

VACCINATIONS MADE **SIMPLE**

AN EASY GUIDE FOR PARENTS

Did you know that most childhood vaccines produce immunity about 90 to 100 percent of the time?¹
It's true. That's why it's important to check with your doctor to make sure
your kids are up to date on their immunizations.



VACCINATIONS MADE **SIMPLE**



An easy guide for parents

There's a specific schedule for the vaccinations your child needs and some require coming back several times to be completely immunized. If this seems too complicated, thankfully your doctor can keep you informed about when you should take your child in for the next vaccine. If things get too busy and your child misses a shot, the good news is you won't need to start over. Just go back to your child's doctor for the next shot.

One more thing: All 50 states require vaccinations for children entering public schools, so there's never been a better time to get vaccinated.²

Want to learn more?

VACCINES SAVE LIVES.

By the numbers

Since coming into widespread use, immunizations have saved

BILLIONS

of lives worldwide.³

For most of the vaccine-preventable diseases, there has been a

95 PERCENT

or more reduction in incidence.⁴

50,000:

The approximate number of adults who die from vaccine-preventable diseases in the U.S. every year.⁵

[Want to learn more?](#)

VACCINES SAVE YOU TIME AND MONEY.

Getting your child vaccinated will cost you less than if your child contracts an infectious disease.⁶ Thanks to the Patient Protection and Affordable Care Act, many vaccines are available to children and adults without copay.

By the numbers

Researchers estimate that for every dollar spent, the vaccination program saves more than

\$5 in direct costs and approximately
\$11 in additional costs to society.⁷

A study by the Centers for Disease Control and Prevention put a dollar figure on visits to doctor's offices and emergency rooms for the treatment of flu-stricken children. It estimates that parents:

missed between
11 and **73** hours of work
and incurred
\$300 to \$4,000
in medical expenses⁸

Something to consider

Adults who get a vaccine-preventable disease face the financial costs of medical visits and treatment, in addition to other costs like taking time off work, hiring babysitters and traveling to and from health care professionals.⁹

Want to learn more?

VACCINES ARE SAFE.

How safe? Let's count the ways ...

1. The United States has the safest, most effective vaccine supply in its history.
2. The vaccine safety system ensures that vaccines are as safe as possible.¹⁰
3. None of our vaccines contain thimerosal (a mercury compound).
4. The Food and Drug Administration requires up to 10 or more years of testing for all vaccines before they are licensed, and then they are monitored by the Centers for Disease Control and Prevention and the FDA to make sure the vaccines and the ingredients used in the vaccines are safe.¹¹

.....
"Vaccines are very safe."¹²

— World Health Organization

"Vaccines are some of the safest medical products available."¹³

— The U.S. Department of Health and Human Services

Major medical organizations agree: Vaccines are safe.

Don't just take our word for it. Here's a list of medical organizations that say vaccines are safe:

- Centers for Disease Control and Prevention (CDC)
- Food and Drug Administration (FDA)
- Institute of Medicine (IOM)
- American Medical Association (AMA)
- American Academy of Pediatrics (AAP)
- UNICEF
- U.S. Department of Health and Human Services (HHS)
- World Health Organization (WHO)
- National Foundation for Infectious Diseases (NFID)
- American Academy of Family Physicians (AAFP)^{14 15 16 17}

Want to learn more?

VACCINES ARE **SAFE.**



The side effects associated with getting vaccines are almost always minor (such as redness and swelling where the shot was given) and go away within a few days. Serious side effects following vaccination, such as severe allergic reaction, are very rare and doctors and clinic staff are trained to deal with them.¹⁸

Some people have had concerns that autism spectrum disorder might be linked to the vaccines children receive, but studies have shown that there is no link between receiving vaccines and developing autism spectrum disorder.¹⁹

[Want to learn more?](#)

VACCINE-PREVENTABLE DISEASES ARE STILL **OUT THERE.**

Immunizations have reduced most vaccine-preventable diseases to very low levels in the United States. However, some of these diseases are still common in other parts of the world. Travelers can bring these diseases into this country. Without immunizations, these infections could quickly spread here.²⁰

By the numbers

There were

9,149 confirmed and

31,508 suspected cases of measles in the Philippines between Jan. 1 and May 20, 2013.

In 2004, there were

37 cases of measles in the United States.

In 2014, the U.S. had

23 measles outbreaks resulting in

667 cases of measles in 27 states, the highest number in more than a decade.²¹

[Want to learn more?](#)

VACCINES PROTECT YOUR COMMUNITY.

“Herd” or “community” immunity means that when more people are vaccinated against a contagious disease it is less likely that an outbreak of the disease will occur, so most members of the community will be protected.



You can help protect those who can't get vaccinated.

People with certain medical conditions (like pregnant women or people undergoing cancer treatment) may not be able to get certain vaccines but are very vulnerable to illness. Vaccines can help prevent the spread of contagious diseases to them. For example, newborns who are too young to get vaccinated for whooping cough are also most at risk of severe illness from the disease. In cases where the source is known, four out of five babies caught the disease from someone in the home – a parent, sibling, grandparent or babysitter.²²

Want to learn more?

VACCINES PROTECT FUTURE GENERATIONS.

Vaccinated mothers protect their unborn children from viruses that could potentially cause birth defects, and vaccinated communities can help eradicate diseases for future generations.



Immunization protects future generations.

Vaccines have reduced and, in some cases, eliminated many diseases that killed or severely disabled people just a few generations ago. By vaccinating children against rubella (German measles), the risk that pregnant women will pass this virus on to their unborn babies has been dramatically decreased and birth defects associated with that virus no longer are seen in the United States. If we continue vaccinating now, and vaccinating completely, parents in the future may be able to trust that some diseases of today will no longer be around to harm their children in the future.²³

[Want to learn more?](#)

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We comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, or sex. We do not exclude people or treat them differently because of race, color, national origin, age, disability, or sex. We:

- (1) Provide free aids and services to people with disabilities to communicate effectively with us, such as:
 - (a) Qualified sign language interpreters; and
 - (b) Written information in other formats (large print, audio, accessible electronic formats, other formats).

- (2) Provide free language services to people whose primary language is not English, such as: (a) Qualified interpreters; and (b) Information written in other languages.

If you need any of the above services, please contact the appropriate Civil Rights Coordinator below. If you need Telecommunications Relay Services, please call 1-800-833-6384 or 7-1-1.

If you believe that we have failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with us by contacting the Civil Rights Coordinator for your state as listed below:

State/Service	Civil Rights Coordinator
Alaska	Civil Rights Coordinator, 3200 Providence Dr., Anchorage, AK 99508, Tel: 1-844-469-1775; Interpreter Line: 1-888-311-9127; Email: Nondiscrimination.AK@providence.org
California	Civil Rights Coordinator, 501 S. Buena Vista Street, Burbank, CA 91505; Tel: 1-844-469-1775; Interpreter Line: 1-888-311-9127; Email: Nondiscrimination.CA@providence.org
Montana	Civil Rights Coordinator, 1801 Lind Ave. SW, Renton, WA 98057; Tel: 1-844-469-1775; Interpreter Line: 1-888-311-9127; Email: Nondiscrimination.MT@providence.org
Washington	Civil Rights Coordinator, 101 W. 8th Ave., Spokane, WA 99204; Tel: 1-844-469-1775; Interpreter Line: 1-888-311-9127; Email: Nondiscrimination.WA@providence.org
Oregon	Civil Rights Coordinator, 5933 Win Sivers Dr, Suite 109, Portland, OR 97220; Tel: 1-844-469-1775; Interpreter Line: 1-888-311-9127; Email: Nondiscrimination.OR@providence.org
Senior Services (all states)	Civil Rights Coordinator, 2811 S. 102nd Street, Suite 220, Tukwila, WA 98168, Tel: 1-844-469-1775; Interpreter Line: 1-888-311-9127; Email: Nondiscrimination.pscs@providence.org

You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, one of the above-noted Civil Rights Coordinators is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services, 200 Independence Avenue SW., Room 509F, HHH Building, Washington, DC 20201, 1-800-368-1019, 800-537-7697 (TDD). Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 888-311-9127 (TTY: 711).

注意：如果您講中文，我們可以給您提供免費中文翻譯服務，請致電888-311-9127 (TTY: 711)

CHÚ Ý: Nếu bạn nói Tiếng Việt, các dịch vụ hỗ trợ ngôn ngữ miễn phí có sẵn dành cho bạn. Gọi số 888-311-9127 (TTY: 711).

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 888-311-9127 (TTY: 711).

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 888-311-9127 (TTY: 711) 번으로 전화해 주십시오.

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 888-311-9127 (телетайп: 711).

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