



Shots to Protect Your Child

“I want my daughter to grow up happy and healthy. It’s my job to keep her safe. Just like she wears her seat belt, I make sure she gets all her shots on time.”

—Kaiser Permanente member

We believe in keeping kids healthy

We know you’re committed to doing everything you can to keep your child healthy and safe. We are too. That’s why we:

- Protect children against serious, preventable diseases with regular immunizations.
- Believe no child should suffer from a preventable disease when safe, effective protection is available.
- Understand parents are faced with conflicting information about vaccines.
- Know that delaying or declining immunizations leaves your child unprotected when they’re most vulnerable.

How important are immunizations?

Immunizations protect your child, family, and community from preventable diseases.

Without vaccinations, serious illnesses return. We’ve seen this happen in California with outbreaks of pertussis (whooping cough) and measles.

How can I protect my child?

Be sure to attend your well-child visits and keep up with recommended immunizations. Here’s why it’s important to stick to the standard schedule:

- Spacing out the shots leaves your child unprotected against serious diseases when they’re most vulnerable.
- Having combination shots reduces the total number of injections. They provide safe, effective protection.
- Getting multiple shots during one visit means fewer trips to the doctor’s office. This is less stressful for your child.
- Staying on schedule is safest. You won’t have to worry about gaps in protection.

What about after the shots?

Most children feel fine and go right back to their usual routine. The risk of mild side effects is low compared to the risk of serious illness. Serious side effects are very rare. Some children:

- Can have mild reactions after the injection. These include a sore arm, swelling at the site of the shot, or a low fever.
- May be fussy or sleepy afterward. This is more common in babies.

We can help you stay on top of your family’s immunizations.

- Visit kpdoc.org/healthreminders to see when your child is due for well checks and immunizations.
- Download our My Doctor Online app to manage appointments, join a video visit, get preventive care reminders, view test results, email your doctor, and more.

When is my child due for well visits and shots?*

Stage	Age/Well Visit	Immunizations Needed ‡	Important Notes
Newborns	Right after birth	Hepatitis B (Hep-B)	
	2 to 4 days 2 weeks		<ul style="list-style-type: none"> Babies are vulnerable to pertussis (whooping cough) and flu. Anyone who spends time with your baby needs to be current on their Whooping cough (Pertussis) booster and flu vaccine.
Babies	2 months 4 months 6 months†	<ul style="list-style-type: none"> Diphtheria, tetanus, pertussis, hepatitis B, polio (DTaP-HepB-IPV) Haemophilus influenzae type B (Hib) Pneumococcal conjugate (PCV13) Rotavirus (RV at 2 and 4 months) 	<ul style="list-style-type: none"> Everyone 6 months and older needs a seasonal flu vaccine each year.
	Toddlers	12 months†	<ul style="list-style-type: none"> Diphtheria, tetanus, pertussis (DTaP) Haemophilus influenzae type B (Hib) Hepatitis A (HepA) Measles, mumps, rubella, varicella (MMRV) Pneumococcal conjugate (PCV13)
Preschool	18 months† 24 months†	<ul style="list-style-type: none"> Hepatitis A (HepA) 	<ul style="list-style-type: none"> Get a flu vaccine every year.
	3 years† 4 to 5 years†	<ul style="list-style-type: none"> Diphtheria, tetanus, pertussis (DTaP) Polio (IPV) Measles, mumps, rubella, varicella (MMRV) 	<ul style="list-style-type: none"> Get a flu vaccine every year.
School Age	6 to 8 years† 8 to 10 years†		<ul style="list-style-type: none"> Get a flu vaccine every year.
Preteens	11 to 12 years†	<ul style="list-style-type: none"> Tetanus, diphtheria, pertussis (Tdap booster) Human papillomavirus (HPV) Meningococcal (MCV4) 	<ul style="list-style-type: none"> Get a flu vaccine every year. HPV vaccine can be started as early as age 9. This vaccine prevents cancers.
Teens	13 to 15 years† 16 to 18 years†	<ul style="list-style-type: none"> Catch-up as needed Meningococcal (MCV4) booster 	<ul style="list-style-type: none"> Get a flu vaccine every year. Teens need well checks every 1 to 2 years.

* These recommendations are for generally healthy children. Your child's doctor may recommend a slightly different schedule.

‡ Proof of required shots is needed to register for day care and school.

† Everyone 6 months and older needs a seasonal flu vaccine each year.

To learn more, visit kp.org/mydoctor or vaccineinformation.org.

This information is not intended to diagnose or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor. Some photos may include models and not actual patients.