

Once upon a time...

Not so very long ago,

Not so very far away,

A baby was born.

*The Story of Shots*



That baby was your  
brand new  
little girl or boy.



Remember?



When your baby was born,  
you held your new  
little girl or boy,  
and thought about  
your dreams,  
your hopes for your  
baby's future.



Like parents  
everywhere,  
you ask yourself,  
“What can I do to keep  
my child healthy?”

There are lots of things  
you can do.



Make sure your  
child eats right.

Try to make your  
home a safe place.

Take your child for  
regular check-ups.

Get your child's  
shots on time.





This is the  
Story of Shots  
and what shots  
can do to protect  
your child.

When is the right  
time for shots?

Where do you go to  
find out about free  
or low-cost shots  
for your child?



We hope this book  
will help you and  
your family live a  
healthier life.

Happily ever after.



The beginning of a healthy future for your child.

**W**hy are shots important? Shots protect babies, children, and adults from diseases that cause pain, suffering, or even death.

*Shots can prevent diseases.*

*Polio.* Children and adults who get polio can become paralyzed. For the rest of their lives they may not be able to move their arms or legs.

*Measles* causes a high fever, rash, and a cough. Some children who get measles get ear infections, diarrhea, or pneumonia. Measles can also cause seizures (fits or convulsions), deafness, brain damage, or death.



*Mumps.* A child with mumps will often have swollen cheeks or jaws. Mumps can cause more serious problems like meningitis (swelling of the covering of the brain) or deafness.

*Chickenpox* is a disease that causes a fever and rash. Most children do not get very sick when they have chickenpox, but they can have problems. If your child gets chickenpox, you may have to miss work for up to two weeks.

*Whooping cough,* or pertussis, causes dangerous coughing spells that last for weeks. Babies with pertussis often have to go into the hospital to be treated, and some die.

*Rubella* or German measles is a mild disease for children. It causes a fever and rash. A pregnant woman who gets rubella may lose her baby or have a baby with birth defects.



*Tetanus* germs enter your body through a scratch, cut, or wound. The germs grow and make a poison that attacks your nervous system. The poison causes painful spasms in the jaw and other muscles. If you get tetanus, you must be treated in a hospital for several weeks.

*Hepatitis B* can cause the liver to fail or can cause liver cancer or death. A baby can get hepatitis B from his mother during pregnancy. Hepatitis B is also passed from one person to another during sex or through sharing things like needles to inject drugs, toothbrushes, or razors.

*Hepatitis A* is a disease of the liver that causes jaundice, abdominal pain, loss of appetite, diarrhea, and fever. It is usually spread from person to person by putting something in the mouth that has been contaminated with the stool of a person with hepatitis A.



*Diphtheria*. If you get diphtheria, you may have a sore throat, fever, and chills. It will be hard to swallow and breathe. Diphtheria kills one out of every nine people who get it.

*Hib, Haemophilus influenzae* type b, can cause meningitis or pneumonia. When young children get Hib, they often become brain damaged or die.

*Meningococcal diseases*. A bacterium called *Neisseria* can also cause meningitis and blood infections. Someone over the age of 2 years with meningitis may have high fever, headache, and a stiff neck. Rashes may break out on the body. In babies, these symptoms are hard to notice and the babies may only seem extremely sleepy, cranky, have vomiting, or may eat poorly. People with these symptoms need to be seen by a doctor right away.



*Pneumococcal diseases* can cause meningitis, blood infections, and ear infections.

*Influenza* or the flu. People who get the flu can feel tired and have a high fever, headache, cough, runny or stuffy nose, sore throat, and body aches. Most people get over the flu, but some, such as the very old, very young, and people with certain diseases, can have serious problems.

*Rotavirus* is a virus that causes severe diarrhea, fever, and vomiting. Rotavirus is the most common cause of severe diarrhea in babies and young children. It can cause children to lose body fluids very quickly and is very dangerous for children less than two years of age.

*Human papillomavirus* or HPV. There are different types of HPV. The vaccine prevents infection from the most common types. There is no cure for HPV. Routine vaccination is recommended for girls 11-12 years of age, before they are exposed to the virus.



Every child needs these vaccines at these ages to be fully protected against some serious diseases.

| Age            | Vaccines   |
|----------------|--|
| Birth          | HepB   |
| 2 months       | HepB, DTaP, Hib, IPV, PCV7, Rotavirus            |
| 4 months       | DTaP, Hib, IPV, PCV7, Rotavirus                  |
| 6 months       | HepB, DTaP, Hib, IPV, PCV7, Rotavirus, Influenza |
| 12 months      | Hib, PCV7, Varicella, MMR, HepA                  |
| 15 - 18 months | DTaP*  |
| 18 months      | HepA   |
| 4 - 6 years    | DTaP, IPV, MMR, Varicella                        |
| 11 - 12 years  | Tdap, MCV4, HPV                                  |

(\*This dose can be given as early as 12 months provided 6 months have elapsed since the 3rd dose)

Your child will get four or five vaccines at each visit to the doctor or clinic.



Vaccines protect your child from these diseases.

| Vaccines  | Vaccines and the Diseases they prevent                               |
|-----------|--|
| HepB      | Hepatitis B  |
| DTaP      | Diphtheria, Tetanus (lockjaw), Pertussis (whooping cough)            |
| Hib       | Diseases caused by the organism <i>Haemophilus influenzae</i> type b |
| IPV       | Poliovirus   |
| PCV7      | Pneumococcal diseases  |
| Rotavirus | Rotavirus  |
| Varicella | Chickenpox   |
| MMR       | Measles, Mumps, Rubella (German measles)                             |
| HepA      | Hepatitis A  |
| Tdap      | Tetanus (lockjaw), Diphtheria, Pertussis (whooping cough)            |
| Influenza | Flu (annually beginning at age 6 months)                             |
| MCV4      | Meningococcal diseases   |
| HPV       | Human Papillomavirus   |



## Free Vaccines for Your Child

Your child may be eligible for free vaccines through the Texas Vaccines for Children (TVFC) Program.

The TVFC is a state-operated program funded with federal and state money to provide free or low-cost vaccines to eligible children from birth through 18 years of age.

Ask your doctor if your child is eligible.



## Your child may be eligible for TVFC if your child...

- ☞ Is enrolled in Medicaid, or
- ☞ Does not have health insurance, or
- ☞ Is an American Indian, or
- ☞ Is an Alaskan native, or
- ☞ Is a patient who receives benefits from the Children's Health Insurance Plan (CHIP), or
- ☞ Is underinsured (has health insurance that Does Not pay for vaccines, has a co-pay or deductible the family cannot meet, or has insurance that provides limited wellness or prevention coverage), or
- ☞ Is a patient who is served by any type of public health clinic and does not meet any of the above criteria.



Your doctor or nurse will give you a shot record for your child. Keep this card in a safe place and remember to take it with you each time your child goes to the doctor or clinic.

Your child will need his shot record when he goes to day-care and later when he goes to school. He will even need it when he goes to college and for some jobs. If you lose the shot record, you need to replace it. If your child's shot record is in ImmTrac, you could replace the record very easily.



## Immunization Registry

ImmTrac, the Texas immunization registry is an electronic (computer) system that keeps a complete history of your child's shots. ImmTrac is a free service offered to all Texas families. Doctors, health departments, and schools can use ImmTrac to find out when your child's shots are due, when you give your permission in writing. You can register your child in ImmTrac by signing a form when your child is born or at your doctor's office. If your doctor is not participating in ImmTrac, call the Immunization Branch at (800) 252-9152 and ask how you can register your child in the program.



## What are the risks of vaccines?

**S**ome parents do not want their children to get shots because they heard about children who got sick or injured from shots. Serious problems from shots are very rare, but they can happen after getting any vaccine or medicine. Many children have mild side effects after a shot. Your child might:

- ☞ have a red or sore area where the shot was given,
- ☞ have a low fever, or
- ☞ be cranky or fussy.



These problems are common.

Here are some things you can do to make your baby feel better:

- ☞ Give your child a medicine that keeps the fever down, like acetaminophen or ibuprofen. You should give this medicine every four to six hours after a shot. It is important that you do not give your child aspirin.
- ☞ Put a cool cloth on the arm or leg where the shot was given.
- ☞ Gently rub the area where the shots were given.



## Moderate side effects

The MMR (measles, mumps, and rubella) vaccine can cause other problems. These might happen one to two weeks after your child gets the shot:

- ☞ a fever of 103°F (39.4°C) or higher,
- ☞ a rash,
- ☞ a swelling in the cheeks or under the jaw,
- ☞ joints feel stiff or hurt slightly, or
- ☞ hands and feet hurt or feel numb.

The chickenpox vaccine might cause a rash about two weeks after getting the shot. If your child gets a rash from the vaccine, he or she could give chickenpox to someone else.



## Serious side effects

Serious problems with vaccines are rare. If your child has a serious problem in the first three days after getting a vaccine, you need to call the doctor or clinic right away or take your child to the doctor or emergency room right away.

Serious side effects include:

- ☞ seizures (fits or convulsions),
- ☞ fever of 105°F (40.6°C) or higher,
- ☞ crying that doesn't stop for three hours or longer,
- ☞ looking very pale,
- ☞ hearing loss, or
- ☞ hives, loss of breath, or turning blue.



Respiratory Syncytial Virus (RSV) is a very common virus that causes mild, cold-like symptoms in adults and older healthy children. However, RSV can cause serious lung infections in young babies, especially those in certain high-risk groups.

There is no vaccine for RSV. To protect your baby, wash hands before touching the baby. Keep the baby away from people with cold-like symptoms and from crowds during RSV season (usually the winter months). Call your doctor, clinic, or health department to learn more about how to prevent RSV.

Shots (vaccines) are much safer  
than the diseases children can  
get if they don't get their shots.

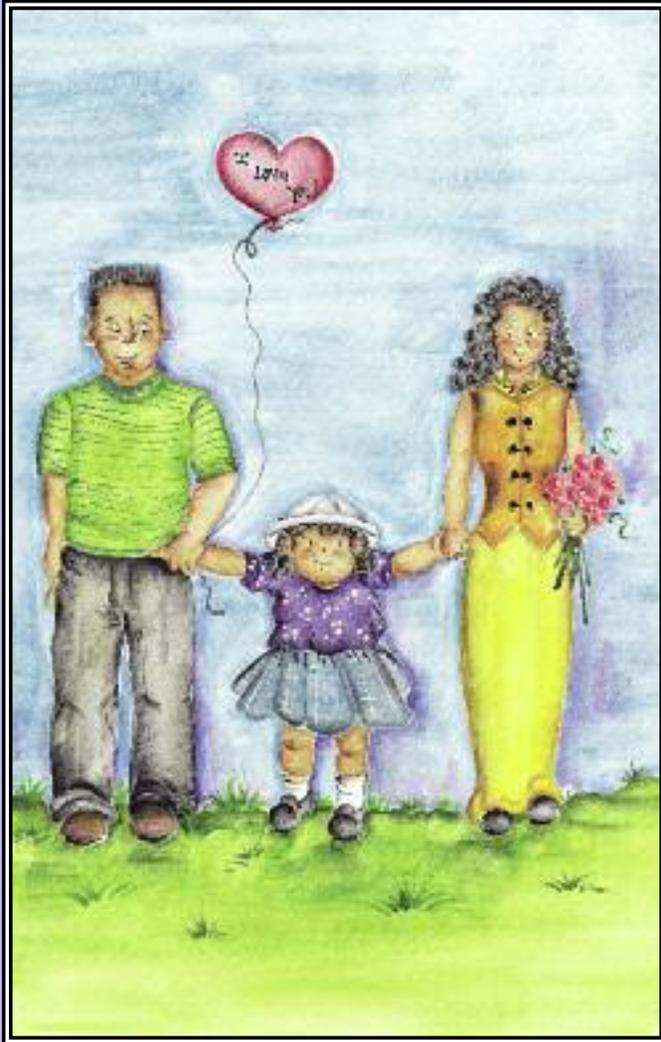
To learn more about vaccines or  
where to get them, call the  
Texas Department of State Health Services  
Immunization Branch at  
(800) 252-9152 or (512) 458-7284.

[www.ImmunizeTexas.com](http://www.ImmunizeTexas.com)

If your child is on Medicaid, call the  
Texas Health Steps Program at  
(877) 847-8377.



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*Texas Department of State Health Services  
Immunization Branch*