VACCINES: WHAT SHOULD PARENTS KNOW?

Parents want to do the best to protect and care for their child, and it isn’t always easy. Making sure you and your child get your vaccines on time is one of the most important things you can do to make sure your family stays healthy for their whole lives. Vaccines are the best way to stay protected against disease.

Are vaccines (shots) safe?
Yes, vaccines are safe. Vaccines have been carefully reviewed by doctors, scientists, and other healthcare professionals over many years. Some people have serious allergic reactions to them, but this is very rare. Be sure to let your doctor know if you or your child has any allergies before getting a vaccine.

Why should I vaccinate my child?
Vaccines (shots) help your child’s immune system fight diseases and protects them from life-threatening sickness.

Making sure your family has their shots can also help stop diseases from spreading. There are some diseases that don’t exist anymore because generations of people got vaccinated.

When does my child need their shots?
Making sure your baby or child gets the necessary vaccines on time helps boost their immune system before they come in contact with viruses and germs that can make them very sick. Babies are born with low immune systems and this can cause them to get sick very easily, so getting them vaccinated when it is recommended by their doctor can help build up their immune system and keep them from getting sick.

Please see page 4 for chart on when to get your baby or child vaccinated.

REFERENCES:
• https://www.cdc.gov/vaccines/growing/index.html
• https://www.vaccines.gov/getting/for_parents/five_reasons/index.html
It is important to find out if your child might be exposed to lead. Lead is a metal that is poisonous to our bodies in even small amounts. If children have lead in their blood they might have slow growth and development; delays in learning, hearing and speech; and behavior problems.

How do children get lead poisoning?
- Touching lead-based paint then putting their hands in their mouths.
- Breathing in dust from newly repaired floors or walls that may have lead in them.
- Drinking water that flows through old lead pipes and faucets that may have lead in it.
- Eating food stored in bowls painted with lead paint. Some children eat non-food items such as dirt and paint chips which may have lead in them. This habit is called pica.
- Playing or touching toys, jewelry or objects from countries without strict lead rules.
- Coming in contact with folk or home remedies from many cultures, which have lead in them (such as greta or azarcon, litharge, ba- baw- san, ghasard, and daw tway).

I’m pregnant. Can lead hurt my unborn baby?
Lead is especially dangerous for pregnant people and their babies. Too much lead can cause high blood pressure in the mother which over time can cause damage to the mother’s health. Once lead is in your system it is hard to get out or treat. Lead gets into the bodies of children under the age of six easier than into adults. Lead exposure can result in:
- Damage to the brain, kidneys, and nervous system
- Babies born too soon or too small
- Learning problems in children
- A miscarriage

How can I tell if my child has lead poisoning?
- Most children do not show symptoms of lead poisoning.
- The best way to tell is to have your doctor test your baby’s blood when they’re one year old, and then again at age two.

How do I protect my children and family from lead poisoning?
- Wash your children’s hands and toys often.
- Wipe down the floors with a wet mop and wet-wipe window sills.
- Take your shoes off when you enter the house to prevent bringing in dirt with lead in it.
- Keep children away from peeling paint. Put tape over loose paint.
- Make sure your landlord follows the law and removes peeling paint. Children and pregnant women should not live in housing built before 1978 that is being fixed up.
- Use cold water from the tap for drinking, cooking and making baby formula. Run drinking water for 30 to 60 seconds before using it.

If you live in New York City and think your house or apartment may have lead in it, call 311.
For any questions about lead and other environmental health issues call the NYS Environmental Health Infoline: 800.458.1158.

TO LEARN MORE, PLEASE VISIT:
New York City Department of Health: http://www1.nyc.gov/site/doh/health/health-topics/lead-poisoning-prevention.page
EARLY HELP MAKES A DIFFERENCE

Every child grows at a different rate. But, have you noticed that your child is not doing all the things that the other kids are doing? Don’t wait. Get help. Act early!

Here are some things you can expect your child to be doing at:

- **3 months:** turn their heads towards bright colors and lights, move both eyes to the same direction at one time, respond to mother’s voice, make cooing sounds, smile
- **6 months:** follow moving objects with eyes, reach for things and pick them up, help hold bottle during feeding, roll over
- **12 months:** sit up, pull to a standing position, crawl, play peek-a-boo, wave goodbye, say at least one word
- **18 months:** push and pull objects, say at least six words, follow simple directions, feed themselves, walk without help
- **2 years:** use two or three word sentences, say about 50 words, recognize pictures, kick a ball forward, turn two or three pages together
- **3 years:** throw a ball overhand, ride a tricycle, put on their shoes, open the door, turn one page at a time, repeat common rhymes

If you feel there is a problem, or that your child is falling behind, talk to your doctor who might talk to you about the New York State Early Intervention Program (EIP). The EIP is a program run by New York State for children with disabilities. It offers special help to children under three years old and their families.

**EIP can help you with:**
- Hearing and vision screenings
- Speech, physical and other therapies
- Home visits
- Family education, counseling and parent support groups
- Nursing and social work help

**How can you get EIP services for your child?**
If your doctor thinks there is a problem, they will help you get in touch with an EIP program. The EIP is FREE for any child who qualifies. In New York State, Medicaid and private health insurance can help pay for EIP services.

You can also get in touch with EIP yourself by calling **800.522.5006**. In New York City, call **311**.

For more information on the EIP program, go to: https://www.health.ny.gov/community/infants_children/early_intervention/
### BABY/CHILD VACCINATION TIMETABLE

<table>
<thead>
<tr>
<th>Vaccine against:</th>
<th>Birth</th>
<th>2 months</th>
<th>4 months</th>
<th>6 months</th>
<th>12 months</th>
<th>15 months</th>
<th>18-23 months</th>
<th>4-6 years</th>
<th>11-12 years</th>
<th>16 years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hepatitis B</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td></td>
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<td></td>
<td>1-2 mo.</td>
<td>6-18 mo.</td>
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<tr>
<td>Rotavirus</td>
<td>✓</td>
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<tr>
<td>Diphtheria, Tetanus, Pertussis (DTaP)</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
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<tr>
<td>Tetanus, Diphtheria, Pertussis (Tdap)</td>
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<td>✓</td>
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<td>✓</td>
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<tr>
<td>Haemophilus influenzae type b (Hib)</td>
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<td>✓</td>
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<tr>
<td>Pneumococcal Disease (PCV)</td>
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<td>✓</td>
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<td>12-15 mo.</td>
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<td>Polio (IPV)</td>
<td>✓</td>
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<td>6-18 mo.</td>
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<td>Influenza</td>
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</table>

Recommended yearly for all children aged 6 months and older. Ask your doctor if your child should receive one or two doses.

- Measles, Mumps, Rubella (MMR)*: See footnote 4
- Varicella (Chickenpox): ✓ 12-15 mo.
- Hepatitis A: ✓ ✓
- Human Papillomavirus (HPV)*: ✓ ✓
- Meningococcal Disease*: Ask your doctor if your child 2 months old or older should get vaccinated against meningococcal disease.

### Footnotes:

1. For some types of Hib and Rotavirus vaccine, the 6-month dose is not needed.
2. Tdap: Children 7-10 years old who are not fully immunized against pertussis should receive a single dose of Tdap.
3. PCV = Pneumococcal Conjugate Vaccine; PPSV23 = Pneumococcal Polysaccharide Vaccine
4. MMR: Children 6-11 months old who are traveling outside the U.S. should receive one dose of MMR before departure.
5. The HPV vaccine includes two shots given 6 months apart. It is recommended for both boys and girls. Teens who start the series after age 15, and some children with special medical conditions, may need three doses.
6. There are two vaccines that protect against meningococcal disease. Some children with special medical conditions may need both MCV4 and MenB.