

# Keeping *child* Your World Safe

Why Vaccinating  
Your Children  
Matters



# Wondering why you should vaccinate your child?

Here's a quick low-down on why vaccines are so important to your child's health:

- ✓ Vaccines can prevent common diseases that can seriously harm or kill infants, children and adults – like measles, mumps and polio – just to name a few.
- ✓ It is always better to prevent a disease than to treat one.
- ✓ Widespread vaccination protects communities from outbreaks.

**The  
Proof is  
in the  
Science**

**97%**

protection against measles is achieved by vaccinating your child.<sup>1</sup>

**99%**

protection against the poliovirus is provided by three doses of the polio vaccine.<sup>2</sup>

**100%**

efficacy in preventing tetanus

+

**95%**

efficacy in preventing diphtheria

+

**98%**

efficacy in preventing whooping cough

is achieved by the Tdap vaccine.<sup>3</sup>

1 - <https://www.cdc.gov/measles/vaccines/index.html>

2 - <https://www.cdc.gov/polio/vaccines/index.html>

3 - <https://www.vaccinesafety.edu/vaccine-preventable-diseases/>

# A Little Hesitation is Okay – It Means You Care!

Let's Ease Those Anxieties by Answering  
Some Common Questions

## **How safe are vaccines?**

Vaccines are extremely safe and effective. In fact, before a vaccine is made available to the public, it goes through a lengthy and rigorous clinical trial process. After the clinical trial process is completed, the vaccine is submitted to the Food and Drug Administration (FDA) for review, approval and ongoing safety monitoring.

## **Could my child experience side effects?**

They certainly could, but it's typically minor. They may experience soreness where the shot was given, fussiness or low-grade fever. These side effects only last a couple of days and are treatable. Typically, when you are at the doctor's office, they will run through the potential side effects your child could experience and give you the opportunity to ask questions.

## **Can vaccines make you sick?**

No, vaccines are designed to safely stimulate the immune system without causing the illness they protect against.



# Your Vaccine Appointment Roadmap

## Preparing Your Child for a Vaccine Visit

### Before the Visit

- ✓ Read the vaccine materials you received from your child's healthcare provider and write down any questions you may have.
- ✓ Talk honestly with your child and share that shots can pinch or sting, but it won't last for long.
- ✓ Explain to your child that vaccines prevent them from getting sick.
- ✓ Pack your child's favorite toy or blanket to comfort them during the appointment.

### During the Visit

- ✓ Ask your healthcare provider any questions you may have about each vaccine.
- ✓ Support your child and remind them that vaccines keep them healthy.
- ✓ Praise your child for being brave after they receive the vaccine.

### After the Visit

- ✓ Read the Vaccine Information Sheet (VIS) that your provider gives you to learn about side effects your child may experience.
- ✓ Use a cool, damp cloth to help reduce redness or soreness where the shot was given.
- ✓ Ask your healthcare provider if you can give your child a non-aspirin pain reliever.
- ✓ Call your child's healthcare provider with any questions or concerns.

Have a question or concern about a vaccine?  
Talk to your pharmacist!