



WHY SHOULD YOUR CHILD BE VACCINATED?



1. SAVE YOUR CHILD'S LIFE

Thanks to advances in medical science, your child can be protected against diseases that once injured or killed thousands of children.



2. PROTECTS OTHERS

Some people cannot receive certain vaccinations due to severe allergies, or weakened immune systems, to help keep those people protected from vaccine-preventable diseases, it is important that you and your children are fully immunized.



3. SAVE TIME AND MONEY

Some vaccine-preventable diseases can result in prolonged disabilities and can take a financial toll through lost time at work and medical bills. Getting vaccinated against these diseases is a good investment and is covered by your insurance.



4. PROTECT FUTURE GENERATIONS

Vaccines can reduce and, in some cases, eliminate many diseases. For example, the smallpox vaccination eradicated that disease worldwide.

HOW TO MAKE YOUR CHILD'S SHOTS LESS STRESSFUL

It's hard to see your child cry when getting shots. Here are some steps to ease your child's short-term pain and stress.



DURING THE VISIT

1. Distract your child with a toy, a story, a song or something interesting in the room.
2. Make eye contact with your child and smile, talk softly or sing.
3. Hold your child tightly on your lap if you can.
4. Remind older children that shots help keep them healthy.



AFTER THE PINCH

1. Hug, cuddle, and praise your child.
2. For babies: swaddling, breastfeeding or offering a bottle may offer quick relief.
3. For older children: Take deep breaths with them to help "blow out" the pain and provide a post visit special treat for bravery.



IF YOU HAVE QUESTIONS

Call your doctor with any questions or concerns before or after a vaccine visit.

There's also a CDC website with information on parents' most common questions:

www.cdc.gov/vaccines/parents. You can call the CDC at 800-CDC-INFO (800-232-4636).



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