

# Vaccine Concerns - You're Undecided

## Definition

- You are undecided about giving your child some of the recommended vaccines.
- Or you are thinking about delaying some of the vaccines.
- We understand. Your baby's health is the most important thing in the world to you.
- Please know that we share your goal of doing what's best for your child.

## Health Information

There are many different kinds of vaccines available today. They can protect your child against very serious diseases such as:

- Chickenpox (varicella)
- COVID-19
- Diphtheria, Tetanus, Pertussis (DTaP vaccine)
- Hemophilus influenzae type b
- Hepatitis A
- Hepatitis B
- Human Papilloma virus (HPV)
- Influenza
- Measles, Mumps, Rubella (MMR vaccine)
- Meningococcal disease
- Polio
- Pneumococcal disease
- Rotavirus

## Care Advice

### Vaccine Facts for Informed Decision-Making

- 1. What You Should Know about Vaccines:**
  - It's good to ask questions and to study the facts about vaccines. But be sure to read information written by experts on vaccines and the infections they prevent.
  - Celebrities are not experts. Some opponents to vaccines don't even believe in medical research. Some have made extreme claims that are completely false.
  - Facts are different than opinions. Facts are backed by science. Facts don't have 2 sides. We hope you will take the following facts into consideration.
- 2. Vaccine Benefits Have Changed the World:**
  - Vaccines are the most powerful tool we have to prevent serious infections.
  - Vaccines wiped out smallpox in the world. Polio is almost gone.
  - Bacterial meningitis was widespread. It caused terrible brain damage or death. There are now 3 meningitis vaccines and the disease has become uncommon.
  - With increasing antibiotic resistance, vaccines against bacteria are becoming even more important.
  - Finally, the HPV vaccine prevents cancer of the cervix and throat. The Hepatitis B vaccine can prevent liver cancer. That's right, prevents cancer!

3. **Every Science-Based Organization Recommends Vaccines:**
  - The American Academy of Pediatrics (AAP) encourages universal vaccination of all children. So does the Centers for Disease Control (CDC).
  - Over 99% of doctors and nurses protect their own children with vaccines.
4. **Autism Concerns Are False:**
  - The autism-vaccine connection has been completely disproven.
  - The doctor who started this false claim lost his medical license.
  - Extensive research has shown that vaccines are safe and do not cause autism.
  - Autism is mostly caused by changes in the genes before birth.
5. **Giving Multiple Vaccines at the Same Time is Best:**
  - Research has proven that your baby's immune system can respond to multiple vaccines. It is safe and does not cause worse reactions.
  - Also, your baby does not experience greater pain from multiple shots. Shots are given quickly and your child's brain can't tell whether it got 1 or 3 shots.
  - Spreading shots out over several visits can be done, but there are no benefits. It also means more doctor visits for you. It means more shot pain for your baby. And it means leaving your baby unprotected against some diseases.
  - Combination vaccines are already available (such as MMR or DTaP). They reduce the number of shots a child needs.
6. **Vaccines Don't Cause Infections:**
  - Vaccines cannot cause the infections they are used to prevent.
  - In fact, most vaccines contain dead bacteria or viruses.
  - A sore injection site for a few days is usually the only side effect.
  - Occasionally, a mild fever may also occur after certain shots. This just means the vaccine is working. It is harmless and doesn't mean your child is sick.
7. **Outbreaks of These Diseases Still Occur:**
  - The diseases covered by vaccines are bad infections. Most are still around in our country. Travel increases the risk of getting them.
  - Recent outbreaks of whooping cough and measles have occurred in the U.S.
  - The infections mainly occurred in unvaccinated children.
  - Many of the children needed to be admitted to the hospital.
  - These outbreaks could have been prevented.
  - During outbreaks, unvaccinated children often need to be excluded from school.
8. **Final Thought on Vaccines:**
  - Getting your child vaccinated could save his or her life.
  - At a minimum, never delay the vaccines that can prevent meningitis.
9. **Internet Resource: CDC Website**
  - The best website for trusted information about vaccines: [www.cdc.gov/vaccines/conversations](http://www.cdc.gov/vaccines/conversations)

## Call Your Doctor If

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- You think your child needs to be seen
- You have other questions or concerns about vaccines

### **Pediatric Care Advice**

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