



People Caring for People

Central Michigan District Health Department
For more information, please call: (989) 773-5921 ext. 109
2012 E. Preston Avenue, Mt. Pleasant, Michigan 48858, www.cmdhd.org

National Immunization Awareness Week

“Love them. Protect them. Immunize them. Vaccination: An Act of Love” is the theme for this year’s National Infant Immunization Awareness Week campaign. It is a time to focus on immunizations and remind parents and caregivers to immunize their children in order to protect not only their health, but the health of the entire community. When infants and young children are not immunized against preventable childhood diseases, they are more at risk for being infected. Immunized children help stop the spread of disease to others who may not be completely immunized, such as the elderly and those with weakened immune systems.

By the time a child reaches his/her 2nd birthday, they should receive the following immunizations to help protect them against multiple diseases:

- 3 doses of Hepatitis B
- 4 doses of DTaP (Diphtheria, Tetanus, Pertussis)
- 4 doses of Hib (H. Influenza, type b)
- 3 doses of Polio
- 1 dose of MMR (Measles, Mumps, Rubella)
- 1 dose of Varicella (Chickenpox vaccine)
- Pneumococcal (number of doses vary according to age in which series began)

In 2007, the Advisory Committee on Immunization Practices (ACIP), American Academy of Family Physicians (AAFP), and the American Academy of Pediatrics (AAP) have added the following recommendations to the immunization schedule for children ages 0 – 5 years of age:

- 3 doses of Rotavirus
- Annual influenza vaccine, especially for children ages 6 – 59 months
- A total of 2 doses of chicken pox vaccine (formerly, it was recommended that a child under the age of 5 have one dose)

When children do receive their immunizations, side effects, if any, are usually mild and can include: tiredness, low-grade fever and tenderness at site where immunization was given in the arm or leg. Children are more likely to be harmed by vaccine preventable diseases than by



Central Michigan District Health Department
For more information, please call: (989) 773-5921 ext. 109
2012 E. Preston Avenue, Mt. Pleasant, Michigan 48858, www.cmdhd.org

People Caring for People

receiving the actual immunizations. If children do not receive their immunizations and are diagnosed with these diseases, they could experience the following: fever, chills, breathing problems, heart problems, pneumonia, infections, brain damage, nausea, rashes, hospitalization and even death. More information on infant/child immunizations can be found www.cdc.gov/nip (Center's for Disease Control, National Immunization Program) and www.immunize.org (Immunization Action Coalition).

During this national awareness week, we are asking parents and caregivers to call your health care provider or local Central Michigan District Health Department branch office and make an appointment for your child to get immunized. "We are winning the war against vaccine preventable diseases but they keep fighting to resurface. Don't leave your children defenseless. Keep their immunizations up to date," states Dr. Robert Graham, Medical Director for Central Michigan District Health Department.

Call your local Health Department branch office today to make an appointment:

| | | | |
|---------|--------------|-----------|--------------|
| Arenac | 989-846-6541 | Isabella | 989-773-5921 |
| Clare | 989-539-6731 | Osceola | 231-832-5532 |
| Gladwin | 989-426-9431 | Roscommon | 989-366-9166 |

This article is brought to you by the staff at Central Michigan District Health Department, which serves residents in the counties of Arenac, Clare, Gladwin, Isabella, Osceola and Roscommon.