Help protect your baby against vaccine-preventable diseases

An at-a-glance guide

Why vaccines matter

Childhood vaccination in the US has successfully helped prevent illness and death from certain serious diseases.

Because a baby's immune system is not fully developed, babies face a greater risk of getting seriously ill from infections. That's why the Centers for Disease Control and Prevention (CDC) recommends vaccination to help protect your baby from certain diseases. Vaccines help your baby's immune system create protective antibodies, which prepare their body to prevent infection.

Don't skip any vaccines.

Often at routine checkups, your baby will receive recommended vaccines that help their immune system guard against certain serious diseases. Some vaccines are administered once, while others are given as multiple doses over time. It's important to complete all recommended doses of each vaccine for the best protection possible.

Keep reading to learn more about childhood vaccines and the diseases they help protect against.

Learn more at babycheckupscount.com

Answers to common questions

Q: How do vaccines work?

A: Vaccines help your baby's body create protective antibodies, which prepare their immune system to fight infection. It's important to complete all recommended doses of each vaccine to provide your baby the best protection possible.

Q: Do vaccines cause autism?

A: Based on a thorough review of scientific evidence, the American Academy of Pediatrics (AAP) has concluded that there is no link between receiving vaccines and developing autism.

Q: Are vaccines more dangerous than the diseases they protect against?

A: Vaccines are tested in large studies and go through a long approval process. The diseases they help protect against can be deadly.

Q: Are multiple vaccines too much for a baby to receive in one day?

A: Studies show that getting several vaccines at the same time does not cause any chronic health problems. While it may seem like a lot, receiving multiple vaccinations does not overload their immune system. Getting more than one recommended vaccine in one visit helps your baby stay on track and build protection against potentially serious vaccine-preventable diseases.

Q: What about vaccine side effects?

A: It's normal to worry about side effects, but it's important to know that serious reactions to vaccines are very uncommon. For the most part, these are minor (for example, soreness where the shot was given or low-grade fever) and go away within a few days.

Vaccinate on time. Every time.

Help protect your baby against these vaccine-preventable diseases.

Chickenpox

Chickenpox is a virus that spreads through the air or through contact. It causes an itchy rash all over the body. It may also cause fever and tiredness. If it is a serious case, it can lead to pneumonia, inflammation of the brain, and death.

COVID-19 (SARS-CoV-2)

SARS-CoV-2 is the virus that causes COVID-19. The virus can be spread through talking, sneezing, breathing and direct contact. It may cause fever, muscle aches, sore throat, cough, and loss of taste or smell. In severe cases, it can lead to pneumonia, respiratory failure, inflammation of the heart and potentially death. COVID-19 can lead to long-term complications like multisystem inflammatory syndrome and post-COVID syndrome.

Diphtheria

Diphtheria is caused by bacteria that spreads through sneezing or coughing. It can cause a sore throat, fever, or trouble breathing. If it is a serious case, it may lead to heart failure, paralysis, and death.

Hib (*Haemophilus influenzae* Type B)

Hib is caused by bacteria that spreads through the air by coughing or sneezing. It can cause ear infections and throat swelling. If it is a serious case, it may lead to meningitis, pneumonia, brain damage, and death.

RSV (Respiratory Syncytial Virus)

RSV, or respiratory syncytial virus, is a virus that affects the lungs. It spreads from coughing, sneezing, and direct contact. It causes cold-like symptoms. In severe cases, it can cause bronchiolitis, an inflammation of the small airways in the lung, and pneumonia.

Hepatitis A

Hepatitis A is a virus usually found in stool. It spreads by personal contact or through contaminated food or water. It may cause liver disease, which can cause stomach pain, vomiting, and fever. If it is a serious case, it may lead to liver failure that leads to death.

Hepatitis B

Hepatitis B is a virus that spreads through contact with blood or body fluids. It can also pass from mother to baby at birth. It causes liver disease and yellow skin or eyes (known as jaundice). It may lead to chronic liver disease, liver scarring, liver cancer, and death.

Influenza (Flu)

The flu is a virus. It spreads from coughing, sneezing, or touching surfaces that have the virus on them. It can cause fever, sore throat, cough, chills, and muscle pain. If it is a serious case, it may lead to pneumonia, inflammation of the heart, and death.

Measles

Measles is a virus that easily spreads through coughing, sneezing, and breathing. It can cause rash, fever, runny nose, and cough. If it is a serious case, it may lead to pneumonia, brain damage, and death.

Mumps

Mumps is a virus that spreads through the air. It can cause fever, headache, and swollen glands. This leads to swelling of the cheeks and jaws. If it is a serious case, it may lead to meningitis, inflammation of the brain, deafness, and death.

Pertussis (Whooping Cough)

Pertussis is caused by bacteria that spreads through the air. It causes severe coughing spells that affect eating, drinking, and breathing. If it is a serious case, it may lead to pneumonia, brain infection, and death.

Polio

Polio is a virus. It spreads easily through sneezing, coughing or contact with stool. Most people with polio have no symptoms. If it is a serious case, it may cause weakness in the arms or legs, paralysis, and death.

Pneumococcal disease

Pneumococcal disease is caused by bacteria. It spreads through coughing or contact with body fluids. It can cause cough, fever, chest pain, ear infections, and difficulty breathing. If it is a serious case, it may lead to bacterial meningitis and death.

Rotavirus

Rotavirus spreads through contact with stool. It causes diarrhea, vomiting, and fever. If it is a serious case, it may lead to dehydration and death.

Rubella

Rubella is a virus that spreads through the air. It can also be passed to babies during pregnancy. It causes swollen glands, fever, and rash. It is a mild disease in children, but can be severe for babies. They may be born deaf or blind, with heart problems or a small brain.

Tetanus (Lockjaw)

Tetanus is caused by bacteria in cuts or wounds. It causes headache and spasms in the jaw muscles. If it is a serious case, it may lead to trouble swallowing, severe muscle cramps, and death.

Be sure to follow the full CDC vaccine schedule.

Visit the CDC's website for the recommended childhood vaccination schedule.

Help protect your baby.

Make sure your baby gets the vaccines they need, when they need them. This is one of the most important things you can do to help keep your baby healthy.

Remember:

- Have your baby get all recommended vaccine doses
- Timing is important. Babies should start getting most vaccines at 2 months old. This helps protect them when they are young and at more risk of infection
- Make sure your baby stays up to date with every dose of each vaccine for the best protection possible

Learn what to expect at your baby's routine checkups by visiting babycheckupscount.com.

More resources for you.

Below are websites that provide additional information about childhood vaccinations.

- Centers for Disease Control and Prevention* www.cdc.gov/vaccines-children/
- American Academy of Pediatrics* www.healthychildren.org
- American Academy of Family Physicians* www.familydoctor.org

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