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.

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?

<table>
<thead>
<tr>
<th>Stage</th>
<th>Age/Well Visit</th>
<th>Immunizations Needed</th>
<th>Important Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Newborns</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Right after birth</td>
<td>Hepatitis B (Hep B)</td>
<td>• Babies are vulnerable to pertussis (whooping cough) and flu.</td>
</tr>
<tr>
<td></td>
<td>2–4 days 2 weeks</td>
<td></td>
<td>• Anyone who spends time with your baby needs a Tdap booster and a flu vaccine.</td>
</tr>
<tr>
<td><strong>Babies</strong></td>
<td>2 months</td>
<td>Diphtheria, Tetanus, Pertussis, Hepatitis B, Polio (DTaP-Hep B-IPV)</td>
<td>• Everyone 6 months and older needs a seasonal flu vaccine each year.</td>
</tr>
<tr>
<td></td>
<td>4 months 6 months</td>
<td>Haemophilus influenzae type B (Hib)</td>
<td>• All children 6 months to 8 years getting the flu vaccine for the first time need 2 doses.</td>
</tr>
<tr>
<td></td>
<td>12 months</td>
<td>Diphtheria, Tetanus, Pertussis (DTaP)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>18 months 24 months</td>
<td>Haemophilus influenzae type B (Hib)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3 years</td>
<td>Hepatitis A (Hep A)</td>
<td>• Flu vaccine every year</td>
</tr>
<tr>
<td></td>
<td>4 to 5 years</td>
<td>Diphtheria, Tetanus, Pertussis (DTaP)</td>
<td>• Flu vaccine every year</td>
</tr>
<tr>
<td></td>
<td>6 to 8 years 8 to 10 years</td>
<td>Polio (IPV)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>11 to 12 years</td>
<td>Tetanus, Diphtheria, Pertussis (Tdap booster)</td>
<td>• Flu vaccine every year</td>
</tr>
<tr>
<td></td>
<td>13 to 15 years 16 to 18 years</td>
<td>Meningococcal (MCV4)</td>
<td>• Flu vaccine every year</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Catch-up as needed</td>
<td>• Teens need Well Checks every 1 to 2 years</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Meningococcal (MCV4) booster</td>
<td></td>
</tr>
</tbody>
</table>

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