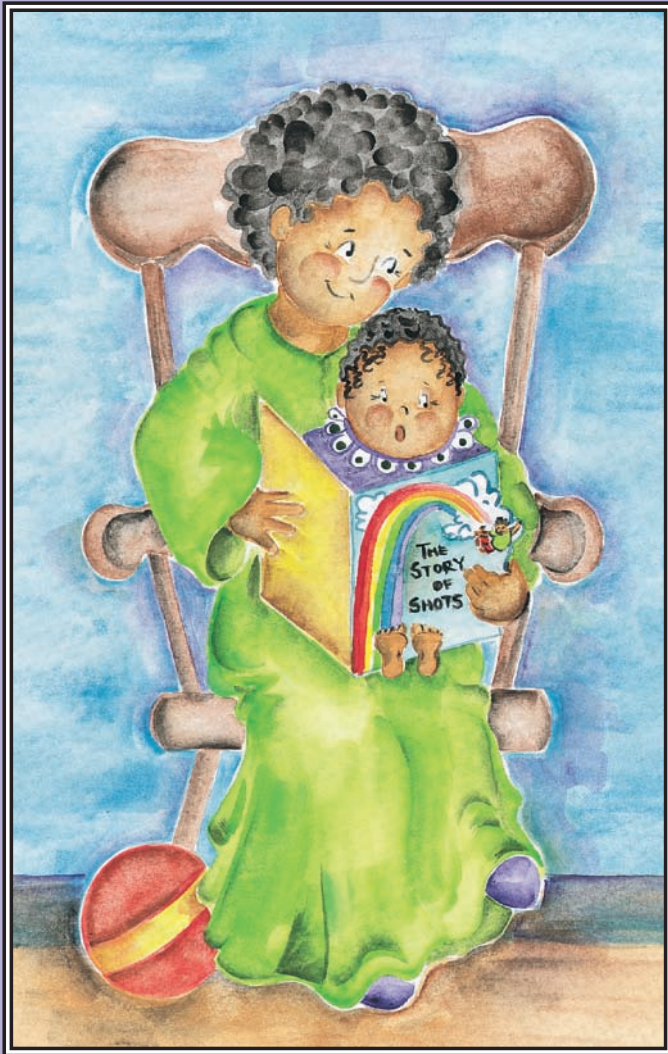
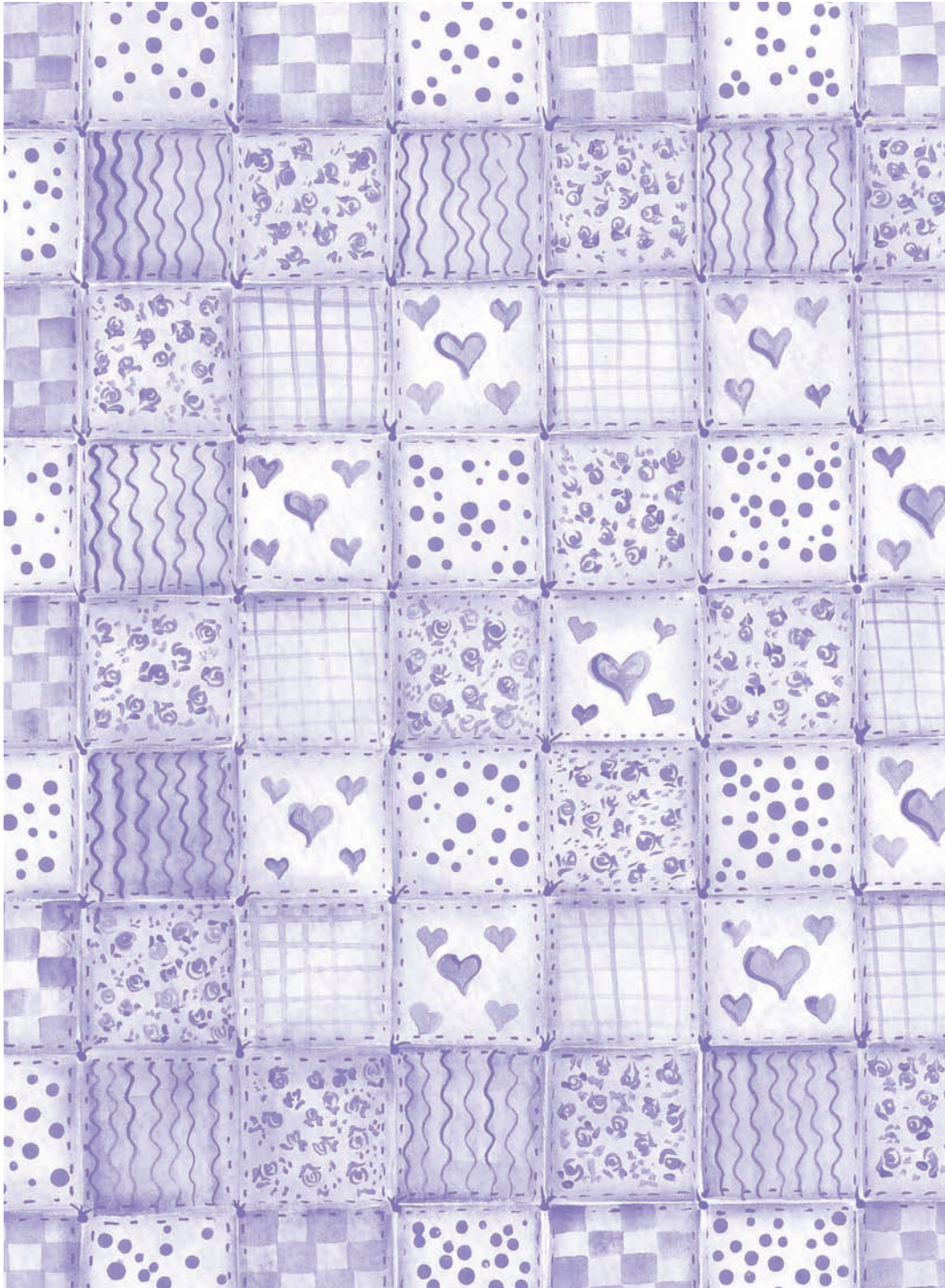


The Story of Shots





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.



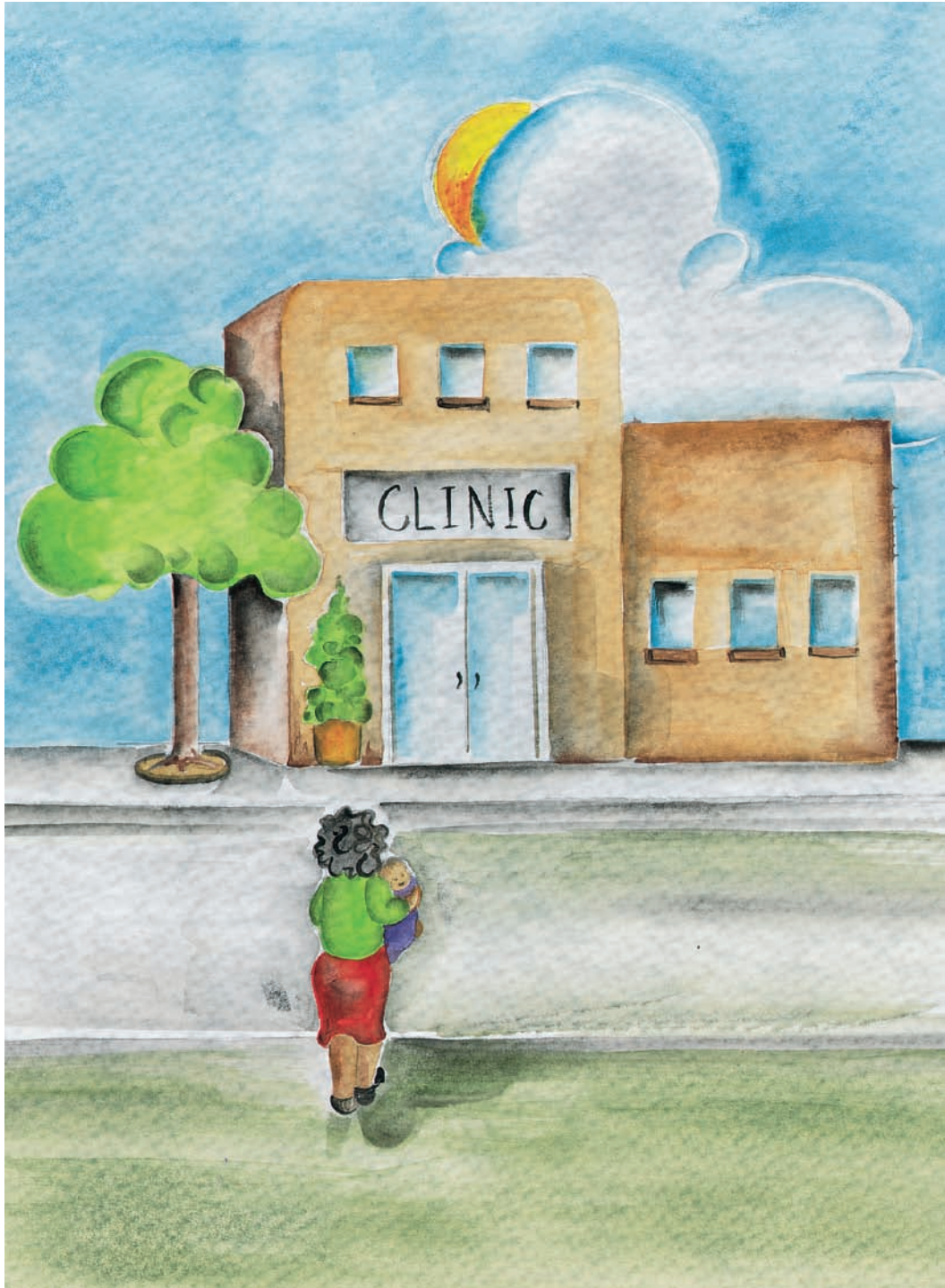
Make sure your
child eats right.

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.

The Story of Shots



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.



Why 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 signs 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.





The Story of Shots



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

Age	Vaccines
Birth	Hep B
2 months	Hep B DTaP Hib IPV PCV RRV-TV
4 months	DTaP Hib IPV PCV RRV-TV
6 months	Hep B DTaP Hib IPV PCV RRV-TV
6 - 23 months	Influenza
12 - 15 months	Hib MMR PCV
12 - 18 months	Varicella
15 - 18 months	DTaP*
12 - 23 months	Hep A
4 - 6 years	DTaP IPV MMR
11 - 18 years	Tdap MCV4

(*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
Hep B	Hepatitis B
DTaP	Diphtheria, Tetanus (lockjaw), Pertussis (whooping cough)
<i>Haemophilus influenzae</i> type b	Diseases caused by the organism <i>Haemophilus influenzae</i> type b
IPV	Polio
PCV	Pneumococcal diseases
RRV-TV	Rotavirus
Varicella	Chickenpox
MMR	Measles, Mumps, Rubella (German measles)
Hep A	Hepatitis A
Tdap	Tetanus (lockjaw), Diphtheria, Pertussis (whooping cough)
Influenza	Flu
MCV4	Meningococcal disease



Free Vaccines for Your Child



our 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 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 the Medicaid program,
- ☞ Is enrolled in the Children's Health Insurance Program (CHIP),
- ☞ Does not have health insurance,
- ☞ Has health insurance that does not cover vaccines,
- ☞ Has health insurance that has a co-pay or deductible that the family cannot meet,
- ☞ Has health insurance with limited wellness or prevention coverage.
- ☞ Is an American Indian or Alaskan native.



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. 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?



Some 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



he 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° 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



erious 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° or higher,
- ☞ crying that doesn't stop for three hours or more,
- ☞ 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, but 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 and keep him or her 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

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

VACCINES
Build your child's health



*Texas Department of State Health Services
Immunization Branch*