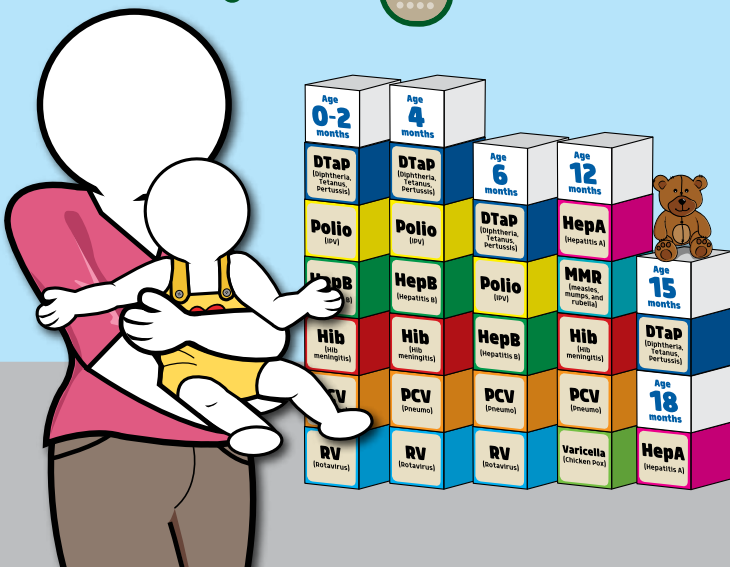


IMMUNIZATIONS... SAVING ONE LIFE AT A TIME

IMMUNIZATIONS



Destination >>> Health



WHY IMMUNIZE?

Immunizations (vaccines) protect adults and children against outbreaks of polio, mumps, and other diseases that can make them very sick or even cause death. Thanks to vaccines, diseases like polio and mumps rarely occur in the United States. However, the germs that cause these and many other diseases still exist. For this reason, people should be immunized.

HOW DO VACCINES WORK?

Adults and children can be exposed to germs that the immune system does not know how to fight. Vaccines train the body to fight germs that cause disease. When exposed to disease, the body will know how to fight and kill the germs before they cause health problems. This is called immunity against disease.

WHY SO MANY VACCINES?

Vaccines are needed in all stages of life. Many are given to infants and young children who need them the most to **Grow Well**. Vaccines protect against diseases such as:

- Diphtheria
- Hepatitis A, B
- HPV
- Influenza (flu)
- Measles, mumps, rubella
- Meningitis
- Pneumococcal
- Polio
- Rotavirus
- Shingles
- Tetanus
- Varicella (chicken pox)
- Pertussis (whooping cough)

If you are pregnant, getting the flu shot and T-dap vaccines might be recommended. Adults and children may need a booster shot to maintain the effectiveness of a vaccine. Ask your Doctor what he or she recommends for you and your child.

WHAT ARE SOME SIDE EFFECTS?

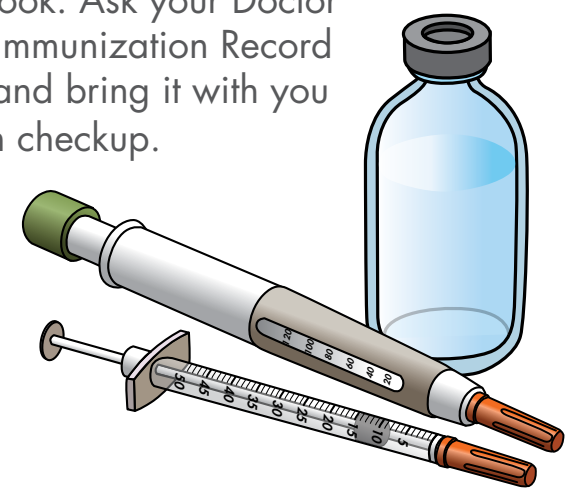
Like medicine, vaccines can also cause minor side effects such as:

- Soreness at site of injection
- Feeling tired and weak
- Low-grade fever
- Rash

If you have concerns, be sure to talk to your Doctor.

GET VACCINATED AT NO COST TO YOU

With IEHP, you can get vaccinated at no cost. You can also find schedules for your shots and checkups in your IEHP Member Handbook. Ask your Doctor for an Immunization Record Card, and bring it with you to each checkup.



OFTEN-ASKED QUESTIONS

- Q** My child is sick. Should he or she still get vaccinated?
A A child with a mild illness, such as a cold, may still be able to get vaccines. Check with your Doctor.
- Q** Can a vaccine lead to a disease?
A No. A vaccine will not give you a disease.
- Q** Do vaccines cause autism?
A No. Many studies have found no link between vaccines and autism.

The IEHP 24-Hour Nurse Advice Line:
1-888-244-4347 / 1-866-577-8355 TTY
AAP.org • IEHP Member Handbook

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