

# A Guide to Pediatric and Adolescent Vaccines

The World Health Organization announced that **25 million infants across the world missed lifesaving vaccines in 2021**. Discover which vaccinations are right for your family and the important benefits to help keep you AND your loved ones healthy.



## HOW VACCINES PROTECT YOUR LOVED ONE

Children are exposed to thousands of germs every day. Their immune systems can fight off many germs, but there are some debilitating and potentially deadly viruses they cannot handle, making it necessary for vaccinations. Many of the diseases listed below are less common now due to administration of appropriate vaccinations. However, the germs that cause these viruses still exist, which is why continued vaccinations is important.

1. **Diphtheria:** a thick coating in the back of the throat, making it hard to breathe
2. **Hepatitis A:** there may be no symptoms, especially in children. Symptoms include jaundice (yellow skin or eyes), loss of appetite, upset stomach, abdominal pain, diarrhea, fever, joint pain, fatigue and dark urine or light-colored stools
3. **Hepatitis B:** there may be no symptoms. Symptoms include jaundice (yellow skin or eyes), loss of appetite, upset stomach, abdominal pain, fever, joint pain, fatigue and dark urine or clay-colored stools
4. **Hib (Haemophilus influenzae type b):** fever, headache, stiff neck, cough and shortness of breath
5. **Pertussis (Whooping Cough):** violent coughing spells that can make it hard to eat, drink or breathe, especially for infants
6. **Pneumococcal Disease:** fever, chills, cough and chest pain
7. **Polio:** flu-like illness or there may be no symptoms; severe cases can cause inflammation of the spinal cord leading to weakened muscles or paralysis

## WHY DOES MY CHILD NEED IMMUNIZATIONS?

The CDC recommends children should be vaccinated against more than a dozen preventable diseases by the age of six.

- **Immunizations can save your child's life:** With the help of continued vaccination, diseases like Polio that once killed thousands of children, are limited to isolated incidents and are practically eliminated in the United States.
- **Immunizations protect future generations:** Vaccinating your child against a current virus can help stop the spread before it reaches future generations.
- **Reduced health-care spending:** Preventive care like immunizations can reduce your health-care spending over time.
- **Protect others:** Vaccinations help protect others, including individuals who are at greater risk of illness including the elderly and those with weakened immune systems.

## CONSIDERATIONS

Unfortunately, there is misinformation that vaccines can cause symptoms of the virus/disease or that vaccinations like MMR are linked to autism. **Vaccinations are safe and effective.** They are not administered until an approval process by scientists, doctors and health-care professionals. Early protection is key, which is why it is important to get vaccinated PRIOR to exposure to any viruses.



### WHEN SHOULD CHILDREN NOT GET VACCINATED?

Most children should get vaccinated. However, if your child has had a life-threatening allergic reaction after a vaccine, vaccinations may not be appropriate.

**Your provider is here to help.** We encourage you to discuss any questions or concerns with your health-care team.

## RECOMMENDED VACCINE SCHEDULE, EARLY DEVELOPMENT

This schedule will help guide you through what to expect at your child's visits for vaccinations from birth to four years of age.

Age	Number of Shots	Vaccine
<b>Newborn</b>	1 Shot, often administered at the hospital	Hepatitis B
<b>Two Months</b>	3 shots and an oral vaccine	Pediarix (DTap, Hep B, Polio), Hib, Prevnar 13, RotaVirus (oral)
<b>Four Months</b>	3 shots and an oral vaccine	Pediarix (DTap, Hep B, Polio), Hib, Prevnar 13, RotaVirus (oral)
<b>Six Months</b>	3 shots and an oral vaccine	Pediarix (DTap, Hep B, Polio), Hib, Prevnar 13, RotaVirus (oral)
<b>12 Months</b>	2 shots	MMRV (Measles, Mumps, Rubella, Varicella), Hepatitis A
<b>15 Months</b>	2 shots	Prevnar, Pentacel (DTaP, Hib, Polio)
<b>18 Months</b>	1 shot	Hepatitis A
<b>Four Years</b>	2 shots	MMRV, Kinirix (DTaP, Polio)

Seasonal Vaccines: Influenza with two initial doses and COVID-19 starting at age 6 months

## ADOLESCENT IMMUNIZATION GUIDE

As your child grows, there are additional vaccinations that should be considered. By their 13th birthday, children should complete their:

- First dose of Meningococcal
- Two doses of Human Papillomavirus (HPV), and
- Tetanus, diphtheria and pertussis (Tdap)

**Early protection is best, and protects your child *long before* they ever have contact with the virus.** According to the CDC, almost every unvaccinated person who is sexually active will get HPV at some point in their life. HPV can cause various cancers including cervical and head and neck cancer. The vaccine can be administered starting at age 9.

Age	Number of Shots	Vaccine
<b>9 to 13</b>	<ul style="list-style-type: none"> <li>• 2 doses if started between the ages of 9-13</li> <li>• If vaccine series is started after age 15, 3 doses are required</li> </ul>	HPV
<b>9 to 13</b>	1 dose	Tdap
<b>11 and 16</b>	First dose at 11 or 12, second at 16	Meningococcal Vaccine

Seasonal Vaccines: Influenza and COVID-19

Sources: University of Colorado School of Medicine, CDC, U.S. DHHS

