

Why your family needs vaccines.

Vaccines protect you and your loved ones from serious diseases.

Diseases like measles, chickenpox, and whooping cough are serious and can make people very sick. Vaccines give us a safe and effective way to protect ourselves and our families from these diseases. Vaccines introduce the body to a weak or killed form of a germ, virus, or bacteria. This teaches the body how to recognize a disease and defend itself. Most vaccines are injected into the body, while others are sprayed into the nose or swallowed by mouth. After getting vaccinated, it is normal to experience mild side effects. These include pain or redness where you got the shot, tiredness, fever, headache, or nausea. Side effects are normal and mean the body is working to build an immune response. Serious allergic reactions to vaccines are extremely rare. If they do happen, contact a medical provider immediately. Vaccines cannot cause disease.

When should my family get vaccines?

Vaccines are one of the most important tools we have to protect our health. Different vaccines are recommended at different ages and stages of life (like during pregnancy) based on a person's risk of getting a disease. It's important to get vaccinated on time.



- View the **Immunization Schedule for children birth to 6 years**: https://www.healthychildren.org/English/safety-prevention/immunizations/Pages/Recommended-Immunization-Schedules.aspx
- View the **Immunization Schedule for older children and adolescents (ages 7-18)**: https://www.healthychildren.org/English/safety-prevention/immunizations/Pages/Recommended-Immunization-Schedules.aspx
- View the **Adult Immunization Schedule**: https://www.aafp.org/clinical-insights/immunizations-and-vaccines/immunizations-schedules-resources/adult-immunization-schedules
- There are some vaccines that should be given during pregnancy. These protect the mom and pass disease-fighting antibodies onto her baby to protect them during the first few months of life before they can be vaccinated. Learn more about the **immunizations recommended during pregnancy**: https://www.acog.org/clinical-information/maternal-immunization-schedule

Vaccines are required to attend schools and child cares.

Vaccines keep kids in school. When kids are vaccinated, they are less likely to miss school from being sick. This also helps ensure parents don't miss work to care for sick children. In Colorado, some vaccines are required for kids to go to school and childcare.

Diseases like measles can spread quickly in places with large groups of people. It is important to make sure vaccination rates in schools and child care centers are high. This protects the health of all students, school staff, and even other community members.

Which vaccines are required for school and child care entry in Colorado?

School

- Hepatitis B
- Diphtheria, tetanus, pertussis (DTap)
- Inactivated poliovirus (IPV)
- Measles, mumps, rubella (MMR)
- Varicella (chickenpox)
- Tetanus, diphtheria, pertussis (Tdap)

Childcare

- Hepatitis B
- Diphtheria, tetanus, pertussis (DTap)
- Haemophilus influenza type b (Hib)
- Inactivated poliovirus (IPV)
- Pneumococcal conjugate (PCV13 or PCV15)
- Measles, mumps, rubella (MMR)
- Varicella (chickenpox)

Where can I get low- and no-cost vaccines?

- The Colorado Department of Public Health and Environment (CDPHE) offers a resource to locate free or low-cost vaccine providers at: COVax4Kids.org.
- Immunize Colorado partners with local public health departments in the Denver metro area to host low- and no-cost vaccine clinics through the Shots for Tots and Teens program. All recommended immunizations are available for children ages 0 to 18 years and most clinics offer adult vaccines. Visit ShotsForTotsAndTeens.org for more information.

Want more information on vaccines?

Immunize for Good is a website that offers information for parents and caregivers. It has answers to common questions about vaccines, explains common vaccine myths, and offers testimonials from other parents. Scan the QR code to the left or visit ImmunizeForGood.com to learn more.

Look up immunization records for yourself, your child, or your relatives on the CDPHE website.

It's free and easy. You just need your name and date of birth.