



# Your Child's Vaccines



# VACCINES 101

Vaccines teach our warrior cells – or antibodies – how to see and fight diseases. That's how vaccines protect kids.

## Safe & Effective

Vaccines keep kids healthy! Serious reactions are extremely rare.



## Expect Mild Side Effects

Most vaccines have mild side effects, like fever or muscle aches. They often go away in 1-2 days. They are a good sign your child's warrior cells are preparing to fight disease.

## Community Protection

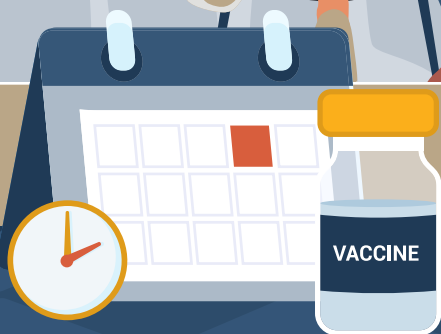
When kids are vaccinated, it's less likely they will get sick and spread illness to others - like Elders, young babies, and people with certain health conditions.

## Getting Multiple Vaccines Is Safe

Getting several vaccines at the same time is safe for babies and kids. It also decreases the time your child may experience mild side effects – like fever.

## Don't Have Regrets

Mild vaccine side effects go away within a few days. But the impacts of getting a harmful disease can last a lifetime.



## Catching Up

If your child is behind on their vaccinations, they can still catch up. However, delaying vaccines puts them at risk for serious illnesses.

# HEPATITIS B VACCINE

Protects against a lifetime  
of liver issues.



Hep B virus spreads through  
body fluids, like blood.

Most babies who get  
Hep B virus have it their  
whole lives. **1 out of 4**  
will develop liver disease  
or cancer.

The vaccine has  
been used – and  
carefully watched  
- since the 1980's.  
If all babies got it,  
we'd likely get rid of  
Hep B in kids.



**Mild side effects**  
– like fever,  
fussiness, stomach  
upset, and redness/  
soreness where the  
vaccine was given  
– are normal. They  
should go away in a  
few days.

## **RECOMMENDED:**

- ✓ Shortly after birth
- ✓ 1-2 months
- ✓ 6-18 months



# DTaP VACCINE

Defends kids from three dangerous diseases - diphtheria, tetanus, and pertussis (whooping cough).

**Diphtheria** can quickly cause breathing problems. When it's severe, it can damage kids' hearts and nerves.

**Tetanus** causes muscles to stop working. When it spreads to breathing muscles, people die.

**Whooping cough** can cause such bad bouts of coughing that children can choke and have trouble breathing. Before the vaccine, whooping cough killed over 6,000 kids in the US every year.



The vaccine has been used since the 1990's.  
Bad reactions are extremely rare.

**Mild side effects** – like fever, fussiness, sleepiness, and redness/swelling where the vaccine was given – are normal. They should go away in a few days.



## RECOMMENDED:

- ✓ 2 months
- ✓ 4 months
- ✓ 6 months
- ✓ 15-18 months
- ✓ 4-6 years

# HIB VACCINE

Protects against serious health problems,  
like brain damage, deafness, and  
trouble moving.

Hib spreads through touch,  
kissing, coughs, and sneezes.  
Native kids are at higher risk.

The vaccine is **90%**  
**effective** at preventing  
sickness. If sickness happens,  
vaccinated kids often have  
mild or no symptoms.



We know it's safe.  
It's been used – and  
carefully watched –  
since 1989. Serious  
reactions are rare.

**Mild side effects** –  
like fever, fussiness,  
sleepiness, and redness/  
swelling where the  
vaccine was given – are  
normal. They should go  
away in a few days.

## RECOMMENDED:

- ✓ 2 months
- ✓ 4 months
- ✓ 6 months  
(depending on the brand)
- ✓ 12-15 months



# PNEUMOCOCCAL VACCINE (PCV)

Defends against infections that make it hard to breathe, trigger high fever, and cause brain damage.

Pneumococcal bacteria spread through touch, kissing, coughs, and sneezes.

The vaccine is **95% effective** at preventing sickness. If sickness happens, vaccinated kids often have mild or no symptoms.



The vaccine has been used since 2000.  
Bad reactions are extremely rare.

**Mild side effects** – like fever, fussiness, sleepiness, and redness/swelling where the vaccine was given - are normal and should go away in 1-2 days. 1 out of 10 babies get a fever greater than 102 degrees.



## RECOMMENDED:

- ✓ 2 months
- ✓ 4 months
- ✓ 6 months
- ✓ 12-15 months

# POLIO VACCINE (IPV)

Protects kids from becoming paralyzed  
(not able to move).



Polio virus usually spreads through poop, but it can also spread through coughs and sneezes. Kids get polio from unclean surfaces, like a toy, or if they eat food or drink water with the virus in it.

**Although there are treatments, polio has no cure.** It causes our muscles to stop working. Most paralyzed people need wheelchairs and breathing machines for the rest of their lives.



We know it's safe. It's been used – and carefully watched- since 1989. Serious reactions are rare.

**Mild side effects** – like fever, fussiness, sleepiness, and swelling/redness where the vaccine was given – are normal. They should go away in 1-2 days.

## RECOMMENDED:

- ✓ 2 months
- ✓ 4 months
- ✓ 6-18 months
- ✓ 4-6 years



# ROTAVIRUS VACCINE

Protects babies from severe diarrhea,  
vomiting, and fever.

Rotavirus usually spreads through poop. Kids  
get it from unclean surfaces, like a toy, or if  
they eat food or drink water with the virus in it.



It spreads easily  
among family members  
and at childcare  
centers. Babies can  
get very dehydrated  
and need to be  
hospitalized.

The vaccine comes as liquid drops you swallow.  
It has been given since 2006. Serious reactions  
are rare.

**Mild side effects** – like fussiness, stomach upset,  
and sleepiness – are normal. They should go away  
in 1-2 days.



## RECOMMENDED:

- ✓ Before 15 weeks
- ✓ By 8 months

# HEPATITIS A VACCINE

Protects kids from liver damage, fever, nausea, and vomiting.

Hep A usually spreads through poop.

Kids can get it from an unclean surface, like a toy, or if they eat food or drink water with the virus in it.

There have been *many* Hep A outbreaks. Getting vaccinated is important.



Hep A vaccine has been around since 2021, and many kids – including Native children - have safely received it.

**Mild side effects** – like fever, fussiness, sleepiness, and swelling/redness where the vaccine was given – are normal. They should go away in 1-2 days.

## RECOMMENDED:

- ✓ 12–23 months
- ✓ 6 months after the first vaccine



# MMR VACCINE

Protects against measles, mumps, and rubella – 3 dangerous diseases that spread fast.

**MEASLES** spreads easily. If 10 unvaccinated kids spend time with a friend who has measles, 9 will likely get sick. Measles causes high fever, rash, and severe cough.



**MUMPS** results in painful lumps on your face and neck, and flu-like symptoms. Mumps can damage kids' reproductive organs and brain.

**RUBELLA** causes mild symptoms, like fever, in kids. But if it gets passed to a pregnant person, it can cause a miscarriage or life-long problems for the baby.

MMR vaccines have been safely used since the 1970s. Bad reactions are very rare.

**Mild side effects** – like fever, sleepiness, and soreness/rash where the vaccine was given – are normal. They should go away in 1-2 days.



## RECOMMENDED:

- ✓ 12–15 months
- ✓ 4–6 years

# VARICELLA VACCINE

Protects kids from chickenpox.

Chickenpox causes fever, headache, sore throat, stomach ache, and an itchy rash.

It spreads easily. You can breathe it in when someone with chickenpox scratches their rash. It also spreads through coughs and sneezes and through touching objects, like clothing.



Before the vaccine, in the US about 12,000 people got hospitalized and 125 died from chickenpox each year.

Half of those deaths were kids.

The vaccine is **90% effective** at preventing chickenpox.

**Mild side effects** – like fever, fussiness, sleepiness, and swelling/redness where the vaccine was given – are normal. They should go away in 1-2 days.

## RECOMMENDED:

- ✓ 12–15 months
- ✓ 4–6 years



# HPV VACCINE

Protects against six different types of cancer.

Some people naturally clear HPV from their bodies. Some do not.

HPV is sneaky. It can quietly rest without showing any symptoms. While it's resting, it can cause damage and be passed on to others.

The vaccine is **99% effective** at protecting against 6 types of cancers – like throat and cervical cancer. Serious reactions are extremely rare.

**Mild side effects** – like fever, muscle aches, and soreness/redness where the vaccine was given - are normal. They should go away in a few days.



## RECOMMENDED:

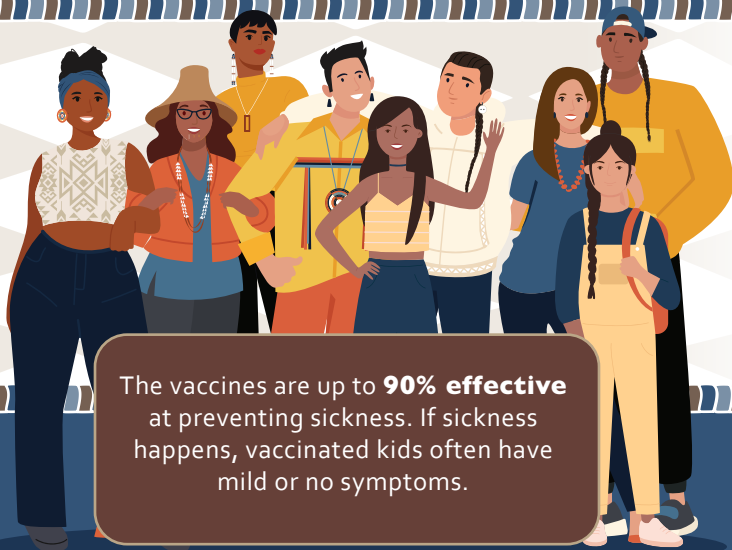
- ✓ **9–14 years**  
(2 vaccines over 6–12 months)
- OR**
- ✓ **15–26 years**  
(3 vaccines over 6 months)

# MENINGOCOCCAL VACCINES

Protects against brain damage, hearing loss, and seizures.

Meningococcal bacteria infect areas around the brain and nerves. They can also infect our blood. This can cause lifelong health problems.

The bacteria spread through touch, kissing, coughs, and sneezes. It can harm a healthy child in hours.



The vaccines are up to **90% effective** at preventing sickness. If sickness happens, vaccinated kids often have mild or no symptoms.

## **Serious vaccine reactions are very rare.**

Expect mild side effects – like headache, muscle aches, tiredness, and redness/swelling where the vaccine was given. These are normal and should go away in a few days.

### **RECOMMENDED:**

Men ACWY Vaccine

- ✓ 11-12 years
- ✓ 16 years



Talk to your health provider to see if your child also needs the Men B vaccine.

# Tdap VACCINE

Defends kids from three dangerous diseases - tetanus, diphtheria, and pertussis (whooping cough).

These diseases are *very* serious. For example, tetanus causes muscles to stop working. When it spreads to breathing muscles, people die. Although there are treatments, there is no cure for tetanus.



The vaccine has been used – and carefully watched - since the 1990's. Bad reactions are extremely unlikely.

## **Mild side effects are normal.**

These include fever, headache, muscle aches, and redness/swelling where the vaccine was given. They should go away in a few days.



## **RECOMMENDED:**

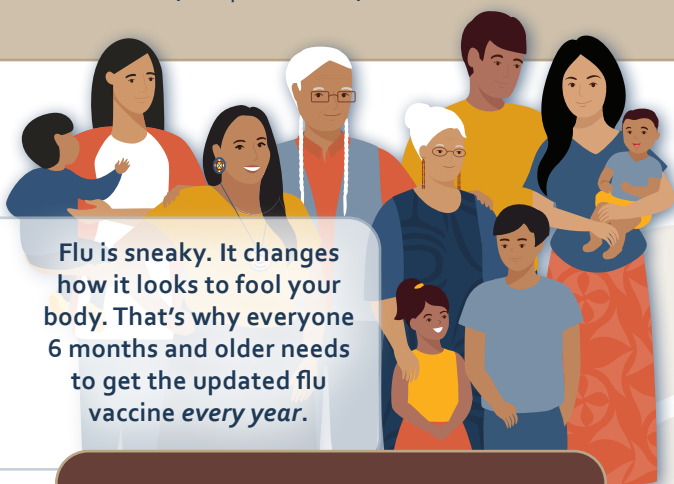
✓ 11–12 years

# INFLUENZA VACCINE

## Protects against flu

Flu virus spreads in tiny drops that people breathe in or touch. If you touch flu droplets and then touch your eyes, nose, or mouth, flu can enter your body.

Flu causes fever, chills, cough, headaches, muscle aches, hospitalization, and even death.



Flu is sneaky. It changes how it looks to fool your body. That's why everyone 6 months and older needs to get the updated flu vaccine *every year*.

When kids get the yearly flu vaccine, they are *much* less likely to get sick and end up in the hospital.

The vaccine has been around for over 50 years. Millions have safely gotten it.

**Mild side effects** – like fever, muscle aches, and soreness/redness where the vaccine was given – are normal. They should go away in a few days.

### RECOMMENDED:

✓ Every year starting at 6 months

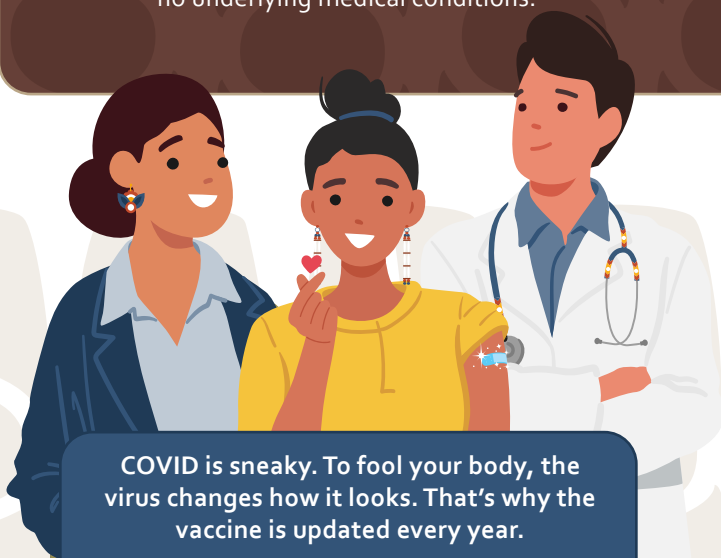


# COVID VACCINE

Protects against COVID-19.

COVID is still a threat. 10-15% of kids who get COVID develop long-term symptoms – like muscle aches and trouble breathing. These can last years.

Half the kids hospitalized with COVID last year had no underlying medical conditions.



COVID is sneaky. To fool your body, the virus changes how it looks. That's why the vaccine is updated every year.

The vaccine is safe and **90% effective** at preventing COVID. If sickness happens, vaccinated kids often have mild or no symptoms.

**Mild side effects** – like fever, muscle aches, and soreness/redness where the vaccine was given – are normal. They should go away in 1-2 days.



## RECOMMENDED:

✓ Every year starting at 6 months

# RSV VACCINE

Protects against fever, chills, cough, sore throat, and severe trouble breathing.

RSV virus spreads in tiny drops that people breathe in or touch. If you touch RSV droplets and then touch your eyes, nose, or mouth, it can enter your body.

In the US, 70,000 young kids are hospitalized with RSV each year. It's also the #1 cause of babies being hospitalized.

The vaccine is **very effective** at preventing RSV. If sickness happens, vaccinated kids often have mild or no symptoms.



**Mild side effects** – like fever, fussiness, sleepiness, and swelling/redness where the vaccine was given – are normal. They should go away in a few days.

## RECOMMENDED:

- ✓ 0-7 months
- ✓ 8-19 months



# MPOX VACCINE

Protects against a painful rash, fever, chills, swelling in the neck, face, and groin, trouble breathing, and other serious symptoms.

Mpox spreads through touch, kissing, coughs, and sneezes.



The vaccine is up to **85% effective** at preventing sickness. If sickness happens, vaccinated people often have mild or no symptoms.

The vaccine was approved in 2019 to fight against smallpox – a disease like Mpox. In 2022, the vaccine was approved for use against Mpox.

## **Bad reactions are extremely rare.**

Expect mild side effects – like fever, muscle aches, and redness/swelling where the vaccine was given. These are normal and go away in a few days.



## **RECOMMENDED:**

✓ **18 years**  
(check with health provider)

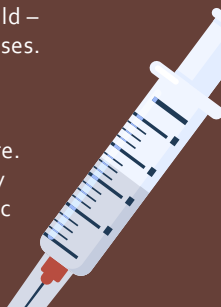


### Don't Have Regrets

The pros of vaccination outweigh the cons. Missing vaccines puts your child – and others – at risk for serious illnesses.

### Safe & Effective

Serious reactions to vaccines are rare. People are more likely to get hit by lightning than have a severe allergic reaction to *any* vaccine.



### Learn more

[www.IndianCountryECHO.org/Native-Boost](http://www.IndianCountryECHO.org/Native-Boost)



Scan the QR Code to get a vaccine schedule for you child.