Some key terms to know about Immunization/ Vaccination:

*Immunization or Vaccination:* The process of giving weakened bacteria or virus (microorganism) to improve resistance to a particular disease. Immunizations are usually given by injections, shots, or by mouth.

*Immunity:* The state of being protected and not being susceptible to a particular disease or condition.

## Basic Information About Diseases Commonly Immunized Against.

Children who are immunized are less likely to develop the diseases they have been immunized against. If your

child is developing any of the conditions discussed below, contact the health care provider immediately.

**Diphtheria.** This is a serious disease caused by poison produced from the diphtheria bacteria. Bloody discharges from the nose, swollen lymph nodes, and fever are common signs and symptoms of diphtheria. Suffocation is a later complication. Transmission of diphtheria is usually by direct contact with an infected person, or a carrier (one who has the disease but does not show symptoms), and also from contaminated articles.

**Haemophilus Influenzae, Type B (Hib) Meningitis.**

This is a bacterial infection and the most common cause of Meningitis (inflammation of the covering or lining of the brain). Complications of this infection include: deafness, seizures, or mental retardation. It is spread by contact with an infected person, secretions, or contaminated objects.

**Hepatitis Type A.** This is a liver disease that affects anyone, and is caused by the Hepatitis A virus. Signs and symptoms include: jaundice, fatigue, abdominal pain, loss of appetite, nausea, and diarrhea. Hepatitis is spread by transferring the virus from stool to the mouth, contaminated water, or blood contact. Good personal hygiene is necessary to control the spread of Hepatitis type A.

**Hepatitis B.** This is a serious disease caused by the Hepatitis B virus (HBV). It can cause life-long infection, cirrhosis or scarring of the liver, cancer, liver failure, and death. Hepatitis B is spread by contact with blood, semen, or body fluids of an infected person. A pregnant mother who is infected can also pass it to the baby at birth or through breast milk.

**Measles.** This is an infection caused by a virus. Measles is spread by contact with respiratory tract secretions, blood, and urine from infected persons, or coming in contact with contaminated objects. Children who have measles develop a rash, cough, fever, eye infection, and red irregular spots on the body and in the mouth.

### Health Provider Information

Name of Doctor _____
Name of Clinic _____
Address _____
_____
Phone _____
fax _____



*A calm, understanding adult can help when a child gets a shot.*

**Mumps.** This is an infection caused by a virus that can lead to deafness, swelling of the brain, paralysis, and seizures. Fever, headache, earache, and swelling of the oral (parotid) glands are common signs and symptoms of mumps. Complications of mumps include swelling of the testes in males past the age of puberty, and spontaneous abortions during the first three months of pregnancy in females.

**Rotavirus.** This is a viral infection and the most common cause of diarrhea in children. Severe diarrhea, vomiting, fever, and abdominal pains occur during the infection. This is spread through contaminated water, food, and objects. Good personal hygiene is essential in control.

**Pertussis (Whooping Cough).** This is a bacterial infection that results in prolonged coughing spells and vomiting that can last for many weeks. The coughing spells usually make it difficult for the child to eat, drink, and breathe. This often leads to dehydration, weight loss, pneumonia, brain damage, seizures, and mental retardation. Spread is through contact with an infected person or objects.

**Pneumococcal Conjugate.** This is a severe form of infection, caused by a bacteria called the pneumococcus. Infection with this bacteria leads to illnesses such as bacteremia or bloodstream infection, and a potentially fatal or crippling form of meningitis (brain or spinal cord infection). Infection is by contact with blood, body fluids of an infected person, or contaminated articles. Infected individuals have fevers, cough, restlessness, and difficulty breathing.

**Poliomyelitis (Polio).** This is a virus infection that can result in permanent physical disability and even death. Signs and symptoms include: fever, uneasiness, sore throat, headache, stiffness, and vomiting. This is spread by oral contact with stool, or secretions from the mouth or pharynx of an infected person. Victims of polio infections often end up with crutches or wheel chairs and have severe difficulty breathing. Polio vaccines can be administered orally or by a shot.

## Recommended Childhood Immunization Schedule

Vaccines are listed under routinely recommended ages. **Bars** indicate range of recommended ages for immunization. Any dose not given at the recommended age should be given as a "catch-up" immunization at any subsequent visit when indicated and feasible. **Ovals** indicate vaccines to be given if previously recommended doses were missed or given earlier than the recommended minimum age.

Age ► Vaccine ▼	Birth	1 mo	2 mos	4 mos	6 mos	12 mos	15 mos	18 mos	24 mos	4-6 yrs	11-12 yrs	14-18 yrs
Hepatitis B	Hep B #1		Hep B #2		Hep B #3						(Hep B)	
Diphtheria, Tetanus, Pertussis			DTaP	DTaP	DTaP		DTaP			DTaP		Td
H. influenzae type b			Hib	Hib	Hib	Hib						
Inactivated Polio			IPV	IPV	IPV					IPV		
Pneumococcal Conjugate			PCV	PCV	PCV	PCV						
Measles, Mumps, Rubella						MMR				MMR <sup>7</sup>	(MMR)	
Varicella						Var					(Var)	
Hepatitis A									Hep A in selected areas			

Approved by the Advisory Committee on Immunization Practices (ACIP), the American Academy of Pediatrics (AAP), and the American Academy of Family Physicians (AAFP). [www.medem.com/](http://www.medem.com/)

**Rubella.** This is a usually mild infection caused by a virus. It can be transmitted to the baby from an infected mother. Low-grade fever, headache, conjunctivitis, cough, and swollen lymph glands are common signs and symptoms of Rubella. Babies born to infected mothers develop congenital Rubella Syndrome that can lead to heart defects, cataracts, mental retardation, and deafness of the baby.

**Tetanus (Lock Jaw).** This is a severe and often fatal disease caused by bacteria that can enter the body through a sore, puncture wound, or through the umbilical cord of the baby. Individuals who get tetanus suffer stiffness and spasms of the muscles. Stiffness and spasms can cause closure of the throat causing breathing and eating difficulty. Muscle spasms can lead to fractures, unconsciousness, and death.

**Varicella (Chicken Pox).** This is a highly contagious disease caused by a virus. Fever, itching, and rashes in

different degrees of healing are common signs and symptoms of chicken pox. Complications of the disease include: dehydration, pneumonia, central nervous system involvement, and secondary bacteria infection.

### References:

- Centers for Disease Control: [www.cdc.gov/health/diseases.htm](http://www.cdc.gov/health/diseases.htm)
- CDC National Immunization Program at [www.cdc.gov/nip/](http://www.cdc.gov/nip/)
- National Vaccine Information Center: [www.909shot.com](http://www.909shot.com)
- American Academy of Pediatrics: [www.aap.org/family/parents/immunize.htm](http://www.aap.org/family/parents/immunize.htm)
- National Institute of Health/Digestive disorder clearing-house: [www.niddk.nih.gov/health/health.htm](http://www.niddk.nih.gov/health/health.htm)
- Whaley, Lucie & Wong, D (1999) Nursing Care of Infants and Children (6<sup>th</sup> Edition) CV Mosby, St. Louis, MO.

## Immunization Record

Name of Child \_\_\_\_\_ Date of Birth \_\_\_\_\_ Social Security No. \_\_\_\_\_

<i>Immunization</i>	<i>Date(s)</i>	<i>Doctor's Signature</i>
Hepatitis B		
1		
2		
3		
Diphtheria Tetanus (lockjaw) Pertussis (whooping cough)		
1		
2		
3		
4		
5		
Haemophilus Influenzae type b		
1		
2		
3		
4		
Polio		
1		
2		
3		
4		
Pneumococcal Conjugate		
1		
2		
3		
4		
Measles Mumps Rubella (German measles)		
1		
2		
Varicella (chickenpox)		
Hepatitis A		
1		
2		

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