

# Immunize your kids!

## What is immunization?

Immunization may also be called vaccination, baby shots or needles.

It is the best protection against many serious diseases.

## How does it work?

Vaccines trigger your child's own immune system to make antibodies to fight diseases.

For immunization to work best, children must have all their vaccinations – on time.

## Is it safe?

Immunization is very safe. If you have any concerns, call your doctor or public health office, or go to [www.immunize.cpha.ca](http://www.immunize.cpha.ca)

## What should I do to protect my child?

- ✓ call your doctor or public health office to set up a time for your child's vaccinations
- ✓ keep a written record of all your child's vaccinations



# Recommended Vaccines for Kids

Below are the vaccines routinely recommended for children, from infancy to adolescence. These vaccines provide the best protection against serious illness, disability or even death. Most of these vaccines are available at no charge. Check with your doctor or public health office for the specific schedule, doses and possible costs of these vaccines in your province or territory.

<b>DTaP</b>	Diphtheria, tetanus, pertussis (whooping cough) vaccine
<b>IPV</b>	Inactivated poliovirus (polio) vaccine
<b>Hib</b>	<i>Haemophilus influenzae</i> type b conjugate vaccine (meningitis, blood infection)
<b>MMR</b>	Measles, mumps and rubella vaccine
<b>dTap</b>	Tetanus, diphtheria, pertussis adolescent/adult type vaccines
<b>HepB</b>	Hepatitis B vaccine (liver infection)
<b>V</b>	Varicella vaccine (chickenpox)
<b>PC</b>	Pneumococcal conjugate vaccine (meningitis, blood infection, pneumonia, ear infections)
<b>MC</b>	Meningococcal C conjugate vaccine (meningitis, blood infection)
<b>Flu</b>	Influenza vaccine is recommended annually for children aged 6-23 months and for children of any age with chronic health conditions.

Travelling to another country? Consult a travel health clinic, your doctor, local public health office, or [www.travelhealth.gc.ca](http://www.travelhealth.gc.ca)

## Canadian Coalition for Immunization Awareness & Promotion (CCIAP)

Association of Medical Microbiology and Infectious Disease Canada ■ Canadian Medical Association ■ College of Family Physicians of Canada ■ Council of Chief Medical Officers of Health ■ Canadian Paediatric Society ■ Society of Obstetricians and Gynaecologists of Canada ■ Canadian Institute of Child Health ■ Canadian Public Health Association ■ Community and Hospital Infection Control Association ■ Canadian Nurses Association ■ Canadian Nursing Coalition for Immunization ■ Canadian Gerontological Nursing Association ■ Canadian Geriatric Society ■ Canada's Association for the Fifty-Plus ■ Canadian Pharmacists Association ■ Canadian Association of Chain Drug Stores ■ Canadian Diabetes Association ■ Canadian Lung Association ■ Heart and Stroke Foundation of Canada ■ Victorian Order of Nurses ■ Public Health Agency of Canada

### For more information:

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Your doctor or public health office: