

(Rubella continued)

How To Prevent: Immunize your child at 12–15 months of age. An MMR (measles, mumps, rubella) combination shot is available. A second MMR dose is recommended at age 4 or older. Check with your doctor or clinic about when to get the second MMR dose for your child.

PNEUMOCOCCAL INFECTION

WHY WORRY? Children under 2 years old are at highest risk of getting Pneumococcal infection. Pneumococcal infection is the leading cause of bacterial meningitis (inflammation of the lining of the brain) and is also a common cause of ear infections, pneumonia, and blood infections. Pneumococcal infections spread quickly, especially in child care centers. Pneumococcal infections can be hard to treat because the disease has become resistant to some of the drugs that have been used to treat it.

How To Prevent: All children under 2 years of age should receive pneumococcal conjugate vaccine (PCV7). A series of doses is given at 2, 4, 6, and 12–15 months of age. PCV7 is not recommended for children younger than 6 weeks or older than 5 years of age.

VARICELLA (chickenpox)

WHY WORRY? Even though varicella (chickenpox) is a common childhood disease, it can be serious. It causes a rash, itching, tiredness and fever but can lead to pneumonia, brain damage, or death. Fifty to 100 deaths from varicella are reported annually in the U.S., most of which occur in otherwise healthy children and adults.

How To Prevent: Immunize your child with a chickenpox vaccine at 12–18 months of age. All children between 19 months and their 13th birthday who have not had chickenpox or the chickenpox vaccine should be vaccinated before their 13th birthday. Most doctors recommend chickenpox vaccine for almost all children, but there are some exceptions. Your doctor or clinic can tell you whether your child should be vaccinated.

ABOUT SIDE EFFECTS

Vaccines are among our safest and most effective medicines, but like other medicines they can cause side effects. These are usually mild and brief, such as low fever, sore arm, or weakness after taking a shot. Very rarely, they are serious. Everyone should be informed about the benefits and risks of the vaccine before being immunized. Virtually all health officials agree that the benefits of vaccination are greater than the risks of possible side effects from the vaccines. If you have questions about the vaccines or immunizations, contact your doctor or health department.

The Colorado Immunization Record

IMMUNIZATION RECORD
Registro de Inmunizacion

NAME
Nombre _____

BIRTHDATE
Fecha de Nacimiento _____

ALLERGIES
Alergias _____

Your child must comply with Colorado's Immunization Law to be enrolled in school. Retain this document as proof of Immunization.

The official Colorado Immunization Record is available from your doctor or health department. It is designed to be your record of your child's immunizations, and will be especially valuable to you if your child is seen by more than one doctor or clinic or if you move.

The record should be started with your child's first visit to a doctor or health department and taken on each following visit. Ask the doctor or clinic to record the immunizations given and mark the date when the next one is due.

Colorado law requires proof of immunization or exemption before a child enters a school or day care center. With the immunization dates recorded on the Colorado Immunization Record, you can be sure that your child is up-to-date and protected against the preventable childhood diseases.

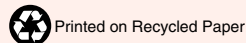


FOR MORE INFORMATION

If you have questions or need to know where you can get immunizations for your children, call your doctor or county health department or the Family Healthline: 303-692-2229 in metro Denver or toll-free statewide 1-800-688-7777. (Se habla español.)



Immunization Program
Colorado Department of Public Health and Environment
4300 Cherry Creek Drive, South
Denver, CO 80246-1530



**Complete the
circle of
protection**



IMMUNIZE!

New Parents

Many parents think that children don't need immunizations until they are ready to go to school. That's not true. **Children need to be immunized when they are babies. They need most of their immunizations before they are two years old, starting when they are born.** Preschoolers who are behind on their shots need to get them to "catch up" and be protected.

Please read about the immunizations and make certain your child is protected against hepatitis A and B, diphtheria, tetanus and pertussis (whooping cough); polio, Hib, measles, mumps, rubella and varicella (chickenpox) and pneumococcal infection.



Parents of School Children

Proof of immunization or exemption is required by law for children enrolling in schools and child care centers in Colorado. Remember that older children and teenagers need immunizations again between 11 and 15 years of age.

HEPATITIS A

WHY WORRY? Hepatitis A is a serious liver disease caused by the hepatitis A virus (HAV). HAV is found in the stool of persons with hepatitis A and is spread easily, especially in child care centers. Hepatitis A can be spread before symptoms occur. Hepatitis A can cause: fever and "flu-like" symptoms, jaundice (yellow skin or eyes), and severe stomach pains and diarrhea.

How To Prevent: The first shot of hepatitis A vaccine is given when a child is 2 years of age. Two doses of vaccine are given at least 6 months apart.

HEPATITIS B

WHY WORRY? A serious disease of the liver, caused by the hepatitis B virus (HBV). Some who are infected with HBV become carriers of the virus in their blood. Carriers may develop severe illness, lifelong HBV infection, cirrhosis of the liver, liver failure, and may die. The risk for lifelong infection is much higher for infants and children. About 1 in 4 babies who become HBV carriers dies of liver disease, cirrhosis, or liver cancer.

How To Prevent: The first shot of hepatitis B vaccine (HepB) is often given at the hospital just after birth, or at the baby's first doctor or clinic visit. If a mother has HBV in her blood when her baby is born, the baby will need the first HepB shot and Hepatitis B Immune Globulin (HBIG) within 12 hours after birth. The next 2 shots in the 3-dose series should be given within the recommended times and may be administered with some of the other baby shots.

DIPHTHERIA

WHY WORRY? Very dangerous. Diphtheria suffocates victims by forming a choking membrane across throat, and also produces a powerful poison which can damage heart, kidneys, nerves. "Modern medicines" have little or no effect in stopping the disease. About 1 in every 10 persons who gets diphtheria dies of it.

TETANUS (lockjaw)

WHY WORRY? Not a communicable disease, but preventable. Tetanus vaccine is the most effective shot available. Persons of all ages are at risk. If unimmunized, 4 out of 10 who get tetanus will die. Infection can occur from any wound which breaks the skin.

PERTUSSIS (whooping cough)

WHY WORRY? Most dangerous in early infancy—70% of whooping cough deaths occur in children less than 1 year old. Pneumonia occurs in 1 out of 6 children with pertussis. For every 1,000 pertussis cases reported, 20 develop convulsions, and 4 develop inflammation of the brain (encephalitis).

How To Prevent: Start DTaP immunizations at 2 months of age. A primary series is 3 doses given at 2 month intervals. Follow up with a booster dose when the child is 12–18 months old and again just before starting school. The DTaP or "baby shots" are a combination vaccine which gives protection against all three diseases—diphtheria, tetanus, and pertussis.

POLIO

WHY WORRY? Even though polio is rare in the U.S., there are thousands of cases in the rest of the world, so immunization is still vitally important. Failure to immunize will leave your children in danger. Two to 10% of those stricken suffer some form of paralysis. Unprotected preschoolers are at greatest risk.

How To Prevent: Start immunization with polio vaccine at 2 months of age. A primary series is 2 doses given at 2 month intervals and a third dose at 6–18 months of age. Follow up with a booster dose before starting school. Polio vaccine is often given at the same time as DTaP shots.

Hib (Haemophilus influenzae type b)

WHY WORRY? Hib bacterium infect the lining of the brain, causing meningitis. Usually Hib infects children under 2 years of age. Even though we have antibiotics to treat Hib, one out of every 20 children with Hib meningitis will die from the disease. Hib can also cause pneumonia and infections of the blood, joints, bone, soft tissue, throat and covering of the heart.

How To Prevent: Since most cases of Hib disease occur in children who are less than a year old, it is important to start the Hib vaccine series at age 2 months. The primary series is 2 or 3 doses (depending on type of vaccine) given at 2-month intervals. A booster dose is given at 12–15 months of age.

MEASLES (10-day hard measles)

WHY WORRY? Very contagious; may be severe. Causes ear infection or pneumonia in nearly 1 in 10 cases; about 1 in every 1,000 has inflammation of the brain (encephalitis). About 2 in every 10,000 persons who get measles dies from it.

MUMPS

WHY WORRY? Very contagious. One of the leading causes of deafness in children. A mild inflammation of the brain is a common complication. Mumps occurring in teenage boys and men can be very painful and rarely may cause sterility.

RUBELLA (German measles)

WHY WORRY? Very contagious, but mild. May damage eyes, ears, brain, heart, bones of unborn babies when women get the disease in first 3 months of pregnancy. The shot is recommended even for people who think they may have had rubella, because this disease can be confused with several other mild rash illnesses.

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