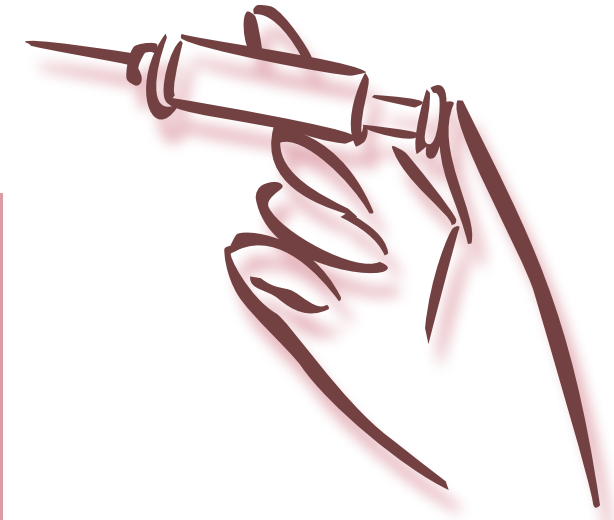


QUIZ - HOW MUCH DO YOU REALLY KNOW ABOUT IMMUNIZATIONS?

True False

- 1. Once a child (or adult) has been vaccinated, she/he is immune for life.
- 2. Children shouldn't be vaccinated until they start school.
- 3. If a child is ill, she/he probably shouldn't receive a vaccination.
- 4. Immunizations are completely safe.
- 5. Children don't need Hepatitis B vaccines.

Prevent Disease with Immunizations



Answers:
False. Some types of immunizations do provide lifetime protection. Others, such as the tetanus vaccine, require periodic "booster" shots.
False. Vaccinations generally should begin when a child is 2 months old or even earlier.
True. Doctors may sometimes reschedule vaccinations when children are ill.
False. No vaccine is completely safe. Vaccines may cause minor side effects such as fever, rash or tenderness at the injection site. Serious adverse reactions are rare. **False.** All children and teens should be immunized.

For more information on immunizations and health, contact:

09-0169 SP526-I 10M-2/09 R12-5310-135-028-09
 Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.

a wellness publication written by
Barbara (Bobbi) P. Clarke, PhD, RD
 Professor, Community Health Education
 Family and Consumer Sciences

Only you are responsible for your health and the health of your children. (✓) Check those health actions you plan to try to keep you and your family free from certain diseases.

Immunizations Are Not Just for Kids

Are you up-to-date with your adult immunizations?

- Flu – all adults – every year.
- Diphtheria – every 10 years.
- Tetanus – every 10 years.
- Pertussis – adults under 65. The vaccine called Tdap includes pertussis, diphtheria and tetanus. Ask your healthcare provider if you need this vaccine.
- Shingles – adults 60 and older.
- HPV – adult women 19-26.
- Pneumonia – adults 65 and older.
- Hepatitis B – healthcare workers, kidney dialysis patients, overseas travelers, sexual partners of Hepatitis B carriers, sexually active adults, users of IV drugs.

Questions to Ask Your Doctor

- Find out which immunizations are needed and when.
- Discuss concerns about risk.

Immunization Recommendations

- Start early when your child is an infant.
- Stick to an immunization schedule.
- Call your doctor and ask if you should postpone an immunization when you or your child is sick.

Pay Attention to Reactions

Ask your doctor:

- What type of reaction you can expect from the shot: redness or soreness at the site of the shot or a total body reaction, such as flu-like symptoms.
- What are normal and abnormal reactions from vaccines?
- If a reaction occurs, what should you do?

Always Share with Your Doctor

- Thorough medical history.
- Report reactions you or your child is experiencing from an immunization.
- Any allergies.

Keep an Up-to-Date Immunization Record

- Keep a record for each family member.
- Include dates, type of immunization and any side effects.

Know Your Traveler's Immunizations

You can avoid cholera, typhoid, hepatitis and yellow fever by:

- Planning ahead to get immunizations.
- Knowing the latest immunization(s) needed for an area by consulting your physician or this Web site: <http://www.cdc.gov/travel/contentvaccinations.aspx>.
- Adding travel immunizations to your family record.