

What are immunizations?



Immunizations or shots protect your baby from getting sick. Your baby's **PCP** (doctor) can give your baby a shot by injection or liquid by mouth.

Why are shots important?

Shots are important because they protect you from getting certain diseases. These diseases can be very serious. Some can cause breathing problems, brain damage or even death. You probably heard of these diseases:

Whooping Cough **German measles**

Measles **Mumps**

Polio **Diphtheria**

HIB **Hepatitis B**

Meningitis **Pneumonia**

When should immunizations start?

You should start protecting your child from sicknesses at birth. By the time your child is two years old, he or she should have received the following shots: **HepB**, **DTap**, **MMR**, **Hib**, **PCV**, **Chicken pox** and **Polio**.

How do I know if my child is fully immunized?

You can find out if your child has all 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 in this card (opposite page).
2. Take it with you every time your child gets a shot.

You're never too old

Immunizations are not just for kids. Grown-ups also need protection from certain sicknesses. They need shots, like:

Tetanus Booster

Flu Shot

Pneumovax

Ask your doctor if you need any of these shots.

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			
DPT			
Polio			
PCV			
Hib			
MMR			
Chicken pox			

A check ✓ means that your child is due for a shot.

Shots	Age	Birth	2 Months	4 Months	6 Months	12 Months	15 Months	4-6 Years	11-12
HepB		✓							
DPT			✓	✓	✓		✓	✓	
HIB			✓	✓	✓		✓		
Polio			✓	✓		✓		✓	
MMR						✓		✓	
PCV			✓		✓		✓		
Chicken pox						✓			

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 on Immunizations call:

MetroPlus Health Plan's Care Management

1-800-579-9798

NYC Department of Health Immunization

1-888-799-8789

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.

MetroPlus Health Plan
160 Water Street, New York, NY 10038

Member information:

1-800-303-9626

For information about MetroPlus Health Plan:

1-800-475-METRO

ALL ABOUT CHILDHOOD IMMUNIZATIONS

