

Set a good example for your family.

Talk to your health care provider.

Find out what you can do to stay healthy.

A healthy parent helps create a healthy family.

For additional information, contact:



Children's Health Fund

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The Children's Health Fund (CHF) produces low-literacy, culturally relevant health education booklets and brochures to simplify complex medical issues affecting families and children. The materials make vital health information accessible to children, teenagers, parents and other care givers. They are created by clinicians within CHF's national network and undergo an extensive review process, which includes external topic experts and cultural anthropologists. English and Spanish materials adhere to low-literacy writing and design conventions and are tested for appropriate reading levels.

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Grown-ups need vaccines, too!

Find out how to protect your family by protecting yourself!



Why do I need vaccines?



Some diseases can be passed from person to person. Vaccines can help protect you from many of these diseases.



Did you know that vaccines are even more important for people who are around children?



If you do not have all of your vaccines, you could get sick from diseases like whooping cough, chicken pox, or the flu. You could pass those diseases to your children.



GETTING YOUR VACCINES IS ONLY ONE WAY TO STAY HEALTHY!

Your doctor or health care provider can help you learn other ways to stay healthy, too.

Keep yourself as healthy as possible to help you take care of your kids.



What vaccines do I need?

What vaccines you need depends on your age, your health, and different things you do.

Protection from some vaccines can wear off over time. You may be due for a booster shot!

Ask your doctor or health care provider if you need any of these vaccines:

Vaccine	Disease
Tdap	Tetanus, Diphtheria, Pertussis (whooping cough)
MMR	Measles, Mumps, Rubella (German measles)
Varicella	Chickenpox
Herpes Zoster	Shingles
Pneumococcal	One type of pneumonia
Meningiococcal	One type of meningitis
Influenza	Flu
Hepatitis A	Hepatitis type A
Hepatitis B	Hepatitis type B
HPV	Human Papilloma Virus (cervical cancer or genital warts)

Is there a baby in your home? Get your vaccines!



The protection from some vaccines can wear off over time. Even if you got all of your vaccines as a child, you may need more as an adult.

One example is whooping cough. The protection from the whooping cough vaccine wears off. Adults need a booster shot to stay protected and to protect their children.

For adults, whooping cough can seem like a common cold. Sometimes it can cause a cough that lasts for months.

But whooping cough is very dangerous for young children. It is most dangerous for babies. They can get very sick or even die.

Most babies who get whooping cough get it from someone they live with or spend a lot of time with.

Babies cannot get their first whooping cough vaccine until they are 6 weeks old. They are not fully protected until they have had ALL of their vaccines.

Protect your children by protecting yourself.



Take Charge!

Ask your health care provider if you have all the vaccines you need.

Talk to other people who live with you.

- Encourage them to get a check-up.
- Grandparents and older children need to be up to date on their vaccines, too.

Talk to anyone who is around your children a lot.

- Make sure your babysitters and daycare providers have gotten their vaccines.
- Remind them to get their booster shots!

