The College Campus Online™ K-12 Enrichment Servcies

College Readiness Medical Guide

COLLEGE CAMPUS ONLINE™

College Connect Medical Readiness Guide

The **HIPAA Privacy Rule does not apply** when an individual is asked about their vaccination status by a **school**, employer, store, restaurant, entertainment venue, or another individual.

Our Promise To You! Our Collegiate Recruiting Center Team will personally track and assist the **Potential General student Body and Prospective Student Athletes (PSAs)** with management of Critical Recruiting Tasks that are needed in order to attain and surpass College **Medical Services Breakout** Medical Standards and includes:

- ❒ Colleges and Universities Sports **immunizations**
- ❒ **DSPC Information/Website**
- ❒ DCPS **Vaccination Sites** and to learn of required Shot Schedules for your kids.
- ❒ **Get The Facts:** DCPS VAX Information
- ❒ Communicating Medical Information to College Coaches
- ❒ DCPS High School Sports Physicals
- ❒ NCAA Drug Screening Policy?
- ❒ International Travel
- ❒ Passports and Visas?

The Federal Health Insurance Portability and Accountability Act of 1996 (HIPAA)

The Health Insurance Portability and Accountability Act of 1996 (HIPAA) is a federal law that required the creation of national standards to protect sensitive patient health information from being disclosed without the patient's consent or knowledge. The US Department of Health and Human Services (HHS) issued the HIPAA Privacy Rule to implement the requirements of HIPAA. The HIPAA Security Rule protects a subset of information covered by the Privacy Rule.

HIPAA Privacy Rule

The Privacy Rule standards address the use and disclosure of individuals' health information (known as "protected health information") by entities subject to the Privacy Rule. These individuals and organizations are called "covered entities." The Privacy Rule also contains standards for individuals' rights to understand and control how their health information is used. A major goal of the Privacy Rule is to ensure that individuals' health information is properly protected while allowing the flow of health information needed to provide and promote high quality health care and to protect the public's health and well-being. The Privacy Rule strikes a balance that permits important uses of information while protecting the privacy of people who seek care and healing.

Communicating Medical Information to College Coaches

Can you say HIPAA!? I must admit I was surprised and stunned to learn and realize that College Coaches do not in general speak with players about their medical injuries without first receiving updates from their more qualified medical staffs. In fact, they ONLY repeat what they are told from their medical teams, and they try **NOT** to make General Characterizations or Assumptions which could lead to disaster. I learned that such conversations could lead to lead to unpleasant NCAA/Program ramifications and many other types of issues; even mistrust and accusations of undue pressure to play while injured when the loss of

Scholarships happen. Many schools will that if you are injured, you will **NOT** lose your financial support for a specified period or time. If you know what is good for you and in your "**BEST"** Interest, you better make sure that you get that in writing.!

So yes, there is a process. Then next you learn that NO one On Staff will **EVER** speak with you as to your child's Medical Condition or Situation unless they have been given expressed written consent as to being allowed to speak with you about your own child. That was shocking because just the day before we were managing all of our family medical appointments and decisions. And just one day or hours later our world would change and that was very frustrating at first.

The school and team communicated State/School Medical Requirement to our child and NOT to us. Our Child missed many points and did not understand the need to sign up under the School Medical Plan or provide proof of our plan. In fact, our plan did and could NOT apply or be applied to meet her State/School Requirements for out of state students. Please do NOT make this potentially costly mistake even if the school has to fund it by giving you an allowance in another area such as books allowing to then direct your funds to paying for that much needed/required, unexpected Medical plan that was dropped in your laps just seconds ago!

Make sure that you first focus on the Medical Requirements/Rules before anything else other than the Financials of the situation. YOUR NOW adult child will be focused on Dorms and Food and then the scheduling of their classes while meeting their new friends..

With all of that being said, the Coach and Coaching Staff should be a well-oiled machine and in order to NOT miss or skip a beat, will want to meet with and develop a relationship with their kids individually and as a team after meeting with you for your part of the formalities. Your kid – is NOW your adult Student Athlete and are NOT to be collusion with Helicopter Parents, but I suggest that you from behind the scenes continue to question everything serve as your student athletes Co-Pilot. Never Stop advising your child because your child is still your child, and many Coaches will **NEVER** speak with you again after your first visit and their first and last meal with you. Yes, they have to put up with you to get to

your child, but when they have that signature things will 100% change and change overnight!

So, please remember you were warned, thus should be better prepared than my family was! An just so you know Chaos will surround everything at some schools as the Coach or Staff may be new; supporting providers may have scheduling and/or equipment issues and tenured school staff may be leaving.

Colleges and Universities s immunizations

To help prevent germs from spreading quickly in classrooms or communal living spaces, Both Public and Private Secondary Elementary; Middle and High Schools; Colleges; Universities and Technical Schools require incoming students to be up to date on certain vaccinations. Getting vaccinated is a safe and effective way to help you stay healthy. The back-to-school season is also a great time to make sure that you are up to date on all of the vaccinations recommended for you. Some schools offer vaccinations, so check with your school's or college's medical services or student health department. It is important to check your school's requirements before attending classes.

DCPS COVID 19 Dashboard

YOU can visit the DCPS Covid-19 Dashboard (**Website**) to view daily reported daily Corona Virus Cases. The DCPS covid Dashboard shows the number of students and staff attending or working in brick-and-mortar schools with reported cases of COVID-19. Student cases are reported based on those attending in-person classes, as well as extra-curricular participants, and not those solely enrolled through virtual options. All data are provisional and subject to change based on confirmed updates. The dashboard is updated Monday – Friday by approximately 8 p.m.

DCPS New COVID 19 Guidelines

Governor Ron DeSantis was joined by State Surgeon General Joseph Ladapo and Education Commissioner Richard Corcoran to announce that the Florida Department of Health (DOH) issued a **new rule,** empowering families to decide whether their healthy child should be taken out of school after an exposure to COVID.

Emergency Rule 64DER21-15 prevents the unnecessary exclusion of healthy students from in-person schooling; safeguards the rights of parents and legal guardians and their children; provides health protocols for symptomatic or COVID-19 positive students; and provides opportunities for parents and legal guardians to choose which protocols to implement when their student has had direct contact with someone who tests positive for COVID-19. It is effective as of today, September 22, 2021.

DCPS Flu Vaccination and Immunizations

Duval County Public Schools has partnered with Health Hero Florida to offer no-cost in-school flu vaccinations to your child during the school day.

WHAT: Beginning early October - November 2021, each district school will host an in-school flu vaccination event at no cost to families. To opt-in, parents must download and complete the **consent form**. Contact your child's school for the exact date of that school's flu vaccination clinic.

WHY: Health Hero Florida makes immunizations available to every child in an effort to stop diseases like the flu in their tracks, and reduce absenteeism in schools. Flu season normally peaks between December and February, and can last all the way through May, so fall clinics are the perfect time for your child to receive a flu vaccine.

International Travel

If you are competing in a tournament or sporting event for which you will receive no salary or payment from a U.S source, other than prize money, you will require a B-1 visa. If your proposed activities are not exactly as described, you will require an O or P visa.

If you are a service provider who is customarily employed by the athlete and not just hired to accompany him or her for this particular tournament, the athlete is competing in tournaments for prize money only and you will continue to be paid by your employer, you will require a B-1 visa.

A B-1 visa is also appropriate for a Service Provider customarily employed and paid by the Athlete/Team, who is a normal and necessary component of the entourage accompanying a Athlete who is competing for prize money only.

If the professional athlete is applying for an O or P visa, you should apply for an O-2 or P-1 visa to accompany him or her.

Passports and Visas

Applying for your first U.S. Passport

Home / U.S. Citizen Services / Citizenship Services / Applying for your first U.S. Passport

Dual and multiple citizenship is permitted under U.S. law. **All U.S. citizens are required to enter and exit the United States using a valid U.S. passport.** If you have questions about which passport to use to enter and exit another country, contact the immigration authorities of that country.

How to apply for your first U.S. passport
If you were born in the United States or you have been officially documented as a U.S. citizen another way, but you have **never** been issued with a U.S. passport, follow these instructions to apply for your first U.S. passport.

Step 1) Gather your evidence of U.S. citizenship

Step 2) Complete the passport application form (Form DS-11)

Step 3) Take a U.S. passport photograph

Step 4) Assemble your documents

Step 5) Book an appointment

Step 6) Pay fees during the appointment

Step 7) Processing and delivery

NCAA Drug Testing Guidelines

The NCAA drug-testing program, along with clear policies and effective education, protects student-athletes who play by the rules by playing clean. The purpose of the drug-testing program is to deter student-athletes from using performance-enhancing drugs, and it impacts the eligibility of student-athletes who try to cheat by using banned substances. The NCAA tests for steroids, peptide hormones and masking agents year-round and also tests for stimulants and recreational drugs during championships. Member schools also may test for these substances as part of their athletics department drug-deterrence programs.

To learn more about specific medications or supplements that may be banned substances, visit **Drug Free Sport AXIS**, (member login required) which provides up-to-date research on supplements and over-the-counter and prescription drugs. Click here to download and/or read **The NCAA Drug Testing Program Guide**.

CDC Immunization Guidelines

Why should my child get the chickenpox shot?
Protects your child from chickenpox (varicella), a potentially serious and even deadly disease. Keeps your child from missing up to one week of school or childcare (and keeps you from missing work to care for your sick child).

What is chickenpox?
Chickenpox is a disease that causes an itchy rash of blisters and a fever. A person with chickenpox may have as many as 500 blisters. The rash can spread over the whole body. **Chickenpox can be serious, even life-threatening**, especially in babies, adolescents, adults, pregnant women and people with weakened immune systems. Even healthy children can get really sick. Vaccinating kids at an early age is especially important to keep your children healthy.

When should my child get the chickenpox shot?
Doctors recommend that your child get two chickenpox shots. Your child will need one dose at each of the following ages: **12-23 months** and **4-6 years**

What are the symptoms of chickenpox?
Chickenpox usually causes the following symptoms: An itchy rash of blisters; Fever; Headache; Feeling tired. Symptoms usually last about a week. In some cases, chickenpox can cause serious problems.

Is chickenpox serious?
Chickenpox can be serious. Complications from chickenpox can be serious and can occur in any person who develops chickenpox, although they are more common in healthy babies, adults, and people with

weakened immune systems. About 9 out of 10 children who get 2 doses of the vaccine will be completely protected from chickenpox.

Chickenpox is usually mild in children, but the itching can be very uncomfortable. Children who get chickenpox can miss about a week of school or childcare. In some cases, chickenpox can cause serious problems, such as: Skin infections; Dehydration (loss of body fluids); Pneumonia (an infection in the lungs); Encephalitis (swelling of the brain).

Before the vaccine was available, about 4 million people got chickenpox each year in the United States, over 10,500 of those people were hospitalized, and about 100-150 people died.

How does chickenpox spread?
Chickenpox is very contagious. If one person, has it, about 9 out of 10 people close to that person who are not immune will also become infected. Chickenpox spreads easily, mainly when a person touches or breathes in the virus particles that come from chickenpox. It can also spread through tiny droplets that get into the air when someone who has chickenpox breathes or talks, for example. Chickenpox can spread 1 to 2 days before the infected person gets a rash until all the blisters have formed scabs.

Why not let my child get chickenpox naturally?
Chickenpox is a mild disease for many children, but not all. **There's no way to know who will have a serious case.** When your child gets the chickenpox shots, he or she is getting immunity from chickenpox without the risk of serious complications of the disease.

Diphtheria

What is Diphtheria?
Most of us only know diphtheria as an obscure disease from long ago, thanks to the diphtheria vaccine babies get. This vaccine, called DTaP, provides protection against diphtheria, tetanus, and pertussis (whooping cough). While preventable, diphtheria does still exist. It can cause a thick covering in the back of the nose or throat that makes it hard to breathe or swallow. Diphtheria can also lead to heart failure, paralysis, and even death. Make sure to vaccinate to help keep this dangerous infection from your kids.

When should my child get the diphtheria shot?
Doctors recommend that your child get DTaP vaccine and 1 booster dose of Tdap at the following ages: **1-2 months; 4 months; 6 months; 12-23 months; 4-6 years;** and 11 or 12 years (**booster vaccine called Tdap**)

Why should my child get a diphtheria shot?
Protects against diphtheria, which can be very serious, as well as **tetanus**, and **whooping cough (pertussis)**. Prevents your child from developing a thick coating in the back of the nose or throat from diphtheria that can make it hard to breathe or swallow. Keeps your child from missing school or childcare, and you from missing work.

Which vaccines protect against diphtheria?
Two (2) shots help protect children against diphtheria: DTaP and Tdap. Both also help protect against tetanus and whooping cough. These shots do not offer lifetime protection. People need booster shots to keep up protection.

Are Diphtheria shots safe?

The diphtheria shots are safe and effective at preventing diphtheria. Vaccines like any medicine, can have side effects. These are usually mild and go away on their own.

What are the side effects?
Most children don't have any **side effects** from DTaP or Tdap. The side effects that do occur are usually mild, and may include Redness, swelling, or pain where the shot was given; Fever; Vomiting and more serious side effects are very rare but with DTaP can include: A fever over 105 degrees; Nonstop crying for 3 hours or more; Seizures (jerking, twitching of the muscles, or staring); Some preteens and teens might faint after getting Tdap or any other shot. **To prevent fainting and injuries related to fainting,** adolescents should be seated or lying down during vaccination and remain in that position for 15 minutes after the vaccine is given.

What are the symptoms of diphtheria?
Diphtheria starts with a sore throat, mild fever (101 degrees or less), and chills. Next, it can cause a thick coating in the back of the nose or throat. The coating may be white or grayish and makes it hard to breathe or swallow.

Is Diphtheria serious?
Diphtheria can be very serious. **In children younger than 5 years old, as many as 1 out of 5 children who get diphtheria dies**. About 1 out of 10 people who get diphtheria dies. The coating in the back of the nose or throat can get so thick that it blocks the airway, so the person can't breathe. The diphtheria toxin can affect the heart, causing an abnormal heart rhythms and even heart failure. It can also affect the nerves and lead to paralysis (unable to move parts of the body).

How does diphtheria spread?
Diphtheria spreads when an infected person coughs or sneezes. A person who does not receive treatment can spread the disease for about 2 weeks after infection.

Why should my child get a flu vaccine?
Reduces the risk of flu illness and hospitalization among children. Shown to be life-saving for children. Can make illness less severe among people who get vaccinated but still get sick with flu. Reduces the risk of illness, which can keep your child from missing school or childcare and you from having to miss work. Reduces the high risk of developing serious flu complication especially if your child is younger than 5 years, or of any age with certain chronic conditions. Helps prevent spreading flu to family and friends, including babies younger than 6 months who are too young to get a flu vaccine.

When should my child get a flu vaccine?
Doctors recommend that your child get a flu vaccine every year in the fall, starting when he or she is 6 months old. Some children 6 months through 8 years of age may need 2 doses for best protection. CDC recommends a flu vaccine by the end of October, before flu begins spreading in your community. Getting vaccinated later, however, can still be beneficial and vaccination should continue to be offered throughout the flu season, even into January or later.

Children 6 months through 8 years getting a flu vaccine for the first time, and those who have only previously gotten one dose of flu vaccine, should get two doses of vaccine. The first dose should be given as soon as vaccine becomes available. If your child previously got two doses of flu vaccine (at any time), he only needs one dose of flu vaccine this season. CDC recommends a yearly flu vaccine for everyone ages six months and older. Pregnant women should get a flu vaccine during each pregnancy. Flu vaccines given during pregnancy help protect both the mother and her baby from flu.

What vaccines protect against flu?
For the 2020-2021 flu season, CDC recommends a yearly flu vaccination for everyone 6 months and older. **Flu shots** can be given to your child 6 months and older. **The nasal spray vaccine** can be given to people 2 through 49 years of age. However, certain people with underlying medical conditions should not get the **nasal spray vaccine**. Your child's doctor will know which vaccines are right for your child.

Should I get vaccinated if I'm pregnant?
Yes. Changes in your immune, heart, and lung functions during pregnancy make you more likely to get seriously ill from flu. CDC recommends pregnant women get a yearly seasonal flu shot by the end of October, if possible, to ensure best protection against flu. **You can be vaccinated during any trimester of your pregnancy**. Getting vaccinated **can also help protect your baby after birth from flu**. (Mom passes antibodies onto the developing baby during her pregnancy.)

Are Flu vaccines very safe?
Flu vaccines have a good safety record. Hundreds of millions of Americans have safely received flu vaccines for more than 50 years, and there has been extensive research supporting the safety of flu vaccines. Vaccines, like any medicine, can have side effects. When they occur, flu vaccine side effects are generally mild and go away on their own within a few days.

What are the side effects?
Common **side effects** from the **flu shot** may include: Soreness, redness, and/or swelling where shot was given; Headache; Fever; Nausea; Muscle aches; Side effects from the **nasal spray** flu vaccine may include: Runny nose; Wheezing; Headache; Vomiting; Muscle aches. If these problems occur, they usually begin soon after vaccination and are mild and short-lived. **To prevent fainting and injuries related to fainting,** adolescents should be seated or lying down during vaccination and remain in that position for 15 minutes after the vaccine is given.

Why does my child need a flu vaccine every year?
Flu viruses are constantly changing, so new vaccines are made each year to protect against the flu viruses that are likely to cause the most illness. Also, **protection provided by flu vaccination wears off over**

time. Your child's flu vaccine will protect against flu all season, but they will need a vaccine again next flu season for best protection against flu.

What is flu?

Flu—**short for influenza**—is an illness caused by influenza viruses. Flu viruses infect the nose, upper airways, throat, and lungs. Flu spreads easily and can cause serious illness, especially for young children, older people, pregnant women, and people with certain chronic conditions like asthma and diabetes.

Flu is a respiratory illness caused by the influenza virus that infects the nose, throat, and lungs. Flu can affect people differently based on their immune system, age, and health. Did you know that flu can be dangerous for children of any age? Flu symptoms in children can include coughing, fever, aches, fatigue, vomiting, and diarrhea. Every year in the United States, otherwise healthy children are hospitalized or die from flu complications. CDC estimates that since 2010, flu-related hospitalizations among children younger than 5 years have ranged from 7,000 to 26,000 in the United States. It's important to know that children younger than 6 months are more likely to end up in the hospital from flu, but are too young to get a flu vaccine. The best way to protect babies against flu is for the mother to get a flu vaccine during pregnancy and for all caregivers and close contacts of the infant to be vaccinated. Everyone 6 months and older needs a flu vaccine every year.

What are the symptoms of flu?

Flu symptoms can include: Fever (**not everyone with flu will have a fever**) or feeling feverish/chills; Chills; Cough; Sore throat; Runny or stuffy nose; Headache; Muscle or body aches; Tiredness and Vomiting and/or diarrhea (this is more common in children than adults). Most people who get sick with flu will recover in a few days to less than two weeks.

Is flu illness serious?

Millions of children get sick with flu each year and thousands are hospitalized. CDC estimates that since 2010, between 7,000 and 28,000 children younger than 5 years old have been hospitalized for flu each year in the United States. Children with chronic conditions like asthma, diabetes, and disorders of the brain or nervous system, and children younger than 5 years old (and especially children younger than 2 years

old) are more likely to end up in the hospital from flu. Some people at high risk can develop complications (such as pneumonia) that can result in hospitalization and even death. **Flu seasons vary in how serious they are from one season to another.** Since 2010, CDC estimates that between 130 and 1,200 children (younger than 18 years) have died from flu each year.

How does flu spread?

Flu spreads mainly by droplets when people who have flu talk, cough, or sneeze, and these droplets land in the mouths or noses of people who are nearby or are inhaled. Less often, a person might get flu by touching a surface or object that has flu virus on it and then touching their own mouth, nose, or possibly their eyes. People can spread flu to others from one day before they have symptoms to 5-7 days after they get sick. This can be longer in children and people who are very sick.

Can my child get flu from a flu vaccine?

No, **flu vaccines do not cause flu**. Flu vaccines (given as a shot) are currently made in two ways: the vaccine is made either with flu viruses that have been 'inactivated' (killed) and are therefore not infectious, or using only a single gene from a flu virus (as opposed to the full virus) in order to produce an immune response without causing infection.

Hepatitis A

Why should my child get the hepatitis A shot?
Protects your child from hepatitis A, a potentially serious disease. Protects other people from the disease because children under 6 years old with hepatitis A usually don't have symptoms, but they often pass the disease to others without anyone knowing they were infected. Keeps your child from missing school or childcare and you from missing work.

When should my child get the hepatitis A shot?
Your child will need two doses of the Hepatitis A shot for best protection. **One dose** at each of the following ages: 12 through 23 months; 6 months after last dose. The hepatitis A shot is safe. The hepatitis A vaccine is very safe, and it is effective at preventing the hepatitis A disease. Vaccines, like any medicine, can have side effects. These are usually mild and go away on their own.

What are the side effects?
The most common **side effects** are usually mild and last 1 or 2 days. They include: Sore arm from the shot; Headache; Tiredness; Fever; Loss of appetite (not wanting to eat)

What is hepatitis A?
Hepatitis A is a serious liver disease caused by the hepatitis A virus. Children with the virus often don't have symptoms, but they often pass the disease to others, including their unvaccinated parents or caregivers. These individuals can get very sick. The Hepatitis A vaccine was developed in 1995 and since then has cut the number of cases dramatically in the United States. Hepatitis A is a contagious liver disease and is transmitted through person-to-person contact or through contaminated food and water. Vaccinating against hepatitis A is a good way to help your baby stay Hep A-free and healthy!

What are the symptoms of hepatitis A disease?
Children under 6 years old often have no symptoms. Older children and adults feel very sick and weak. Symptoms usually appear 2 to 6 weeks after a person gets the virus. The symptoms may include: Fever; Loss of appetite (not wanting to eat); Tiredness; Stomach pain; Vomiting; Dark urine; Yellow skin and eyes

Is it serious?
Older children, adolescents and adults often feel sick, and symptoms can last for up to 6 months. There is no specific treatment for hepatitis A. Hepatitis A is a serious disease that used to be more common in the United States. In the 1980s, the United States used to see as many as 30,000 cases a year. Thanks to the vaccine, the number of hepatitis A cases in the United States has dropped by 95%.

How does hepatitis A spread?
Hepatitis A virus is found in the stool (poop) of a person who has the virus. It spreads when a person puts something in his or her mouth that has the hepatitis A virus on it. Even if the item looks clean, it can still have virus on it that can spread to others. The amount of stool can be so tiny that it cannot be seen with the naked eye. You can get it by touching objects such as doorknobs or diapers or eating food that has the virus on it.

Hepatitis B

Why should my baby get the hepatitis B shot?
Protects your child from against hepatitis B, a potentially serious disease. Protects other people from the disease because children with hepatitis B usually don't have symptoms, but they may pass the disease to others without anyone knowing they were infected. Prevents your child from developing liver disease and cancer from hepatitis B. Keeps your child from missing school or childcare and you from missing work. The hepatitis B shot is safe. The hepatitis B shot is very safe, and is effective at preventing hepatitis B. Vaccines like any medicine, can have side effects. These are usually mild and go away on their own.

What are the side effects?
The most common **side effects** of the hepatitis B vaccine are mild and include: Low fever (less than 101 degrees) or, Sore arm from the shot.

What is hepatitis B?
Hepatitis B is a contagious liver disease caused by the hepatitis B virus. When a person is first infected with the virus, he or she can develop an "acute" (short-term) infection. Acute hepatitis B refers to the first 6 months after someone is infected with the hepatitis B virus. This infection can range from a very mild illness with few or no symptoms to a serious condition requiring hospitalization. Some people are able to fight the infection and clear the virus. For others, the infection remains and is "chronic," or lifelong. Chronic hepatitis B refers to the infection when it remains active instead of getting better after 6 months. Over time, the infection can cause serious health problems, and even liver cancer.

Did you know that worldwide more than 780,000 people per year die from complications to Hepatitis B? Hepatitis B is spread through blood or other bodily fluids. It's especially dangerous for babies, since the hepatitis B virus can spread from an infected mother to child during

birth. About nine out of every 10 infants who contract it from their mothers become chronically infected, which is why babies should get the first dose of the hepatitis B vaccine shortly after birth. All pregnant women should be tested and all babies should be vaccinated.

What are the symptoms of hepatitis B disease?

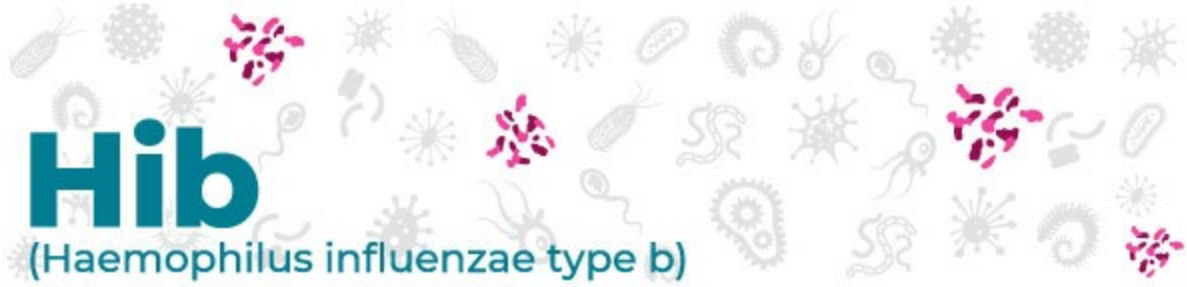
Infants and young children usually show no symptoms. Hepatitis B infection causes Loss of appetite (not wanting to eat); Fever; Tiredness; Pain in muscles, joints, and stomach; Nausea, diarrhea, and vomiting and Dark urine. These symptoms usually appear 3 or 4 months after a person gets the virus.

Is it serious?

Hepatitis B can be very serious. Most people with a recent hepatitis B infection may feel sick for a few weeks to several months. Some people get over the illness. For other people, the virus infection remains active in their bodies for the rest of their life. Although people with lifelong hepatitis B usually don't have symptoms, the virus causes liver damage over time and could lead to liver cancer. There is no cure for hepatitis B, but treatment can help prevent serious problems. Hepatitis B can cause liver damage and cancer.

How does hepatitis B spread?

Hepatitis B is spread through contact with blood of an infected person (even if they show no symptoms). At birth; Open cuts or sores; Sharing toothbrushes or other personal items; and Food chewed for a baby. Any infected family member or caregiver can pass the virus to your baby. The virus can live on objects for 7 days or more.



Why should my child get the Hib shot?
Protects your child from Hib disease, which can cause lifelong disability and be deadly. Protects your child from the most common type of Hib disease, meningitis (an infection of the lining covering the brain and spinal cord). Keeps your child from missing school or childcare, and you from missing work. The Hib shot is safe. The Hib shot is safe and effective at preventing Hib disease. Vaccines like any medicine, can have side effects. These are usually mild and go away on their own.

What are the side effects?
Most children don't have any **side effects** from the shot. The side effects that do occur are usually mild, and may include: Redness, swelling, warmth, or pain where the shot was given; and Fever

What is Hib disease?
Babies and children younger than 5 years old are most at risk for Hib disease. It can cause lifelong disability and be deadly. Hib (or its official name, *Haemophilus influenzae* type b) isn't as well-known as some of the other diseases, thanks to vaccines. Hib can do some serious damage to a child's immune systems and cause brain damage, hearing loss, or even death. Hib mostly affects kids under five years old. Before the vaccine, over 20,000 kids were infected each year. That's about 400 yellow school busses worth of kids! Of these kids, one in five suffered brain damage or became deaf. Even with treatment, as many as one out of 20 kids with Hib meningitis

What are the symptoms of Hib disease?
Hib disease causes different symptoms depending on which part of the body it affects. The most common type of Hib disease is meningitis. This is an **infection of the tissue covering the brain and spinal cord**. It causes:

High fever; Confusion; Headache or stiff neck; Increased sensitivity to light; Poor eating and drinking, low alertness, or vomiting (in babies) Hib disease can also cause: Throat swelling that makes it hard to breathe; Joint infection; Skin infection; Pneumonia **(lung infection) and** Bone infection

Is it serious?

Hib disease is very serious. Most children with Hib disease need care in the hospital. Even with treatment, as many as 1 out of 20 children with Hib meningitis dies. As many as **1 out of 5 children who survive Hib meningitis will have brain damage or become deaf**.

HPV
(Human Papillomavirus)

When should my child get the shot?

11-12 years: Two doses of the HPV shot are needed, 6-12 months apart. If the shots are given less than 5 months apart, a 3rd dose is needed. If started after 15th birthday. Three doses of the HPV shot should be given over 6 months. If your teen hasn't gotten the vaccine yet, talk to his/her doctor about getting it as soon as possible. Your child can get the first dose of the HPV vaccine at the same visit they get vaccines to protect against meningitis and whooping cough.

Why does my child need the HPV shot?

Protects against infections that can lead to certain cancers. Protects against abnormal cells that can lead to cancer (precancers) and the lasting effects of testing and treatment for these precancers. Protects your child long before they are ever exposed **to cancer-causing infections**. The HPV shot is safe. The **HPV shot is very safe**, and it is effective at protecting against HPV infection. Vaccines, like any medicine, can have side effects. These are usually mild and go away on their own. With over 135 million doses distributed in the United States, HPV vaccine has a reassuring safety record that's backed by over 15 years of monitoring and research.

What are the side effects?

The most common **side effects** of the HPV vaccine are mild and include: Pain, redness, or swelling in the arm where the shot was given; Fever; Dizziness or fainting (fainting after any vaccine, including HPV vaccine, is more common among adolescents); Nausea; Headache or feeling tired and Muscle or joint pain. **To prevent fainting and injuries related to fainting,** adolescents should be seated or lying down during vaccination and for 15 minutes after the shot. It is important to tell the doctor or nurse if your child has any severe allergies, including an allergy to latex or yeast.

What is Human Papillomavirus (HPV)?

HPV is a group of more than 150 related viruses that infect men and women. These common viruses infect about 13 million people, including

teens, every year. Some HPV infections can lead to certain types of cancer.

Is it serious?
While most HPV infections go away on their own, some infections that don't go away can cause: **Cervical, vaginal, and vulvar cancers** in women; **Penile cancer** in men; **Anal cancer** in both men and women; **Cancer of the back of the throat, including the base of the tongue and tonsils (oropharynx)** in both men and women; and **Genital warts**. 85% of people will get an HPV infection in their lifetime. While there is screening for cervical cancer, there are no routine screening tests for these other types of HPV cancers, so they often aren't detected until they cause health problems.

Every year in the U.S.: **More than 4,000** women die of cervical every year in the U.S., even with screening and treatment. Nearly 36,000 men and women are diagnosed with a cancer caused by an HPV infection. Nearly **200,000** women are estimated to be diagnosed with a cervical precancer, or abnormal cells on the cervix that can lead to cancer. **Treatment for cervical cancers and precancers can limit women's ability to have children**

How do you get HPV?
HPV is spread through intimate skin-to-skin contact. You can get HPV by having vaginal, anal, or oral sex with someone who has the virus. It is most commonly spread during vaginal or anal sex. HPV is so common that nearly all men and women get it at some point in their lives.

Measles

Why should my child get the MMR shot?
The measles shot is safe. The measles shot is very safe and is effective at preventing measles. Vaccines, like any medicine, can have side effects. These are usually mild and go away on their own. **There is no link between the MMR shot and autism.** Scientists in the United States and other countries have carefully studied the MMR shot. None have found a link between autism and the MMR shot.

What are the side effects of the shot?
Most children don't have any **side effects** from the shot. The side effects that do occur are usually mild and may include: Soreness, redness, or swelling where the shot was given; Fever; Mild rash and Temporary pain and stiffness in the joints. More serious side effects are rare. These may include high fever that could cause a seizure.

What is measles?
Measles is a serious respiratory disease (in the lungs and breathing tubes). It causes a rash and fever. It is very contagious. In rare cases, it can be deadly. Did you know your child can get measles just by being in a room where a person with measles has been, even up to two hours after that person has left? Measles is very contagious, and it can be serious, especially for young children. Because measles is common in other parts of the world, unvaccinated people can get measles while traveling and bring it into the United States. Anyone who is not protected against measles is at risk, so make sure to stay up to date on your child's vaccines.

What are the symptoms of measles?
Measles starts with a fever that can get very high. Some of the other symptoms that may occur are: Cough, runny nose, and red eyes. Rash of tiny, red spots that start at the head and spread to the rest of the body; Diarrhea and Ear infection

Is measles serious?
Measles can be dangerous, especially for babies and young children. For some children, measles can lead to: Pneumonia (a serious lung infection); Lifelong brain damage; Deafness and Death

How does measles spread?
Measles spreads when a person infected with the measles virus breathes, coughs, or sneezes. It is very contagious. You can catch measles just by being in a room where a person with measles has been, up to 2 hours after that person is gone. And you can catch measles from an infected person even before they have a measles rash. Almost everyone who has not had the MMR shot will get measles if they are exposed to the measles virus.

Is measles in the United States?
Every year, unvaccinated U.S. residents get measles while they are abroad and bring the disease into the United States and spread it to others. Measles is common in other parts of the world, including countries in Europe, Asia, the Pacific Islands, and Africa. When people with measles travel into the United States, they can spread the disease to unvaccinated people including children too young to be vaccinated.

How many measles cases are there in the United States each year?
From year to year, measles cases can range from **roughly less than 100 to a couple hundred**. However, in some years, there were more measles cases than usual. In 2019, 1282 people from 31 states were reported as having measles. These measles outbreaks are a key reminder of how quickly diseases can spread when children aren't vaccinated. Most of these people got measles in the United States after being exposed to someone who got measles while in another country.

Meningococcal

When should my child get the meningococcal shot?

11 - 12 years and 16 years. Teens may also get a MenB shot, preferably at ages 16-18 years. Multiple doses are needed for best protection. If you are interested, talk to child's doctor.

Why should my child get meningococcal shots?

Protects against the bacteria that cause meningococcal disease. Protects your child from infections of the lining of the brain and spinal cord, as well as bloodstream infections. Protects your child from long-term disabilities that often come with surviving meningococcal disease.

What vaccines protect against meningococcal disease?

Meningococcal conjugate (MenACWY) vaccine protects against four types (serogroups A, C, W, and Y) of *Neisseria meningitidis* bacteria. Serogroup B meningococcal (MenB) vaccine protects against one type (serogroup B) of *Neisseria meningitidis* bacteria.

Are Meningococcal shots safe?

The meningococcal shots are safe and effective at preventing meningococcal disease. Vaccines like any medicine, can have side effects. These are usually mild and go away on their own.

What are the side effects?

About half of people who get a MenACWY vaccine have mild side effects following vaccination: Redness or pain where they got the shot; Fever. These reactions usually get better on their own within 1 to 2 days, but serious reactions are possible. Following a MenB shot, more than half of people who get the vaccine will have mild problems: Soreness, redness, or swelling where you got the shot; Tiredness (fatigue); Headache; Muscle or joint pain; Fever or chills and Nausea or diarrhea. These reactions usually get better on their own within 3 to 5 days, but serious reactions are possible. Note that teens can get both meningococcal vaccines during the same visit, but in different arms.

Some preteens and teens might faint after getting a meningococcal vaccine or any other shot.

What is meningococcal disease?
Meningococcal disease can refer to any illness caused by a type of bacteria called *Neisseria meningitidis*, also known as meningococcus [muh-ning-goh-KOK-us]. Meningococcal disease is not very common in the United States, but teens and young adults are at increased risk. The two most common types of infections are Infections of the lining of the brain and spinal cord (meningitis) and Infections of the bloodstream

What are the symptoms?
Symptoms are usually sudden onset of fever, headache, and stiff neck. It can start with symptoms similar to flu, and will often also cause nausea, vomiting, increased sensitivity to light, rash, and confusion.

Is meningococcal disease serious?
Meningococcal meningitis and bloodstream infections can be very serious, even deadly. The infections progress quickly. Someone can go from being healthy to very ill in 48 hours or less. Even if they get treatment, about 10 to 15 out of 100 people with meningococcal disease will die from it. Long-term disabilities from having meningococcal disease include loss of limbs, deafness, nervous system problems, and brain damage.

How do you get meningococcal disease?
Meningococcal bacteria spread through saliva or spit, usually through: Close contact, like when a person who has the bacteria in their nose or throat coughs on or kisses someone. Ongoing contact, like living with a person who has the bacteria in their nose or throat (for example, same household, college residence halls, military barracks)

Mumps

When should my child get the MMR shot?

12 – 15 months and 4 – 6 years

Before traveling to another country, infants 6 to 11 months should get 1 dose of the MMR shot.

Why should my child get the MMR shot?

Protects your child from mumps, a potentially serious disease, as well as **measles** and **rubella**. Protects your child from getting a fever and swollen glands under the ears or jaw from mumps. Keeps your child from missing school or childcare and you from missing work. Almost everyone who has not had the MMR shot will get mumps if they are exposed to the mumps virus.

Is The MMR shot safe.?

The MMR shot is very safe, and is effective at preventing mumps. Vaccines like a medicine, can have side effects. These are usually mild and go away on their own. **There is no link between the MMR shot and autism.** Scientists in the United States and other countries have carefully studied the MMR shot. None have found a link between autism and the MMR shot.

What are the side effects of the shot?

Most children don't have any **side effects** from the shot. The side effects that do occur are usually mild, and may include: Soreness, redness, or swelling where the shot was given; Fever; Mild rash and Temporary pain and stiffness in the joints. More serious side effects are rare. These may include high fever that could cause a seizure.

What is mumps?

Mumps is best known for causing puffy cheeks and a swollen jaw. This is due to swelling of the salivary glands. Other symptoms include fever,

head and muscle aches, and tiredness. Mumps is a contagious disease and there is no treatment. Mumps is still a threat today—every year, people in the United States get mumps. In recent years, mumps outbreaks have occurred in settings where there was close, extended contact with infected people, such as being in the same classroom or playing on the same sports team. The MMR vaccine protects you and your family against mumps, measles, and rubella.

What are the symptoms of mumps?
Mumps usually causes the following symptoms for about 7 to 10 days: Fever; Headache; Muscle aches; Tiredness; Loss of appetite (not wanting to eat) and Swollen glands under the ears or jaw. **Some people who get mumps do not have symptoms.** Others may feel sick but will not have swollen glands.

Is it serious?
Mumps can be dangerous. Before there was a vaccine, mumps was one of the most common causes of deafness and meningitis. Mumps can also lead to encephalitis. In most children, mumps is pretty mild. But it can cause serious, sometimes lasting problems, including: Meningitis (swelling of the tissue covering the brain and spinal cord); Deafness (temporary or permanent); Encephalitis (swelling of the brain); Orchitis (swelling of the testicles) in males who have reached puberty and Oophoritis (swelling of the ovaries) and/or mastitis (swelling of the breasts) in females who have reached puberty In rare cases, mumps is deadly.

How does mumps spread?
Mumps is a contagious disease caused by a virus. It spreads through direct contact with saliva or respiratory droplets from the mouth, nose, or throat. An infected person can spread the virus by coughing, sneezing, or talking; sharing items that may have saliva on them, such as water bottles or cups; participating in close-contact activities with others, such as playing sports, dancing, or kissing; touching objects or surfaces with unwashed hands that are then touched by others. An infected person can likely spread mumps from two days before their salivary glands begin to swell to up to five days after the swelling begins. A person with mumps should limit their contact with others during this time. For example, stay home from school and do not attend social events.

One dose at each of the following ages: **2 months**; **4 months**; **6 months** and **12 – 15 months**

Why should my child get the pneumococcal shot?
Protects your child from against potentially serious, and even deadly infections cause by pneumococcal disease, like pneumococcal meningitis (infection of the tissue covering the brain and spinal cord) and pneumonia (lung infection). Keeps your child from missing school or childcare and you from missing work.

Is The pneumococcal shot safe?
The pneumococcal shot is safe and effective at preventing pneumococcal disease. Vaccines like any medicine, can have **side effects**. These are usually mild and go away on their own.

What types of pneumococcal vaccines are there?
All babies and young children should receive the pneumococcal conjugate vaccine (PCV13). Some children with medical conditions should also receive the pneumococcal polysaccharide vaccine (PPSV23). The number of doses depends on the medical condition. Talk to your child's doctor about which vaccines they recommend.

What are the side effects?
Most children don't have any **side effects** from the shot. The side effects that do occur are usually mild, and may include: Fussiness; Feeling tired; Loss of appetite (not want to eat); Redness, swelling, or soreness where the shot was given; Fever or chills and Headache

What is pneumococcal disease?

Pneumococcal disease can cause infections of the ears, lungs, blood, and brain. This disease is caused by bacteria called *Streptococcus pneumoniae*. It causes ear infections, sinus infections, pneumonia, and even meningitis, making it very dangerous for children. The germs can invade parts of the body—like the brain or spinal cord—that are normally free from germs. Make sure you keep kids safe from this dangerous disease by vaccinating. It is often mild, but can cause serious symptoms, lifelong disability, or death. Children younger than 2 years old are among those most at risk for the disease. Treatment with penicillin and other drugs is not as effective as it used to be, because some strains of the disease have become resistant to these drugs. This makes prevention of the disease, through vaccination, even more important.

What are the symptoms?
There are many types of pneumococcal disease. Symptoms depend on the part of the body it affects.

- ❒ **Pneumococcal pneumonia** (lung infection) causes: Fever or chills; Cough; Rapid breathing or difficulty breathing and Chest pain

- ❒ **Pneumococcal meningitis** (infection of the lining of the brain and spinal cord) causes: Stiff neck or headache; High fever; Increased sensitivity to light; Confusion and In babies, meningitis may cause poor eating and drinking, low alertness, or vomiting.

- ❒ **Pneumococcal Disease** causes up to half of middle ear infections (otitis media). Symptoms are ear pain; a red, swollen ear drum; or sometimes, fever or sleepiness. Blood infection (bacteremia and sepsis) from pneumococcal disease can cause fever, chills, or low alertness.

Is it serious?
Pneumococcal disease ranges from mild to very dangerous. About **2,000** cases of serious disease (bacteremia, pneumonia with bacteremia, and meningitis) occur each year in children under 5 years old in the United States. These illnesses can lead to disabilities like deafness, brain damage, or loss of arms or legs. About 1 out of 12 children who get pneumococcal meningitis dies.

How is it spread?
Pneumococcal disease spreads when an infected person coughs or sneezes. Some children may not even feel sick, but they could have the bacteria in their noses and throats. These children can still spread pneumococcal disease.

Do children in the United States still get pneumococcal disease?
Yes. Each year in the United States, pneumococcal disease causes thousands of cases of pneumonia and ear infections. Without vaccines, there would be many more cases. Among children, those younger than 2 years old are most likely to have a serious case of pneumococcal disease.

Polio

Your child will need **one dose** at each of the following ages: 2 months; 4 months; 6 – 18 months and 4 – 6 years

Why should my child get the polio shot?
Protects your child from polio, a potentially serious disease. Protects your child from developing lifelong paralysis from polio.

Is The polio shot safe?
The polio shot is very safe, and is effective at preventing polio. Vaccines like any medicine, can have **side effects.** These are usually mild and go away on their own.

What are the side effects?
Redness, swelling, or pain where the shot was given

What is polio? (#1. Polio)
Polio, or poliomyelitis, is a disabling/crippling and life-threatening disease caused by the poliovirus. The virus spreads from person to person and can invade an infected person's brain and spinal cord, causing paralysis (can't move parts of the body)**.** Paralysis caused by poliovirus occurs when the virus replicates in and attacks the nervous system. The paralysis can be lifelong, and it can be deadly. It most often sickens children younger than 5 years old. Polio was eliminated in the United States with vaccination, and continued use of polio vaccine has kept this country polio-free. But polio is still a threat in some other countries. Making sure that infants and children are vaccinated is the best way to prevent polio from returning.

What are the symptoms of polio infection?

Most people who get infected with poliovirus do not have any symptoms. Some people (**25 people out of 100**) will have flu-like symptoms. These symptoms usually last 2 to 5 days. In rare cases, poliovirus infection can be very serious. About 1 out of 200 people will have weakness or paralysis in their arms, legs, or both. This paralysis or weakness can last a lifetime.

Is it serious?
The risk of lifelong paralysis is very serious. Even children who seem to fully recover can develop new muscle pain, weakness, or paralysis as adults, **15 to 40** years later. About **2 to 10** children **out of 100** who have paralysis from polio die because the virus affects the muscles that help them breathe.

How does polio spread?
Poliovirus is **very contagious**. It spreads through contact with: the stool (poop) of an infected person; droplets from a sneeze or cough of an infected person. If you get stool or droplets from an infected person on your hands and you touch your mouth, you can get infected. Also, if your child puts objects, like toys, that have stool or droplets on them into their mouth, they can get infected. An infected person may spread the virus to others immediately before and up to 2 weeks after symptoms appear. The virus may live in an infected person's stool for many weeks. He or she can contaminate food and water when they touch it with unwashed hands. People who don't have symptoms can still pass the virus to others and make them sick.

Do people still get polio in the United States?
No, thanks to a successful vaccination program, the United States has been polio-free for more than 30 years, but **the disease still occurs in other parts of the world**. It would only take one person with polio traveling from another country to bring polio back to the United States. Children who will be traveling to a **country where the risk of getting polio** should complete the series of shots before leaving for their trip. If a child cannot complete the routine series before leaving, a **polio accelerated schedule** is recommended.

Rotavirus

Your baby should get either of the two available rotavirus vaccines: RotaTeq® (RV5) is given in three doses at ages 2 months, 4 months, and 6 months or **1-2 months**; **4 months** and **6 months** (if they get the RotaTeq vaccine). Rotarix® (RV1) is given in two doses at ages 2 months, and 4 months. There are two brands of rotavirus vaccine: RotaTeq® and Rotarix®. Both brands of the rotavirus vaccines are given by mouth (drops), not by a shot

Why should my baby get the rotavirus drops?
Protects your baby from rotavirus, a potentially serious disease.
Protects your baby from developing diarrhea, vomiting, and stomach pain caused by rotavirus. Keeps your child from missing school or childcare and you from missing work.

Is The rotavirus vaccine safe?
The rotavirus vaccine is very safe and effective at preventing rotavirus. Vaccines, like any medicine, can have **side effects**. These are usually mild and go away on their own.

What are the side effects?
Side effects are rare, usually mild, and may include fussiness, diarrhea, and vomiting. Some studies have shown a small rise in cases of intussusception within a week after the first or second dose of rotavirus vaccine. **Intussusception** is a type of bowel blockage that is treated in a hospital. Some babies might need surgery. Studies estimate a risk ranging from about 1 intussusception case in every **20,000** infants to 1 intussusception case in every **100,000** infants after vaccination.

What is rotavirus?

Rotavirus causes severe diarrhea and vomiting. It affects mostly babies and young children. Diarrhea and vomiting can lead to serious dehydration (loss of body fluid). If dehydration is not treated, it can be deadly.

What are the symptoms of rotavirus?
Rotavirus symptoms include: Fever; Watery diarrhea; Vomiting; Stomach pain; Diarrhea and vomiting can last for three to eight days. Children may stop eating and drinking while they are sick.

Is rotavirus serious?
Rotavirus can be very harmful. **Diarrhea, vomiting, and fever can cause a loss of body fluids**. This leads to dehydration, which can be very dangerous, especially for babies and young children. Some children need an IV (needle in their vein) in the hospital to replace lost fluids.

How does rotavirus spread?
Rotavirus commonly spreads in families, hospitals, and childcare centers. People who are infected with rotavirus shed the virus in their poop. If you get rotavirus particles in your mouth, you can get sick. This can happen if you. Touch contaminated objects or surfaces and then put your fingers in your mouth. Put your unwashed hands that are contaminated with poop into your mouth. Eat contaminated food. **Rotavirus can survive on objects for several days**. It is very difficult to stop its spread just by hand washing or disinfecting surfaces. The best way to protect young children from rotavirus is to get them vaccinated.

Rubella

One dose at each of the following ages: **12 – 15 months** and **4 – 6 years;**
Before traveling to another country, infants 6 to 11 months should get 1 dose of the MMR shot.

Why should my child get the rubella shot?
Protects your child from rubella, a potentially serious disease, as well as **measles** and **mumps**. Prevents your child from spreading rubella to a pregnant woman whose unborn baby could develop serious birth defects or die if the mother gets rubella. Prevents your child from getting a rash and fever from rubella. Keeps your child from missing school or childcare and you from missing work to care for your sick child.

Is The MMR shot is safe?
The MMR shot is very safe, and is effective at preventing rubella. Vaccines like a medicine, can have **side effects**. These are usually mild and go away on their own. **There is no link between the MMR shot and autism.** Scientists in the United States and other countries have carefully studied the MMR shot. None has found a link between autism and the MMR shot.

What are the side effects of the shot?
Most children don't have any side effects from the shot. The **side effects** that do occur are usually very mild, and may include: Fever; Soreness, redness, or swelling where the shot was given; Temporary pain and stiffness in the joints (mostly in teens and adults) and Mild rash
More serious side effects are rare. These may include high fever that could cause a seizure.

What is rubella?

Rubella, sometimes called **"German measles,"** is a disease caused by a virus. The infection is usually mild with fever and a rash. Rubella is spread by coughing and sneezing. It is especially dangerous for a pregnant woman and her developing baby. If an unvaccinated pregnant woman gets infected with rubella, she can have a miscarriage, or her baby could die just after birth. Also, she can pass the disease to her developing baby who can develop serious birth defects. Make sure you and your child are protected from rubella by getting vaccinated on schedule.

Are you planning a pregnancy?
Even before becoming pregnant, make sure you are up to date on all your vaccines. If you aren't up to date, you'll need the MMR vaccine before you get pregnant. Infection during pregnancy can cause miscarriage, or birth defects like deafness, blindness, intellectual disability, heart defects, and liver or spleen damage. If you are not up to date on MMR vaccine, but you are already pregnant, consult your healthcare provider about ways to reduce your risk of exposure to rubella.

What are the symptoms of rubella?
In children, rubella usually causes the following symptoms that last 2 or 3 days: Rash that starts on the face and spreads to the rest of the body. Low fever (less than 101 degrees). Before the rash appears, older children and adults may also have: Swollen glands; Cough, runny nose, and redness or swelling of the white of the eye and Aching joints (especially in young women).

About half of the people who get rubella do not have symptoms.
Is rubella serious?
Rubella is usually mild in children. Complications are not common, but they occur more often in adults. In rare cases, rubella can cause serious problems, including brain infections and bleeding problems.

How does rubella spread?
Rubella spreads when an infected person coughs or sneezes and touches objects or surfaces with unwashed hands. The disease is most contagious when the infected person has a rash. But it can spread **up to 7** days before the rash appears and **up to 7** days after. People without

symptoms can still spread rubella. Rubella is rare in the United States but can be brought to the U.S. by travelers.

Tetanus

When should my child get the tetanus shot?
5 doses of DTaP and 1 booster dose of Tdap at the following ages: **2 months; 4 months; 6 months; 15 – 18 months; 4 – 6 years and 11 – 12 years (booster vaccine called Tdap)**

Why should my child get a tetanus shot?
Protects your child from tetanus, which can be a serious disease, as well as **diphtheria** and **whooping cough** (pertussis). Protects your child from painful muscle stiffness from tetanus. Keeps your child from missing school or childcare, and you from missing work.

What vaccines protect against tetanus?
There are 2 vaccines that help protect children against tetanus: DTaP and Tdap. Both also protect against diphtheria and whooping cough. These shots do not offer lifetime protection. People need booster shots to keep up protection.

Are Tetanus shots safe?
The tetanus shots are safe and effective at preventing tetanus. Vaccines like any medicine, can have side effects. These are usually mild and go away on their own.

What are the side effects?
Most children don't have any **side effects** from DTaP or Tdap. The side effects that do occur are usually mild, and may include: Redness, swelling, or pain where the shot was given; Fever; and Vomiting. More serious side effects are very rare but with DTaP can include: A fever over 105 degrees; Nonstop crying for 3 hours or more and Seizures (jerking, twitching of the muscles, or staring). Some preteens and teens might faint after getting Tdap or any other shot. **To prevent fainting and injuries related to fainting,** adolescents should be seated or lying down during

vaccination and remain in that position for 15 minutes after the vaccine is given.

What are the symptoms of tetanus?
The first sign is most commonly spasms of the muscles of the jaw, or "lockjaw"; Jaw cramping; Sudden, involuntary muscle tightening (muscle spasms) – often in the stomach; Painful muscle stiffness all over the body; Trouble swallowing; Jerking or staring (seizures); Headache; Fever and sweating and Changes in blood pressure and heart rate.

What is tetanus? (#2)
Tetanus is a serious disease caused by a toxin (poison) made by bacteria. Tetanus causes painful muscle stiffness and lockjaw and can be fatal. Parents still to warn kids about tetanus every time they scratch, scrape, poke, or slice themselves on something metal. Nowadays, the tetanus vaccine is part of a disease-fighting vaccine called DTaP, which provides protection against tetanus, diphtheria, and pertussis (whooping cough). When the tetanus bacteria invade the body, they produce a poison (toxin) that causes painful muscle contractions. Another name for tetanus is "lockjaw". It often causes a person's neck and jaw muscles to lock, making it hard to open the mouth or swallow.

Is it serious?
Tetanus is very dangerous. It can cause breathing problems, muscle spasms, and paralysis (unable to move parts of the body). Muscle spasms can be strong enough to break a child's spine or other bones.
It can take months to recover fully from tetanus. A child might need weeks of hospital care. As many as 1 out of 5 people who get tetanus dies.

How could my child get tetanus?
Stepping on nails or other sharp objects is one way people are exposed to the bacteria that cause tetanus. These bacteria are in the environment and get into the body through Tetanus is different from other vaccine-preventable diseases because **it does not spread from person to person**. Tetanus bacteria are **found in soil, dust, and manure**. It gets into the body through breaks in the skin, including: Punctures, cuts, or sores on the skin; Burns and Animal bites.

Whooping Cough
(Pertussis)

When should my child get the whooping cough shot?
5 doses of DTaP vaccine and 1 booster dose of Tdap at the following ages: **2 months**; **4 months; 6 months; 15 – 18 months; 4 – 6 years and 11 – 12 years (booster vaccine called Tdap)**

Why should my child get a whooping cough shot?
Helps protect your child from whooping cough, a potentially serious and even deadly disease, as well as **diphtheria** and **tetanus**. Helps prevent your child from having violent coughing fits from whooping cough. Helps protect your newborn when she is most vulnerable to serious disease and complications. Keeps your child from missing school or childcare and you from missing work.

What vaccines protect against whooping cough?
There are 2 vaccines that help protect children against whooping cough: DTaP and Tdap. Both also protect against diphtheria and tetanus. These shots do not offer lifetime protection.

Are Whooping cough shots safe?
Whooping cough shots are safe and effective at preventing whooping cough. Vaccines like any medicine, can have side effects. These are usually mild and go away on their own.

What are the side effects?
Most children don't have any **side effects** from DTaP or Tdap. The side effects that do occur are usually mild, and may include: Redness, swelling, or pain where the shot was given; Fever and Vomiting. More serious side effects are very rare but with DTaP can include: A fever over 105 degrees; Nonstop crying for 3 hours or more and Seizures (jerking, twitching of the muscles, or staring). Some preteens and teens might faint after getting Tdap or any other shot. **To prevent fainting and injuries**

related to fainting, adolescents should be seated or lying down during vaccination and remain in that position for 15 minutes after the vaccine is given.

What is whooping cough?

Whooping cough is a very serious respiratory (in the lungs and breathing tubes) infection. It is caused by *Bordetella pertussis* bacteria. It can cause violent coughing fits. Whooping cough is most harmful for young babies and can be deadly. Whooping cough can cause uncontrollable, violent coughing, which often makes it hard to breathe. Its "whooping" name comes from the sharp breath intake sound right *after* a coughing fit. In babies, this disease also can cause life-threatening pauses in breathing with no cough at all. Whooping cough is especially dangerous to babies who are too young to be vaccinated themselves. Mothers should get the whooping cough vaccine during each pregnancy to pass some protection to their babies before birth. It is very important for your baby to get the whooping cough vaccine on time so he can start building his own protection against the disease. Since 2010, between 15,000 and 50,000 cases of whooping cough were reported each year in the United States, with cases reported in every state.

What are the symptoms of whooping cough?

Whooping cough usually starts with the following symptoms: Runny nose; Mild cough and a pause in breathing in babies (apnea). Children and babies may then begin to develop these more serious problems: Coughing very hard, over and over. These coughing fits happen more at night. Gasping for breath after a coughing fit. They may make a **"whooping"** sound. This sound is where the name **"whooping cough"** comes from. Babies may not cough or make this sound—they may gag, gasp, or stop breathing. Difficulty breathing, eating, drinking, or sleeping. Turning blue from lack of oxygen. Vomiting after coughing fits. Coughing fits can last for up to 10 weeks or more, and sometimes happen again the next time the child has a respiratory illness.

Is it serious?

Whooping cough is most dangerous for babies and young children. In fact, babies younger than 1 year old who have whooping cough may: Need to be cared for in the hospital; Develop pneumonia (a serious lung infection) and Have seizures and Suffer brain damage. Women can get

Tdap during pregnancy to pass whooping cough protection to their babies. This helps protect babies until they can start getting their own whooping cough shots. **Learn more…** Whooping cough can even be deadly. About 7 in 10 deaths from whooping cough are among babies younger than 2 months old. These babies are too young to get whooping cough shots.

How does whooping cough spread?
Whooping cough spreads easily through the air when a person who has whooping cough breathes, coughs, or sneezes. Almost everyone who is not immune to whooping cough will get sick if exposed to it. A person can spread the disease from the very beginning of the sickness (when he has cold-like symptoms) and for at least 2 weeks after coughing starts. Since symptoms can be mild for some people, your baby can catch whooping cough from adults, grandparents, or older brothers or sisters who don't know they have the disease.

Do people still get whooping cough in the United States?
Before the whooping cough vaccines were recommended for all infants, about 8,000 people in the United States died each year from whooping cough. Today, because of the vaccine, this number has dropped to fewer than 20 per year. But, cases of whooping cough have been increasing over the past several years, and outbreaks of whooping cough can occur.

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