

## What are immunizations?



Immunizations, or vaccinations, protect your baby from getting sick. Your baby's **PCP** (doctor) will immunize your baby from a disease by injecting a small amount of killed or weakened virus or bacteria that causes the disease. These vaccinations are much safer for your child than the actual diseases they protect against. After getting these shots, your baby will be protected from getting those diseases.

## Which diseases?

These diseases can cause breathing problems, brain damage, or even death. You've probably heard of these diseases:

**Whooping Cough**   **Hepatitis B**  
**Measles**   **Mumps**  
**Polio**   **Diphtheria**  
**Meningitis**   **Influenza**

## When should immunizations start?

You should start protecting your child from birth. By the time your child is two years old, he or she should have received most of the shots on the chart.

## How do I know if my child is fully immunized?

You can find out if your child has all of his or her immunizations by talking to your child's **PCP** (doctor). Your doctor will tell you:

- ◆ Which shots your child needs
- ◆ The shots your child has had
- ◆ When your child needs the next shot
- ◆ What reactions your child might have and What you should do

## Keep track of your child's shots.

To help you keep track:

1. Write down the shots your child received on the card (opposite page).
2. Take the card with you every time your child gets a shot.

## You're never too old...

Immunizations are not just for kids. Adults also need protection, such as:

**Tetanus Booster**  
**Flu Shot**  
**Pneumovax**

Ask your doctor which shots you may need.

## Childhood Immunization Record

Name of Child: \_\_\_\_\_

Child's PCP: \_\_\_\_\_

Health Care Site: \_\_\_\_\_

Write down when your child gets a shot:

Shots	Dates	Dates	Dates
HepB			
Rota			
DTaP / Tdap			
Hib			
PCV			
IPV			
MMR			
Varicella			
HepA			
HPV			
MCV4			

Age	Birth	1 month	2	4	6	12	15	18	19-23	2-3 Yrs	4-6	7-10	11-12	13-14	15	16-18
HepB	✓	↑														
Rota		✓	✓	✓	✓											
DTaP		✓	✓	✓	✓											
HIB		✓	✓	✓	✓											
PCV		✓	✓	✓	✓											
IPV		✓	✓	✓	✓											
Influenza																
MMR																
Varicella																
HepA																
HPV																
MCV4																

A check (✓) means that your child is due for a shot, and an arrow (↑) shows the recommended age range.

## Remember:

- If you want to keep your baby healthy, talk to your doctor about immunizations.
- Preventing diseases is as easy as getting a shot.
- If there is something that you don't understand, ask. This way you can be sure that you are doing everything you can to keep your baby healthy.
- It's important that kids get all of their shots on time and on schedule.
- Make sure you don't forget or put off taking your baby to his or her doctor.

### For more information, call:

MetroPlus Health Plan's Care Management

**1-800-579-9798**

NYC Health Department's  
Immunization Hotline

**212-676-2273**

The information contained in this publication should not be used as a substitute for the medical care and advice of your doctor. There may be variations in treatment that your doctor may recommend based on individual facts about you or your baby.

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1-800-303-9626  
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1-800-475-METRO

[www.MetroPlus.org](http://www.MetroPlus.org)

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# ALL ABOUT CHILDHOOD IMMUNIZATIONS



 **MetroPlus**  
1-800-475-METRO Health Plan  
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