

Vaccination Information

Vaccinating a child is still a parent's choice



At Focus for Health, our goal is to provide parents with the essential information needed to make informed vaccine decisions.

Stay Informed, Stay Healthy

Before You Vaccinate

- 1** Do your research. Understand what each vaccine is. Learn about the benefits and the risks.
- 2** Ask your physician to provide you with vaccine names and manufacturers of the products they will use.
- 3** Read vaccine package inserts produced by the maker of the vaccine. Be familiar with the ingredients. Most package inserts can be found online and contain information such as contraindications, warnings, precautions and adverse reactions.
- 4** Learn about reported adverse reactions to vaccines by visiting the Vaccine Adverse Events Reporting System (VAERS) vaers.hhs.gov/index, a vaccine safety monitoring system co-sponsored by the FDA and CDC.
- 5** Discuss what you've learned with your child's physician and ask questions.



Delaying or Refusing Vaccinations

No federal law exists mandating that a child must be vaccinated.

Each state sets its own vaccine requirements for entry to school, although few states require all CDC recommended vaccines.

Every state allows unvaccinated children to attend school if they obtain a medical exemption from a doctor.

A medical exemption can be given by a physician if a child is at risk of vaccine injury due to pre-existing medical conditions.

A 'personal beliefs' or 'religious' exemption is still an option in many states. For specific state laws visit: cdc.gov/phlp/publications/topic/vaccinations.html



If You Choose to Vaccinate

Before vaccine administration, your pediatrician must give you a Vaccine Information Statement (VIS) produced by the CDC. A VIS will not contain all data regarding adverse events or contraindications. For complete information, ask to see the package insert produced by the manufacturer. [cdc.gov/vaccines/hcp/vis/](https://www.cdc.gov/vaccines/hcp/vis/)

Remember that one “shot” can contain several vaccines. If you have concerns, ask about options to reduce the number of vaccines given in one visit. If your child is behind schedule, your pediatrician may suggest a “catch-up” schedule which may contain a significant number of added vaccines. You have the right to ask questions, delay, or refuse.

Take Necessary Precautions

- ✓ Consider delaying vaccinations if your child is showing any signs of illness, however mild.
- ✓ Nourish your child well with healthy foods that are nutrient dense before and after vaccination.
- ✓ Make sure your child is well rested before and after vaccination.



After Vaccination

Look for any signs of an adverse reaction, including soreness at the injection site, irritability, headache, vomiting, fever, lethargy, signs of systemic inflammation, high pitched screaming in infants, or seizure activity.

Immediately report any adverse reaction to your pediatrician. You or your pediatrician should report any adverse event to the Vaccine Adverse Events Reporting System (VAERS). This is the only tracking system the FDA and CDC have for monitoring vaccine safety, and it has been documented that only 1 to 10% of events are reported. vaers.hhs.gov/index

A vaccine injured person may be eligible for compensation through The Vaccine Injury Compensation Program (established in 1986), which has awarded approximately 3.5 billion dollars for vaccine injuries. [hrsa.gov/vaccinecompensation/](https://www.hrsa.gov/vaccinecompensation/) and [hrsa.gov/vaccinecompensation/](https://www.hrsa.gov/vaccinecompensation/)

Some children may be more vulnerable to vaccine injury. To learn more, visit:

focusforhealth.org/the-profile-of-a-vulnerable-child/

For more information about autism and other childhood chronic illnesses, please visit us at: focusforhealth.org

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