



“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.”
—Mother of a Kaiser Permanente member, San Rafael

How important are immunizations?

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

- Without vaccinations, serious illnesses return. Children and adults who are not protected can become very sick and spread illness through your community.
- We have seen this happen recently, with outbreaks of pertussis (whooping cough) and measles in California.
- With serious and even deadly diseases circulating, we need to protect everyone in the community to keep each other safe and healthy.

We believe in keeping kids healthy

We know you are 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.
- Believe no child should suffer from a preventable disease when safe, effective protection is available.
- Protect ourselves and our families with regular immunizations.
- Understand parents are faced with conflicting information about vaccines.
- Know that delaying or declining immunizations leaves your child unprotected when he or she is most vulnerable.

How can I protect my child?

Be sure to come to your well child visits, and keep up with recommended immunizations.

- We do not recommend deviating from the standard schedule.
- Spacing out the shots leaves your child unprotected against serious diseases when he or she is most vulnerable.
- Combination shots reduce the total number of injections and provide safe, effective protection.
- Multiple shots during one visit mean fewer trips to the doctor’s office and less stress for your child.
- Keeping up with the standard schedule is safest. You won’t have to worry about leaving gaps in protection.

What about after the shots?

Most children feel fine and go right back to their usual routine.

- Others have mild reactions, such as a sore arm, swelling at the site of the shot, or a low fever.
- Some babies may be fussy or sleepy afterward.
- Serious side effects are very rare.
- Keep in mind that the risks of having mild side effects from the shots are minimal compared to the risk of getting seriously ill from diseases we can prevent.

See reverse for schedule ➡

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)	
	2–4 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 a Tdap booster and a flu vaccine.
Babies	2 months 4 months 6 months	<ul style="list-style-type: none"> Diphtheria, Tetanus, Pertussis, Hepatitis B, Polio (DTaP-Hep B-IPV) Haemophilus influenzae type B (Hib) Pneumococcal conjugate (PCV13) Rotavirus (<i>at 2 and 4 months</i>) 	<ul style="list-style-type: none"> Everyone 6 months and older needs a seasonal flu vaccine each year. All children 6 months to 8 years getting the flu vaccine for the first time need 2 doses.
	12 months	<ul style="list-style-type: none"> Diphtheria, Tetanus, Pertussis (DTaP) Haemophilus influenzae type B (Hib) Hepatitis A (Hep A) Measles, Mumps, Rubella, Varicella (MMRV) Pneumococcal conjugate (PCV13) 	
Preschool	18 months 24 months	Hepatitis A (Hep A)	<ul style="list-style-type: none"> 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"> Flu vaccine every year
School Age	6 to 8 years 8 to 10 years		<ul style="list-style-type: none"> Flu vaccine every year
Preteens	11 to 12 years	<ul style="list-style-type: none"> Tetanus, Diphtheria, Pertussis (Tdap booster) Human Papilloma Virus (HPV) 3 doses Meningococcal (MCV4) 	<ul style="list-style-type: none"> 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"> 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.
- Everyone 6 months and older needs a seasonal flu vaccine each year.
- Proof of required shots is needed to register for daycare and school.

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

- Visit kp.org/mydoctor and click on “Preventive Health Reminders.”
- Download our Northern California Preventive Care App. We will send personal reminders when your child is due for immunizations and well checks.

What if I have questions?

We are happy to talk with you anytime about protecting your child. Feel free to call or send a secure email. Together, we can keep your child healthy.

This information is not intended to diagnose health problems 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.

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Recommended Resources

- kp.org/mydoctor
 - Review immunization information our pediatricians recommend
 - Find quick links to CDC schedule and Vaccine Information Statements
- Immunize.org
 - California Immunization Action Coalition
- Ecbt.org
 - Every Child By 2
- ShotsForSchool.org
 - CA Department of Public Health