

Vaccinations

Defining Diseases

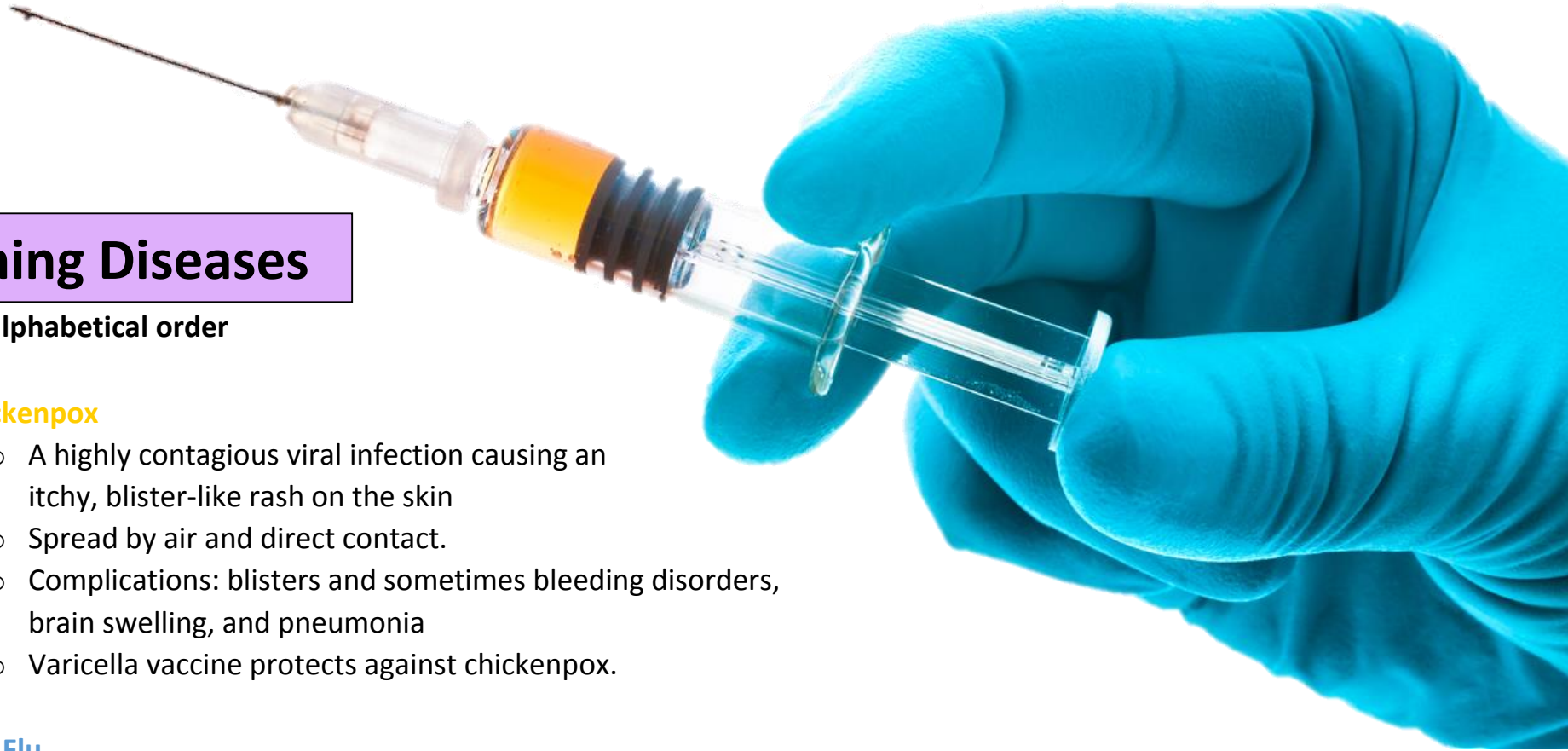
In alphabetical order

- **Chickenpox**

- A highly contagious viral infection causing an itchy, blister-like rash on the skin
- Spread by air and direct contact.
- Complications: blisters and sometimes bleeding disorders, brain swelling, and pneumonia
- Varicella vaccine protects against chickenpox.

- **The Flu**

- A yearly flu vaccine is recommended because the flu virus changes every year
- Do not get the shot if you are allergic to eggs or if you had a bad reaction to a flu shot before
- Children younger than 6 months of age should not get the flu shot, but it is recommended for others 6 months of age and up.
- The nasal spray vaccine is approved for people ages 2-49.



- **Haemophilus Influenzae Type B**

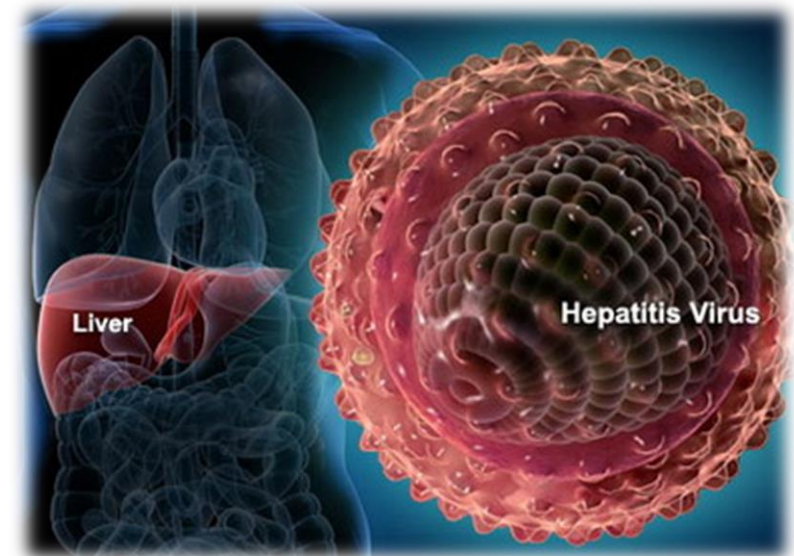
- A bacteria capable of causing a range of diseases
- Spread through the air or by direct contact
- Complications: meningitis (infection of the brain and spinal cord), epiglottitis (life-threatening infection of the windpipe), pneumonia, intellectual disability, and death
- Hib vaccine prevents against haemophilus influenza type B.

- **Hepatitis A**

- A serious liver infection caused by the hepatitis A virus
- Spread by direct contact, contaminated food or water
- Complications: liver failure, joint pain, and kidney, pancreatic, and blood disorders
- HepA vaccine protects against hepatitis A.

- **Hepatitis B**

- A serious liver infection caused by the hepatitis B virus.
- Spread by contact with blood or bodily fluids
- Complications: permanent liver damage, liver cancer, cirrhosis, and death
- HepB vaccine protects against hepatitis.

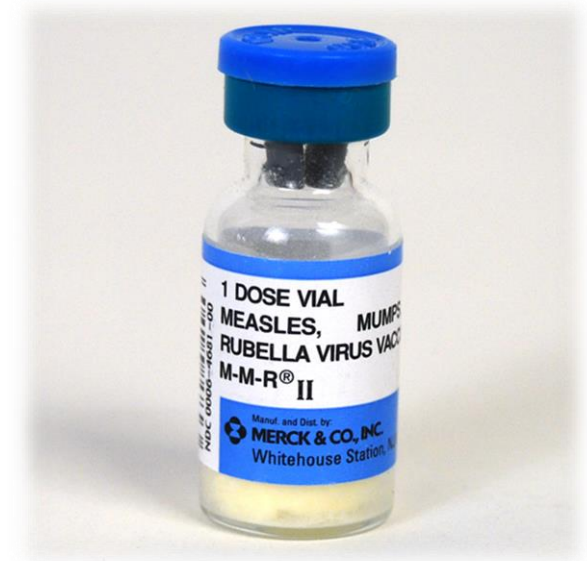


- **HPV**

- The most common sexually transmitted infection in the U.S.
- There are many different types of HPV. Some types will cause warts and some types can lead to cancer, especially cervical cancer in women.
- Recommended for female adolescents
- Gardisal and Gardisal 9 vaccines protect against HPV.
- Women can get the vaccine up to 26 years of age, and men can get it up to 21 years of age.

- **Measles, mumps, and rubella**

- All are spread by air or through direct contact
- Measles is a very contagious disease that can cause a high fever and rash that spreads all over the body
- Mumps is spread by sneezing, coughing, or even just talking and causes swollen glands and jaws
- Rubella is a mild disease, but if pregnant women get the disease, it can cause miscarriage, premature birth, and birth defects.
- MMR vaccine protects against measles, mumps, and rubella

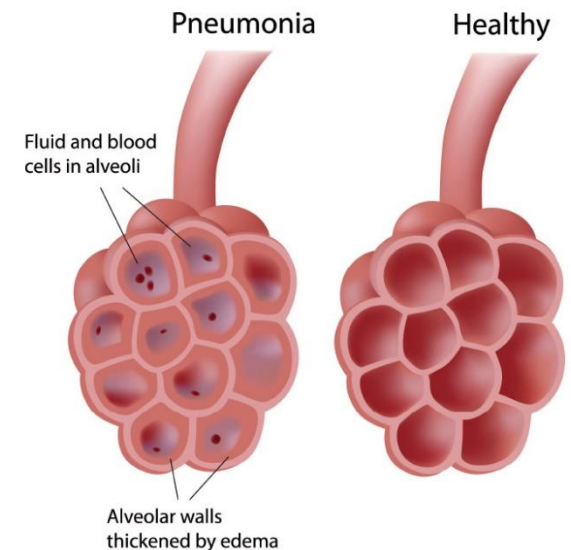


- **Meningococcal Disease (meningitis)**

- A severe bacterial infection of the bloodstream or meninges (a thin lining covering the brain and spinal cord) caused by the meningococcus germ.
- Spreads through sneezing and coughing of an infected person
- Complications: permanent brain damage, hearing loss, limb amputation, and death
- MCV4 vaccine helps prevent the disease for people ages 2-55.
- MPSV4 vaccine helps prevent the disease in people ages 56 and older.
- Neither of the vaccines prevent against type B meningococcus germs which accounts for 1/3 of adolescent cases.

- **Pneumococcal disease**

- An infection caused by bacteria that affects the lungs, blood, ears, and brain
- Spread by coughing and sneezing of an infected person
- Complications: ear infections, blood infections, death
- PCV13 vaccine protects against pneumococcal disease for all infants, children, and adolescents.
- PCV23 protects against pneumococcal disease for adults ages 65 years and older or anyone at high risk for disease.



- **Polio**

- A virus that attacks the body's nervous system
- Spread by air, through direct contact, and through the mouth
- Complications: paralysis and death
- IPV vaccine protects against polio.

- **Rotavirus**

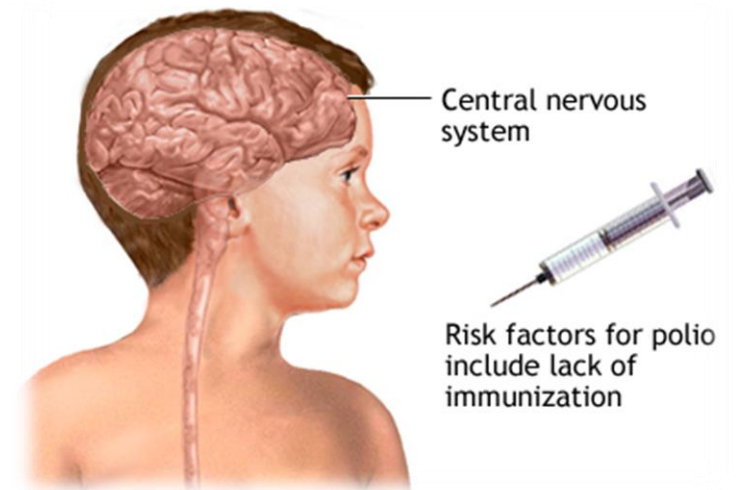
- A virus that infects the bowels
- Spread through infected surfaces that have stool on them from infected people
- The virus can live on a surface for days unless killed by a disinfectant.
- Complications: severe diarrhea and dehydration
- The RV vaccine protects against rotavirus.

- **Shingles**

- A painful skin rash caused by the varicella zoster virus
- Spread by direct contact with fluid from the rash blisters caused by shingles
- Once the rash becomes dry and crusty, it is no longer contagious.
- The zoster vaccine protects against Shingles.

- **Tetanus, diphtheria, pertussis**

- You can get tetanus through cuts and puncture wounds by means like splinters, animal bites, tattoos, and body piercings. The disease can cause severe muscle spasms that can break a child's bones or even death.
- Diphtheria is caused by a bacteria that attacks the tonsils, throat, voice box, and/or nose. It can be spread from person to person through sneezing, coughing, or breathing. Sometimes it can cause paralysis, heart failure, coma, or death.
- Pertussis is whooping cough, and it is caused by a bacteria that infects the respiratory tract. It is highly contagious and can cause pneumonia, seizures, brain infections, and death.
- Dtap and Tdap vaccines protect against tetanus, diphtheria, and pertussis. (Td is a booster that protects against tetanus and diphtheria.)





Vaccines for Children

Ask a doctor about getting these vaccines for your child.

Age	Vaccination
1-2 months	Hepatitis B
2 months	Tetanus, diphtheria, pertussis Polio Haemophilus influenza type b Pneumococcal disease Rotavirus
4 months	Tetanus, diphtheria, pertussis Polio Haemophilus influenza type b Pneumococcal disease Rotavirus

6 months	Tetanus, diphtheria, pertussis Haemophilus influenza type b Pneumococcal disease Rotavirus Polio
6-18 months	Hepatitis B Polio Flu shot (yearly)
12-15 months	Haemophilus influenza type b Measles, mumps, and rubella Pneumococcal disease Chickenpox
12-23 months	Hepatitis A
15-18 months	Tetanus, diphtheria, pertussis
4-6 years	Measles, mumps, rubella Tetanus, diphtheria, pertussis Polio Chickenpox






Vaccines for Ages 7-18

Adolescents need shots too, even if they got them as a baby. This is because:

- Protection against some diseases weakens over time.
- Some diseases pose special risks to adolescents.
- New or better shots are always being created.
- Some may need shots that they missed when they were younger.
- Adolescents can also get “catch-up” shots if he/she missed any in childhood.

Ask your doctor about getting these vaccines.

Ages	Vaccination
From ages 7-10 children need:	<ul style="list-style-type: none">• Tetanus, diphtheria, pertussis• Meningococcal disease
Beginning at age 11-12, adolescents may need shots for: 	<ul style="list-style-type: none">• Tetanus, diphtheria, pertussis• Meningococcal Disease (meningitis) ⇒ BOOSTER AT 16 YEARS OLD• The flu• Pneumococcal disease (if at high risk)• HPV<ul style="list-style-type: none">○ Recommended for female adolescents○ Women get the vaccine up to 26 years old and men up to 21
Adolescents may need to catch up on:	<ul style="list-style-type: none">• Hepatitis A• Hepatitis B• Measles, mumps, and rubella• Polio• Chickenpox



Vaccines for Adults 19 and Older



Ask your doctor if you need these vaccines.

Age	Vaccination
19-59 years old	Flu Tetanus, diphtheria, pertussis BOOSTER Pneumococcal
60+ years old	Shingles Flu Tetanus, diphtheria, pertussis BOOSTER Pneumococcal