



10 Things Parents Need to Know about Why We Immunize

1. **Kids are at risk for disease like measles.** 1200 cases in the US last year
2. **Vaccine preventable diseases still exist**
3. **Herd immunity protects us all!** Outbreaks are preventable when parents make the decision to vaccinate.
4. **Vaccines work!** Vaccines save an estimates 42,000 lives every year in the U.S. alone. 3X more than seat-belts and child restraints combined
5. **Our vaccines protect the people around us especially babies and grandparents**
6. **Vaccine antibodies protect us from the harm natural disease do to our bodies**
7. **Moms get flu and pertussis vaccines during pregnancy so both mom and baby are protected**
8. **Doctors and scientists support vaccines and vaccinate their own families**
9. **Vaccines are required for kids in childcare and school to protect them and their classmates**
10. **Vaccines aren't just kid stuff.** We need vaccines as we grow from babyhood to retirement and all the stops in-between

Support Vaccines and Evidence Based Vaccine Education

Spread the FACTS! Millions of children & adults are vaccinated every year—safely.

Common Question – Is it important to get my child vaccinated if everyone else vaccinated their kids?

- **Yes! This concept is called community immunity**, or herd immunity. And it's an important reason for you and your family to get vaccinated — so you can help keep yourselves and your community healthy.
- When enough people are vaccinated against a certain disease, the germs can't travel as easily from person to person — and the entire community is less likely to get the disease.
- Community Immunity helps protect everyone. But it's especially important for people with weakened immune systems, that have allergies to certain vaccines, the frail and infants that are too young to receive vaccines.

Common Question - Why not space out vaccines using an alternative schedule?

- There is no evidence that spreading out the child immunization schedule decreases risk of adverse reactions and delaying vaccines does increase the time children will be susceptible to serious diseases.

Talking Points for Flu Vaccination

- It can take up to two weeks for the flu vaccine to protect you, so getting vaccinated prior to an active flu season offers you the best protection. Otherwise, you might be exposed to the virus before you get vaccine protection.
- After you are vaccinated – other ways to help prevent the flu are to cover your cough, wash your hands with soap and water often and stay home when sick.
- The flu shot is not 100% effective. Regardless, some protection is better than none. We wear seatbelts in our cars and police put on their bullet proof vests daily – both are worth using even though they are not 100% effective.

Talking Points for Tough Vaccine Conversations

- Getting childhood vaccines are not an extra burden on the immune system—even for babies. Babies are exposed to hundreds of viruses and bacteria during normal activities like eating and playing.
- Even though kids receive more vaccines, they receive far fewer antigens overall compared to their parents and grandparents. Our children are now protected against more disease too!
- Aluminum is naturally present in our environment; the air we breathe, the water we drink and the food we eat.
- Breastfed infants ingest 15 times more mercury in breast milk than is contained in the flu vaccine.
- Viruses need cells to grow and scientists found fibroblast cells (cells needed to hold skin and other connective tissue together) to be the best to make successful vaccines. Two fetal embryos used to grow vaccine viruses were first obtained from elective termination of two pregnancies in early 1960. Descendants of the cells are still used to make certain vaccines and cancer treatments. (www.chop.edu/centers-programs/vaccine-education-center/vaccine-ingredients/fetal-tissues)
- Encourage others to carefully evaluate the sources and references they are using for vaccine education.

References & Resources

Vaccines.gov | Children's Hospital of Philadelphia | AutismSpeaks.org-what-causes-autism
WhyImmunize.org | Immunization Action Coalition | PublicHealth.org



Reliable Sources of Immunization Information: Where Parents Can Go to Find Answers!

Websites

American Academy of Pediatrics (AAP)

www.aap.org/immunization

Centers for Disease Control and Prevention (CDC)

FOR PARENTS: www.cdc.gov/vaccines/parents

FOR HEALTHCARE PROVIDERS: www.cdc.gov/vaccines

History of Vaccines

www.historyofvaccines.org

Immunization Action Coalition (IAC)

FOR THE PUBLIC: www.vaccineinformation.org

FOR HEALTHCARE PROVIDERS: www.immunize.org

U.S. Dept. of Health and Human Services (HHS)

www.vaccines.gov

Vaccinate Your Family (formerly Every Child by Two)

www.vaccinateyourfamily.org

Vaccine Education Center (VEC), Children's Hospital of Philadelphia

www.chop.edu/centers-programs/vaccine-education-center

Vaxopedia

www.vaxopedia.org/about/

Voices for Vaccines (VFV)

FOR PARENTS, OTHER ADULTS, AND HEALTHCARE PROVIDERS:

www.voicesforvaccines.org

Apps for Mobile Devices

Child Health Tracker Developed by the American Academy of Pediatrics, this “tracker” gives parents the power of on-demand access to guidance on vaccinations and milestones they should be expecting with each birthday. Also included are tools like parent handouts for each well child visit. Available at a nominal cost from the American Academy of Pediatrics.

Vaccines on the Go: What You Should Know – This app provides parents with reliable information about the science, safety, and importance of vaccines and the diseases they prevent. A free app from the Vaccine Education Center at the Children's Hospital of Philadelphia. Available for Android and Apple devices.

TravWell – Use this app to build a trip to get destination-specific vaccine recommendations, a checklist of what is needed to prepare for travel and much more. A free app from Centers for Disease Control and Prevention.

Books for Parents

Baby 411 by Denise Fields and Ari Brown, MD, Windsor Peak Press, 7th edition, 2015. Available from your favorite local or online bookstore.

Mama Doc Medicine: Finding Calm and Confidence in Parenting, Child Health, and World-Life Balance by Wendy Sue Swanson, MD (aka “Seattle Mama Doc”), 2014. Available from American Academy of Pediatrics at <http://shop.aap.org/for-parents>.

Parents Guide to Childhood Immunization from Centers for Disease Control and Prevention. Available at www.cdc.gov/vaccines/parents/tools/parents-guide/index.html to download or order.

Vaccine-Preventable Diseases: The Forgotten Story by Texas Children's Hospital vaccine experts R. Cunningham, et al. Available at www.tchorderprocessing.com to order.

Vaccines and Your Child, Separating Fact from Fiction by Paul Offit, MD, and Charlotte Moser, Columbia University Press, 2011. Available at your favorite local or online bookstore.

Videos

IAC's Video Library – Go to the Immunization Action Coalition's website for parents and the public, www.vaccineinformation.org/videos, for hundreds of video clips about vaccines and vaccine-preventable diseases.

Shot by Shot Video Collection – Go to www.shotbyshot.org to read people's stories of vaccine-preventable diseases shared on the California Immunization Coalition website.

Phone Numbers

CDC-INFO Contact Center – Operated by the Centers for Disease Control and Prevention, this number is for both members of the general public and healthcare professionals who have questions about immunization and vaccine-preventable diseases. Call (800) CDC-INFO or (800) 232-4636. TTY: (888) 232-6348. CDC-INFO's operating hours are Monday through Friday from 8:00 A.M. to 8:00 P.M. (ET).

Talking to Parents About *Infant Vaccines*



Parents consider you their most trusted source of information when it comes to vaccines. When talking to parents about vaccines, make a strong, effective recommendation and allow time for parents to ask questions. Hearing your answers to their questions can help parents feel more confident vaccinating their child according to CDC's recommended immunization schedule.

Are vaccines safe for my child?

Yes. Millions of children safely receive vaccines each year. The U.S. has a long-standing vaccine safety system that ensures vaccines are as safe as possible.

No. Many people want answers about the causes of autism — including me. But well designed and conducted studies that I can share with you show that MMR vaccine is not a cause of autism.

Is there a link between vaccines and autism?

Can vaccines overload my baby's immune system?

No. Vaccines help babies fight infections by introducing a small number of antigens into their bodies. Antigens are parts of germs that cause babies' immune systems to go to work. Vaccines contain only a tiny fraction of the antigens that babies encounter in their environment every day.

We vaccinate children early because they are susceptible to diseases at a young age. Young children also have the highest risks of complications that could lead to hospitalization or death.

Why do vaccines start so early?

Don't infants have natural immunity? Isn't natural immunity better than the kind from vaccines?

Babies may get some temporary immunity from mom during pregnancy, but these antibodies do not last long, leaving your baby vulnerable to disease if you don't vaccinate him/her.

There is no data to support that spacing out vaccines offers safe or effective protection from these diseases. Any time you delay a vaccine, you leave your baby vulnerable to disease. It's really best to stay on schedule.

What do you think of delaying some vaccines or following a non-standard schedule?

Do I have to vaccinate my baby on schedule if I'm breastfeeding him?

Yes. Breast milk provides important protection from some infections as your baby's immune system is developing, but breast milk does not protect children against all diseases.

Getting every dose of each vaccine provides your child with the best protection. Depending on the vaccine, he/she may need more than one dose to build high enough immunity to prevent disease or to boost immunity that fades over time.

Why are so many doses needed for each vaccine?

My child is sick right now. Is it okay for her to still get shots?

Tell me what's going on. Usually, children can get vaccinated even if they have a mild illness like a cold, earache, mild fever, or diarrhea.

Most vaccine side effects are very minor, like soreness where the shot was given, fussiness, or a low-grade fever. These typically only last a couple of days and are treatable. Serious reactions are very rare. If your child experiences any reactions that concern you, call us.

What are the side effects of the vaccines?

For more information, visit
cdc.gov/vaccines/conversations

Talking to Parents about HPV Vaccine



HPV VACCINE IS CANCER PREVENTION

Recommend HPV vaccination in the **same way** and on the **same day** as all adolescent vaccines. You can say, “Now that your son is 11, he is due for vaccinations today to help protect him from meningitis, HPV cancers, and whooping cough. Do you have any questions?” Taking the time to listen and understand parents’ concerns can help you respond to their concerns more effectively.

Why does my child need HPV vaccine?

HPV vaccine is important because it prevents infections that can cause cancer. That’s why we need to start the shot series today.

How do you know the vaccine works?

Studies continue to prove HPV vaccination works extremely well, decreasing the number of infections and HPV precancers in young people since it has been available.

Why do they need HPV vaccine at such a young age?

Vaccines protect your child before they are exposed to a disease. That’s why we give the HPV vaccine earlier rather than later, to protect them long before they are ever exposed.

Also, if your child gets the shot now, they will only need two doses. If you wait until your child is older, they may end up needing three shots.

Why do boys need the HPV vaccine?

HPV vaccination can help prevent future infections that can lead to cancers of the penis, anus, and back of the throat in men.

Are all of these vaccines actually required?

I strongly recommend each of these vaccines and so do experts at the CDC and major medical organizations. School entry requirements are developed for public health and safety, but don’t always reflect the most current medical recommendations for your child’s health.

Some HPV infections can cause cancer—like cancer of the cervix or in the back of the throat—but we can protect your child from these cancers in the future by getting the first HPV shot today.

What diseases are caused by HPV?

HPV is a very common infection in women and men that can cause cancer. Starting the vaccine series today will help protect your child from the cancers and diseases caused by HPV.

Is my child really at risk for HPV?

Studies tell us that getting HPV vaccine doesn’t make kids more likely to start having sex. I made sure my child (or grandchild, etc.) got HPV vaccine, and I recommend we give your child her first HPV shot today.

I’m worried my child will think that getting this vaccine makes it OK to have sex.

Yes, HPV vaccination is very safe. Like any medication, vaccines can cause side effects, including pain, swelling, or redness where the shot was given. That’s normal for HPV vaccine too and should go away in a day or two. Sometimes kids faint after they get shots and they could be injured if they fall from fainting. We’ll have your child stay seated after the shot to help protect him/her.

I’m worried about the safety of HPV vaccine. Do you think it’s safe?

There is no evidence available to suggest that getting HPV vaccine will have an effect on future fertility. However, women who develop an HPV precancer or cancer could require treatment that would limit their ability to have children.

Can HPV vaccine cause infertility in my child?

For more information, visit cdc.gov/vaccines/conversations