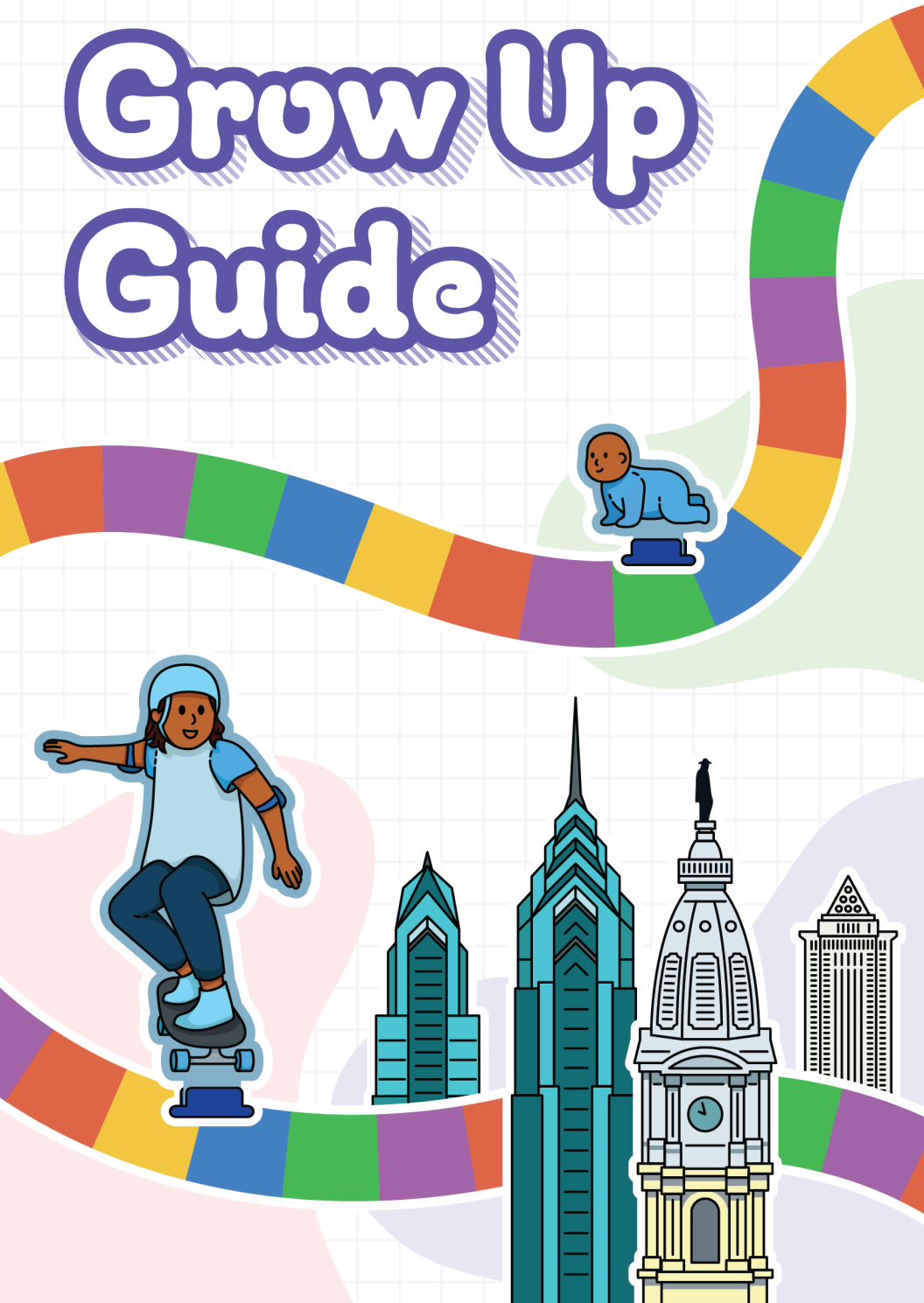
The Philadelphia Department of Public Health Immunization Program presents:

Grow Up Guide



Grow Up Guide

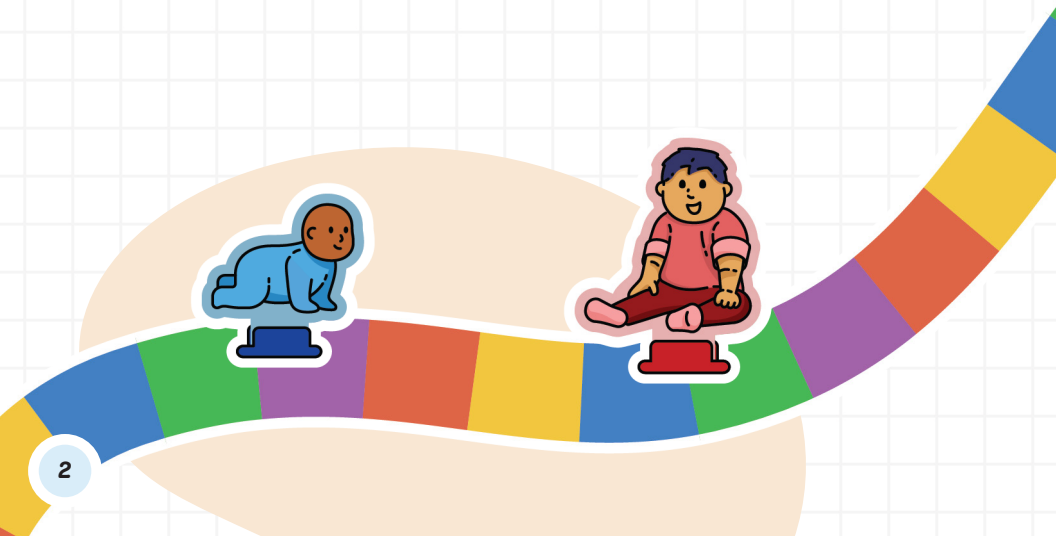
This guide from the **Philadelphia Immunization Program** was created just for you—parents and caregivers raising kids in Philadelphia. It's packed with useful information about childhood vaccines, including their **safety** and **timing**.

Whether you're a first-time parent or have been through this before, we hope this vibrant journey through immunization helps you feel confident and informed.

Best of all, this booklet was **written by a Philly mom** who understands both the importance of protecting a child and the desire to know exactly what's going into their body.

Thanks for joining us on this adventure!

This Grow Up Guide is for: _____



How to use it

Use this booklet to track your child's vaccinations—from their very first vaccines as a **newborn** through their **teenage years**!

Think of it as your trusted companion for pediatric appointments, helping you stay organized along the way.

Like a special map, it will guide you and your little explorer through each visit, allowing you to check off vaccines as they're received and keep track of their ***protection against preventable diseases***.

Setup

Uncover the science of immunizations!

Immunizations, or **vaccinations**, protect your child from serious diseases that can really harm them.

Step 1: A vaccine gives the body a very **tiny**, **weakened**, or **inactive** part of a virus or bacteria.

Step 2: This triggers your immune system to respond. Since the dose has weakened or inactive ingredients, it **can't** give your baby the disease. Instead, your child's immune system will create special **disease-fighting proteins** called **antibodies** and **memory cells**.

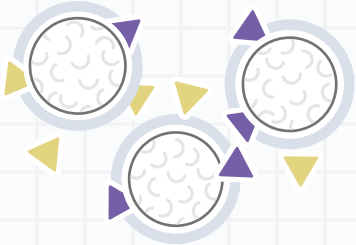
These **antibodies** and **memory cells** will stay in your child's body, on guard, suited up, and ready to fight off any future infections, even if they come months or many years later.

Vaccines may cause a few tears. But they are the best and safest way to protect your baby from serious diseases.

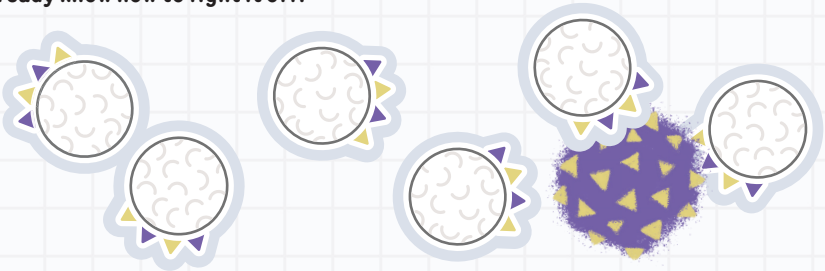
Take a closer look at how a vaccine works:

1 **Vaccine is introduced to your baby**

2 **Their immune system will respond to the vaccine and send white blood cells**



3 **The vaccine will teach the white blood cells how to make the right antibodies and create memory immunity so if the real germ enters the body, they will already know how to fight it off!**



Game-play

Children get routine vaccines at certain age ranges.
The number of doses your child receives depends on the type of vaccines they get and any medical conditions they have.

Your doctor will let you know the best route forward!

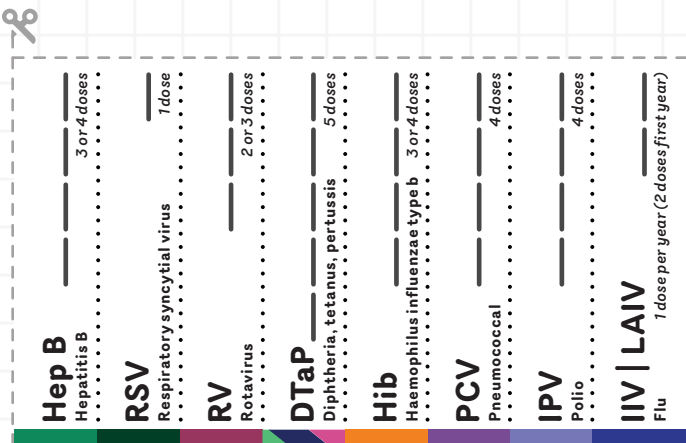
Use the page numbers below to find vaccines by age.
This guide is yours to explore—flip through it in any order that works for you!

If your baby is not protected, they could have a tougher time fighting off a disease and will likely need **additional medical treatment**.

Keep track on the go!

Cut out this card to keep track of your child's vaccinations.

Not an official vaccine record.

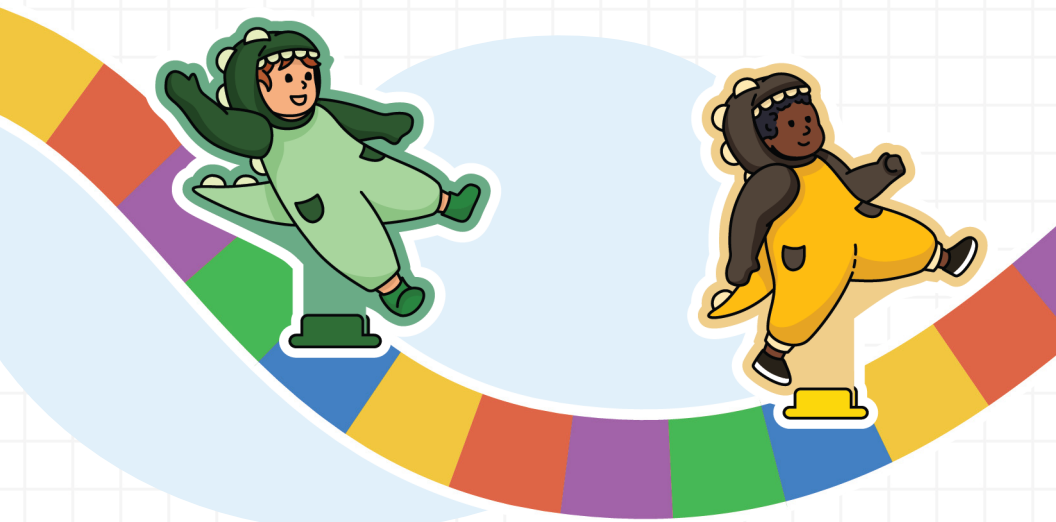


How to get your child vaccinated

It's important to get your child vaccinated! There are federal programs and clinics that allow kids to get vaccinated at ***no or low cost***, including some that offer sliding scale.

Scan to learn more about where to go for vaccines.

Or visit: bit.ly/vaccinateyourkid



MMR
Measles, mumps, rubella
2 doses

VAR
Varicella (chickenpox)
2 doses

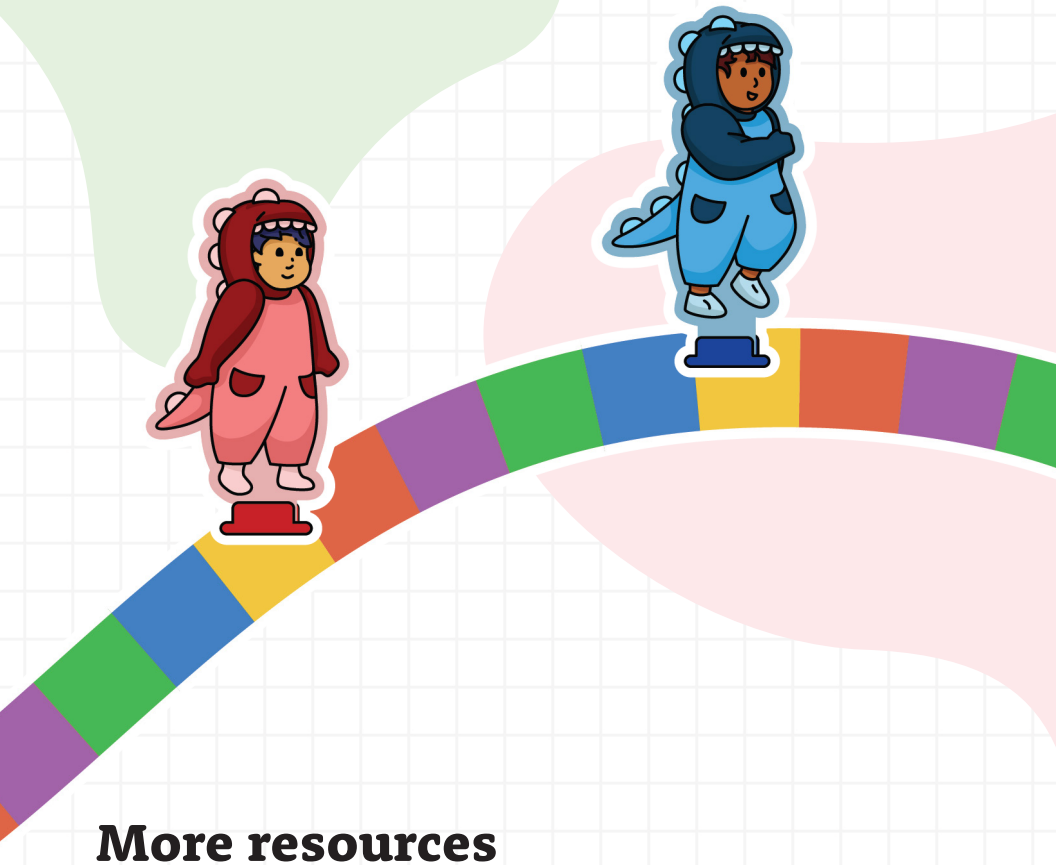
Hep A
Hepatitis A
2 doses

Tdap
Tetanus, diphtheria, pertussis
1 dose

HPV
Human papillomavirus
doses vary by age

MenACWY
Meningococcal groups A, C, W, Y
2 doses

MenB
Meningococcal group B
2 or 3 doses



More resources

As a parent, it's important to have access to ***trustworthy information*** about immunizations.

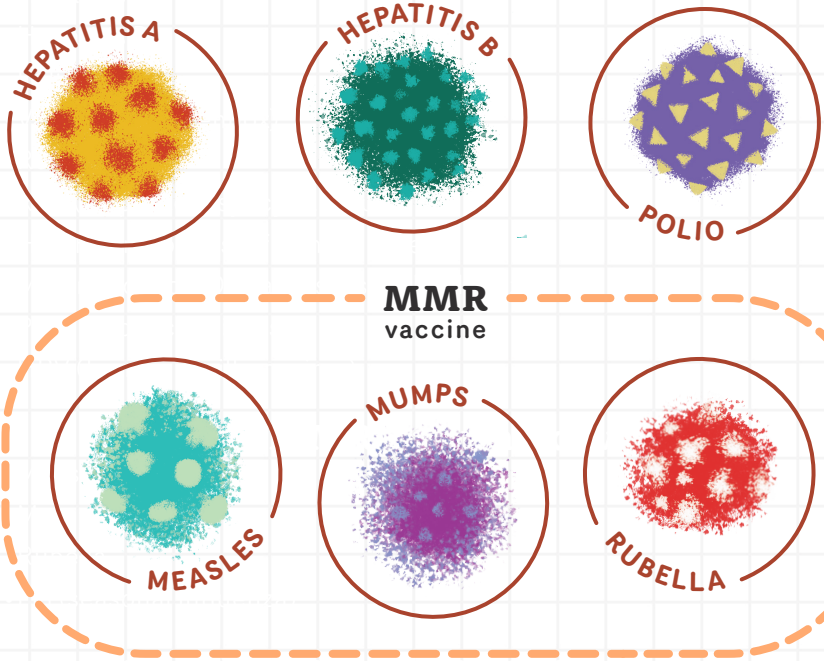
In this guide, you will find excellent resources to help you understand vaccines and make informed decisions for your family.

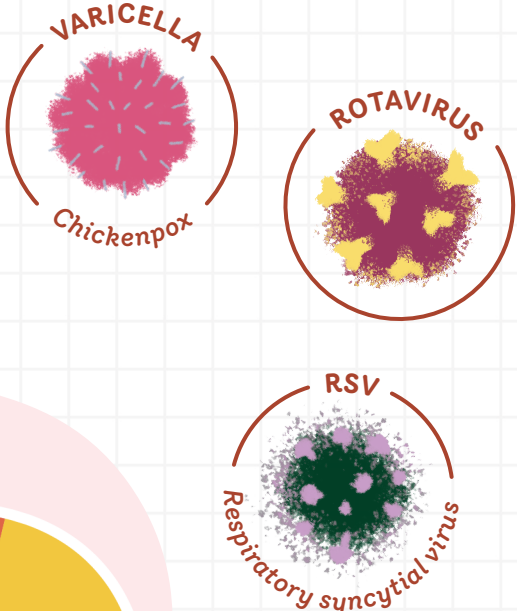
Looking for more information? Scan here!

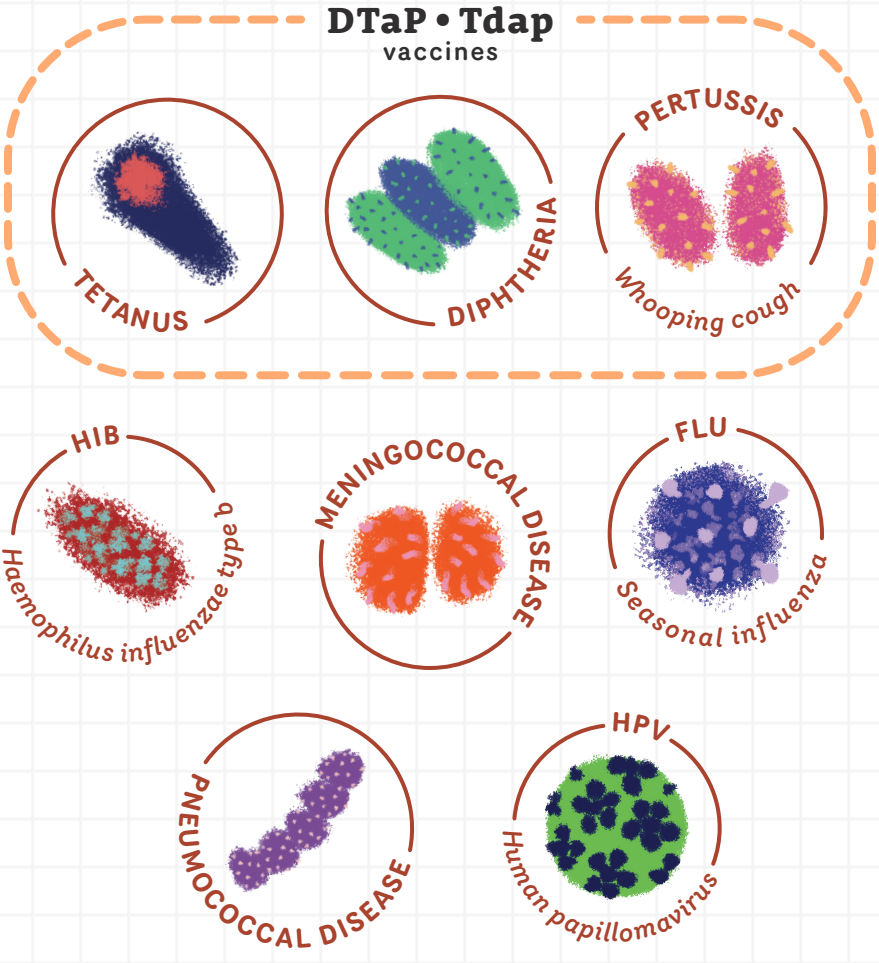
Or visit: bit.ly/growupguide

By the end of your journey

Your child will be **safe from many serious illnesses**, like:







That's a lot of diseases, right?

The recommended childhood vaccine schedule helps protect your child from **17 different diseases that can be prevented with vaccines**.

But here's the sweet surprise: your child ***won't*** need a separate vaccine for each disease! Some vaccines protect against multiple diseases in one shot, like the MMR vaccine that protects against measles, mumps, and rubella.

That means you can get the same strong protection with fewer vaccine doses.

Your child's journey

Watch out for obstacles!

1 Getting your child's vaccines on time is best!

Pediatricians from the American Academy of Pediatrics (AAP) and the CDC meet regularly to review the childhood vaccine schedule.

Their recommendations are what doctors use to vaccinate so that your child is protected from diseases they can encounter throughout life.

2 Skipping vaccines and catching up later is not recommended.

Have you heard the saying "stay ready so you don't have to get ready"? That's the point of vaccines!

It's better to get vaccines on schedule so that your child is protected before they're exposed.

3 Vaccines do not cause autism.

This myth came from a 30-year-old study that was ***proven wrong***. Since then, lots of research has shown that there's no link between vaccines and autism.

4 Vaccines may cause side effects, but they're usually mild.

After a vaccine, your child might feel sore, have a mild fever, or have redness where they got the shot.

These side effects usually go away in a few days.

5 Vaccines are still necessary, even if the disease is rare.

Thanks to vaccines, many diseases are rare, but if fewer people vaccinate, these diseases can spread again.

Vaccines and immunity throughout the community are why diseases like polio are no longer common in the United States.

6 Relying on vitamins, supplements, and a healthy lifestyle to protect you from diseases is not safer than getting vaccinated.

Exercising and eating healthy is a great start, but it can't prevent kids from getting serious diseases.

Vaccines can support your family in preventing serious illness and long-term effects from a disease.

7 Vaccines do not have harmful ingredients.

Fun fact: Too much of anything (including water, oxygen, and vitamins) can be toxic to the human body!

Some vaccine ingredients like aluminum might sound strange, but those ingredients are in tiny amounts and tested for safety.

Many are natural and found in everyday life—we're exposed to them on a regular basis without even knowing!

8 Vaccines are not "too much" for your immune system.

Vaccines work with the immune system, not against it, and are given in safe doses.

9 Vaccines are safe—and no we're not just saying that.

Serious side effects are very rare. Vaccines are ***thoroughly tested*** before being released to the public.

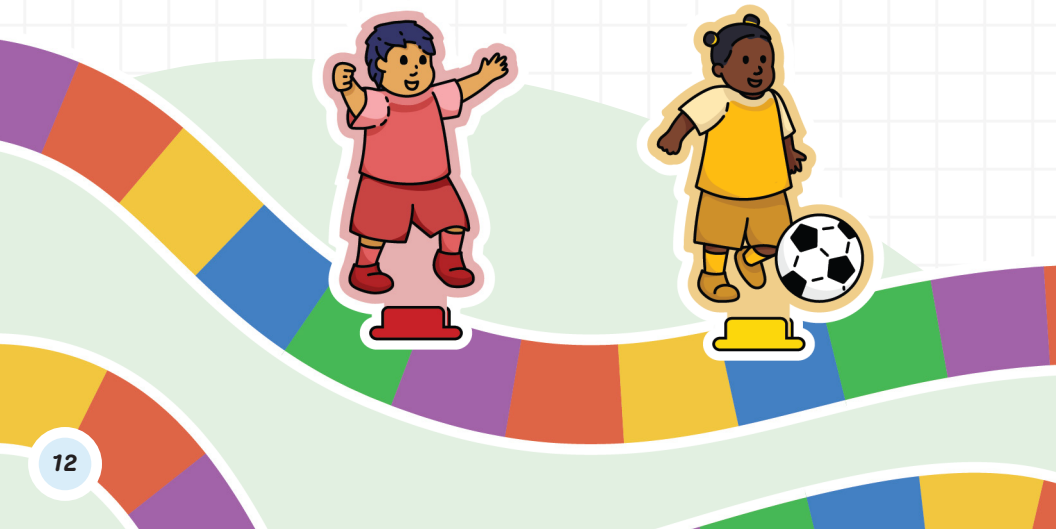
After release, they continue to be studied and monitored so that scientists can quickly find out if there is a safety issue with any vaccine.

10 You cannot get the disease from vaccines.

That would be counterproductive, wouldn't it? Vaccines use weakened or inactive parts of viruses and bacteria, so they can't cause the disease.

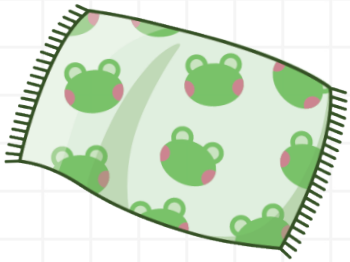
11 Vaccines work!

Vaccines vary in how well they work to prevent all symptoms of the actual disease, but all vaccines protect against serious complications, hospitalizations, and dying from a vaccine preventable disease.

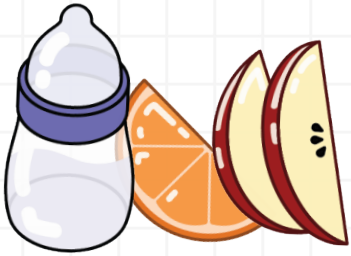


Make doctor's visits easier for your baby!

Bring a warm blanket:
Wrap your baby in a cozy blanket to keep them warm after vaccines are given.

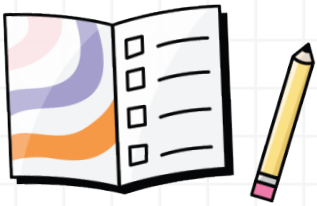


Tasty distraction:
You can nurse or give a tasty warm bottle to soothe them while they get the vaccine.



Pack essentials:
Fill your diaper bag with diapers, wipes, extra clothes, and a favorite toy for distractions!

Use your Grow Up Guide:
Keep this vaccination guide handy to track important information and document your vaccine journey.



First checkup at birth

Congratulations on your beautiful bundle of joy. Your little one gets their first checkup right after they arrive in the world!

All children born in Philadelphia are scheduled to receive their first hepatitis B vaccine at birth.

Doctors give this vaccine so early in life because hepatitis B affects infants and young children ***worldwide***.

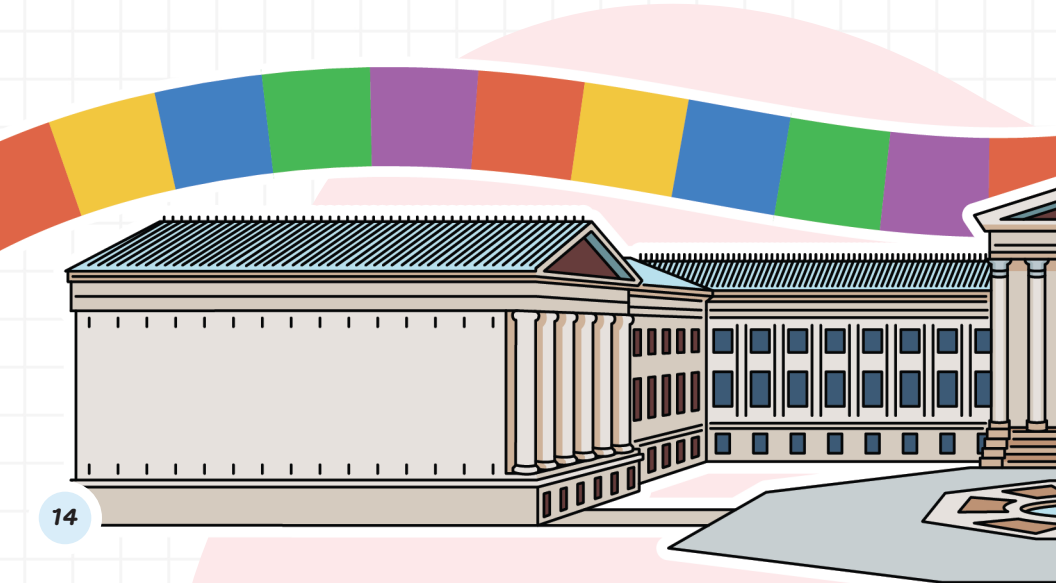
If a child under 1-year-old is infected with hepatitis B, they are **90%** more likely to develop chronic infection that can cause **liver disease** or **liver cancer**.

Vaccinations

Hep B
Hepatitis B
Dose 1 of 3 | 1 of 4

RSV*
Respiratory syncytial virus
Dose 1 of 1

*Infants *under 8 months old* should receive **1 dose during RSV season** (October – March). This immunization prevents serious airway infections and trouble breathing in babies.



1 week checkup

Now that you've been home with your little baby for a few days, it's time for your first visit to the pediatrician's office.

At the one week checkup, your baby will get the hepatitis B and RSV vaccines if they haven't gotten them yet.

Your doctor will also do a head-to-toe exam, start tracking your baby's development, and answer any questions you have.

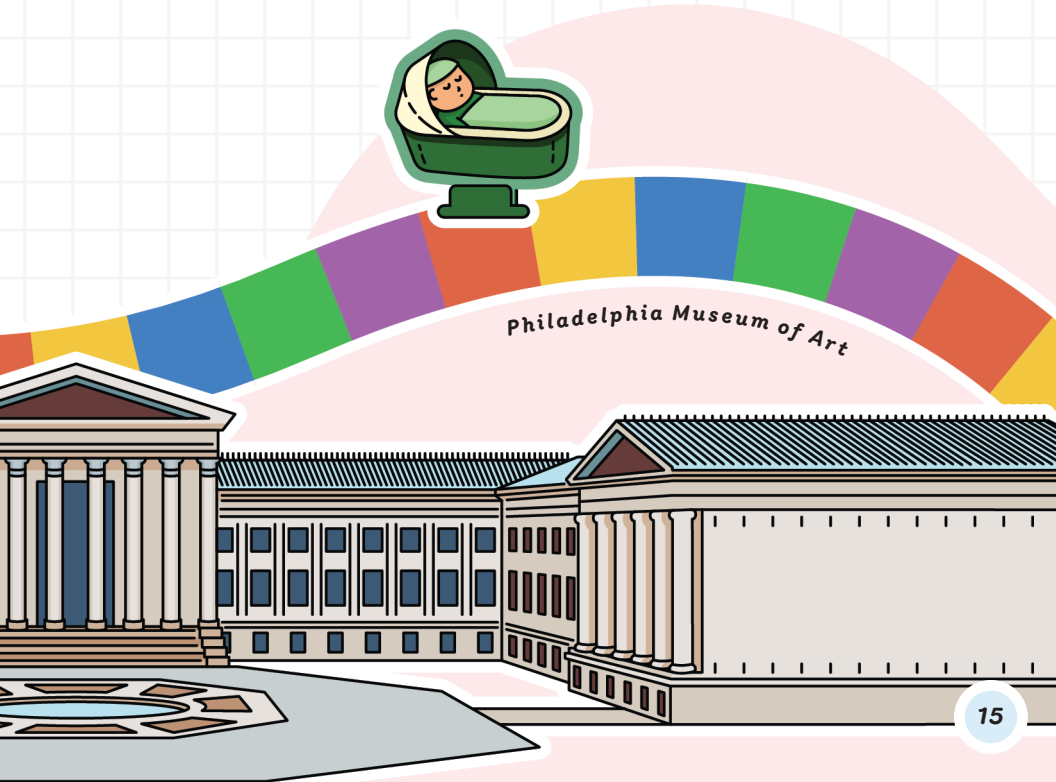
1 month checkup

Questions about your baby's sleeping or eating? This visit is a great time to talk to your doctor about that!

Vaccinations

Hep B
Hepatitis B


Dose 2 of 3



2 month checkup

Taking care of a newborn is hard work. But we've made the vaccination schedule simple to follow so one part of your baby's journey is a little easier to navigate.

At this appointment, your baby will receive a few different vaccines that are given in a series for best protection over time. The doctor will also continue to track your baby's development. Now that they're 2 months old, your baby might start to smile!

Vaccinations

Hep B
Hepatitis B

Dose 2 of 3 | 2 of 4

RV
Rotavirus

Dose 1 of 2 | 1 of 3

DTaP
Diphtheria, tetanus, and pertussis

Dose 1 of 5

Hib
Haemophilus influenzae type b

Dose 1 of 3 | 1 of 4

PCV
Pneumococcal

Dose 1 of 4

IPV
Polio

Dose 1 of 4

Combination vaccines reduce the amount of shots your child needs while protecting against the same number of serious diseases. Your doctor may carry combination vaccines such as:

DTaP-HepB-IPV	DTaP, hepatitis B, and inactivated poliovirus
DTaP-IPV/Hib	DTaP, inactivated poliovirus, and Haemophilus influenzae type b
DTaP-IPV-Hib-HepB	DTaP, inactivated poliovirus, Haemophilus influenzae type b, and hepatitis B

4 month checkup

Time flies when you're busy changing diapers! Enjoy the special moments as your baby rolls over (and rolls out of the newborn phase).

The vaccines given at this visit are a continuation of the series they began at 2 months. After they receive most of these vaccines, they're halfway to full protection!

Vaccinations

Hep B*
Hepatitis B
Dose 3 of 4

RV
Rotavirus
Dose 2 of 2 | 2 of 3

DTaP
Diphtheria, tetanus, and pertussis
Dose 2 of 5

Hib
Haemophilus influenzae type b
Dose 2 of 3 | 2 of 4

PCV
Pneumococcal
Dose 2 of 4

IPV
Polio
Dose 2 of 4

***Hep B** may be a *3 or 4 dose series* depending on if your pediatrician uses combination vaccines.

6 month checkup

Halfway to 1! Your baby has grown from a tiny, sleepy newborn to a lively little one ready to explore Philly!

Your baby will hit a huge milestone completing the vaccine series for rotavirus! Woohoo!

Vaccinations

Hep B
Hepatitis B
Dose 3 of 3 | 4 of 4

RV
Rotavirus
Dose 3 of 3

DTaP
Diphtheria, tetanus, and pertussis
Dose 3 of 5

Hib
Haemophilus influenzae type b
Dose 3 of 3 | 3 of 4

PCV
Pneumococcal
Dose 3 of 4

IPV
Polio
Dose 3 of 4

Flu

Every year, everyone aged **6 months and older**, including baby's parents, should get the flu shot!

This vaccine helps stop serious sickness from flu, keeping the family out of the hospital.

IIV | LAIV*
Influenza
2 doses the first year (4 weeks apart), then 1 dose per year

***Live, attenuated influenza vaccine (LAIV)** is a nasal spray and can be administered when your child is *2 years or older.*

9 month checkup

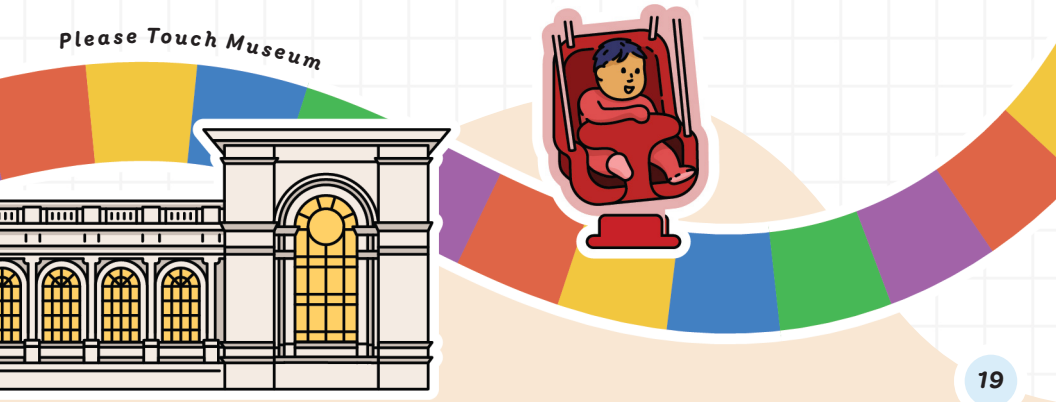
At nine months, your baby could be trying to balance as they prepare for their first steps!

Your pediatrician will check on your baby's amazing growth and development, and they may receive shots. The doctor will also help you answer any questions or concerns you have.

Vaccinations

Hep B**
Hepatitis B
Dose 3 of 3

****If not received at *6 month* checkup.



12–15 month checkup

Happy first birthday to your little one! It's been wonderful to see their growth this year, from a tiny newborn to an adventurous toddler. You should be so proud of the amazing job you've done, raising your little one to make their mark in Philadelphia.

At these visits, your child will start vaccinating against serious illnesses like measles and varicella (chickenpox). Just one more way you're helping them grow up strong, healthy, and ready to take on the world!

Vaccinations

DTaP
Diphtheria, tetanus, and pertussis
Dose 4 of 5

Hib
Haemophilus influenzae type b
Dose 3 of 3 | 4 of 4

PCV
Pneumococcal
Dose 4 of 4

MMR
Measles, mumps, and rubella
Dose 1 of 2

VAR
Varicella (chickenpox)
Dose 1 of 2

Hep A
Hepatitis A
Dose 1 of 2

Your pediatrician will help decide which vaccines your baby should receive at the 12 month or 15 month checkup.

18 month checkup

At 18 months, your little explorer might be climbing stairs like a superhero and chatting up a storm. And if “no” has become their favorite word (even if it’s not yours), you’re not alone!

You’ve got a lot on your plate, but here’s one thing you can feel good about: vaccines are helping your child get ready for their next big adventures.

Vaccinations

DTaP*
Diphtheria, tetanus, and pertussis
Dose 4 of 5

Hep A
Hepatitis A
Dose 2 of 2

*If not given at past visits.

24 month checkup

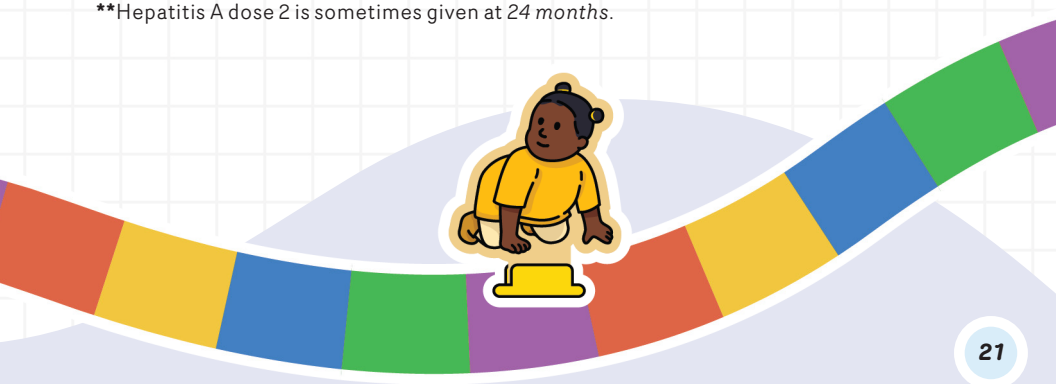
The Grow Up Guide has been with you for not 1, but **2** cool birthday celebrations! Happy birthday!

As your little adventurer grows, checkups happen less often. After your child turns 2, you’ll go for checkups twice a year until they are 3. Then, the visits will change to once a year.

Vaccinations

Hep A**
Hepatitis A
Dose 2 of 2

**Hepatitis A dose 2 is sometimes given at *24 months*.



4–6 year checkups

Look out, pre-k and kindergarten!

From ages 4 to 6, your little adventurer will keep exploring the Land of Health while you prepare them to enter school. Good news: you can check vaccines off of this year's back-to-school list!

In the future, they'll go for yearly checkups and receive **booster shots** to remind their body how to fight off infections.

Vaccinations

DTaP
Diphtheria, tetanus, and pertussis
Dose 5 of 5

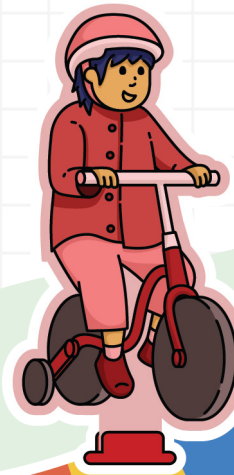
IPV
Polio
Dose 4 of 4

MMR
Measles, mumps, and rubella
Dose 2 of 2

VAR
Varicella (chickenpox)
Dose 2 of 2

Your doctor may carry combination vaccines such as:

DTaP-IPV	DTaP, inactivated poliovirus
MMRV	MMR, varicella (chickenpox)



Starting around the age of 7 and going until 18, kids and teens will continue their journey to get more important vaccines in their transition to young adulthood.

These special shots help protect against serious diseases that can cause paralysis, brain damage, blindness, and even cancer.

7–10 year checkups

At the age of 7, your child should have already collected several booster shots on their health adventure!

If they've missed any doses in the DTaP, MMR, polio, or varicella (chickenpox) series, fear not! Your pediatrician will guide you to the next dose, and there's no need to start over, no matter how much time has passed.

Remember: ***many schools ask for proof of vaccinations***, and your pediatrician can provide an updated record to help your child's adventure continue smoothly.

Human papillomavirus (HPV)

The HPV vaccine is **approved starting at age 9 for all genders**.

This vaccine helps protect against **6 types of cancer!** It's **ideally given to kids ages 9–12** to ensure full protection in their early years.

The number of doses may vary based on age.

11–12 year checkups

Meningococcal vaccines

When your child turns 11 or 12, it's time for the meningococcal vaccine. The MenACWY shot protects against four types of bacteria that cause **meningitis**.

There's also the MenB vaccine that covers the B type of bacteria and is recommended for teens planning to attend college or join the military.

Tetanus, diphtheria, and pertussis (Tdap)

At ages 11 or 12, your child will get the Tdap vaccine. This is a booster for the tetanus, diphtheria, and pertussis (whooping cough) vaccine they got when they were younger but made a bit differently because of their age.

We all need this booster every 10 years to stay protected!

Vaccinations

Tdap
Tetanus, diphtheria, and pertussis — *Dose 1 of 1*

MenACWY
Meningococcal groups A, C, W, Y — *Dose 1 of 2*

16+ year checkups

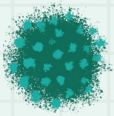
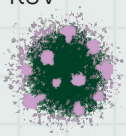
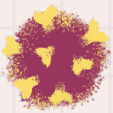
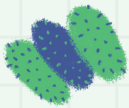
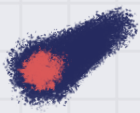
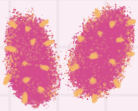
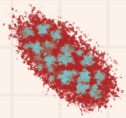
Vaccinations

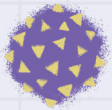
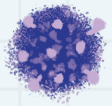
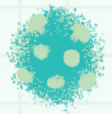
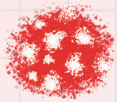
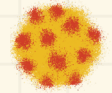
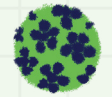
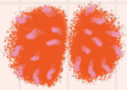
MenACWY
Meningococcal groups A, C, W, Y — *Dose 2 of 2*

MenB
Meningococcal group B — *2 or 3 doses*

Your doctor may carry the combination vaccine:

MenABCWY	Meningococcal groups A, B, C, W, and Y

Disease	What is it?	Complications
Hepatitis B 	Hepatitis B is a contagious viral infection of the liver that, when caught as an infant, often shows no symptoms for decades. It can develop into liver disease or liver cancer later in life.	Chronic liver infection, liver failure, liver cancer, death.
RSV 	RSV (respiratory syncytial virus) is a contagious viral infection of the nose, throat, and sometimes lungs.	Infection of the lungs and small airways of the lungs; especially dangerous for infants and young children.
Rotavirus 	Rotavirus is a contagious viral infection of the gut that causes severe diarrhea and vomiting, which can lead to dehydration, electrolyte imbalance, and shock in young children.	Dehydration can lead to death if treatment, especially fluid replacement, is not immediately started.
Diphtheria 	Diphtheria is an illness caused by a toxin produced by bacteria that infects the throat and tonsils, making it hard for children to breathe and swallow.	Heart, kidney, and/or nerve damage, death.
Tetanus 	Tetanus is a bacterial infection of the brain and nerves that causes very painful muscle contractions. It can cause children's neck and jaw muscles to lock (lockjaw), making it hard for them to open their mouth, swallow, or breathe.	Broken bones, blocked lungs, difficulty breathing, death.
Pertussis 	Pertussis (whooping cough) is a contagious bacterial infection of the lungs and airway that causes coughing spells that can last for weeks.	Trouble breathing, pneumonia, death.
Hib 	Hib (Haemophilus influenzae type b) is a contagious bacterial infection of the lungs, brain and spinal cord, or bloodstream. Causes pneumonia, meningitis, and other severe infections almost exclusively in children under 5 years old.	Brain damage, hearing loss, loss of arm or leg, death.
Pneumococcal disease 	Pneumococcal diseases are bacterial infections of the ears, sinuses, lungs, or bloodstream. Symptoms range from serious infections like meningitis and pneumonia to milder but more common ones like sinusitis and ear infections.	Common cause of sickness and death worldwide, especially among young children under 2 years old.

Disease	What is it?	Complications
Polio 	Polio is a contagious viral infection of the nerves and brain that paralyzes 1 in 200 people who get infected. Among those cases, 5 to 10 percent die when their breathing muscles are paralyzed.	Paralysis, permanent disability, death.
Influenza 	Influenza (flu) is a contagious viral infection of the nose, throat, and sometimes lungs.	Infection of the lungs (pneumonia), sinuses, and ears, worsening of underlying heart or lung conditions, death.
Measles 	Measles is a highly contagious viral infection with symptoms that include fever, runny nose, white spots in the back of the mouth, and a rash.	Blindness, brain swelling, death.
Mumps 	Mumps is a contagious viral infection that can cause headache, fever, and swollen glands of the cheeks and jaw.	Meningitis, swollen testicles, and deafness.
Rubella 	Rubella is a contagious viral infection that causes low-grade fever, sore throat, and rash.	Usually mild in children and adults, but in someone who is pregnant it can cause miscarriage, stillbirth, infant death, or birth defects.
Varicella 	Varicella (chickenpox) is a contagious viral infection that causes fever, headache, and an itchy, blistering rash.	Infected sores, brain swelling, infection of the lungs (pneumonia), death.
Hepatitis A 	Hepatitis A is a contagious viral infection of the liver.	Liver failure, death.
HPV 	HPV (human papillomavirus) is a contagious viral infection that usually has no symptoms, but can cause warts in the genital area.	Almost all cases of cervical cancer (99%) are caused by HPV. HPV can also cause cancers of the vagina, penis, anus, and throat.
Meningococcal disease 	Meningococcal disease is a contagious bacterial infection of the lining of the brain and spinal cord or the bloodstream.	Loss of arm or leg, deafness, seizures, death.

Some questions every parent may want to ask their child's pediatrician:

- What are the benefits of vaccinating my child?
- What are the risks of not vaccinating?
- How do vaccines work to protect my child?
- What are the common side effects of the vaccines?
- How are vaccines tested for safety?
- What is the vaccine schedule, and why is it important?
- What should I do if my child has a reaction to a vaccine?
- Can vaccines be given if my child is sick?
- What happens if my child is behind on their vaccines?

Notes:

Looking for more information? Scan here!

Or visit: bit.ly/growupguide

Written by a real PHILLY MOM for Philly families

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