Your family's guide to good health.

UnitedHealthcare®
Healing health care. Together.®

We understand that keeping your family healthy is important, and UnitedHealthcare hopes that you'll find this free booklet helpful in providing recommendations for you to consider, as you manage the health of your family. You can learn how to live a healthier life and use the tips in this guide to help take care of your family. Be sure to tear out the wallet card to keep track of your child's shots. Best of health to you and your family.

Section 1: Nutrition and fitness

Eat healthy foods and feel great 2
Getting fit, staying fit 3
The benefits of walking 3

Section 2: Safe and sound

Poison – How safe is your family? 4
School safety for your children 5
Choosing child care 5

Section 3: When you need care

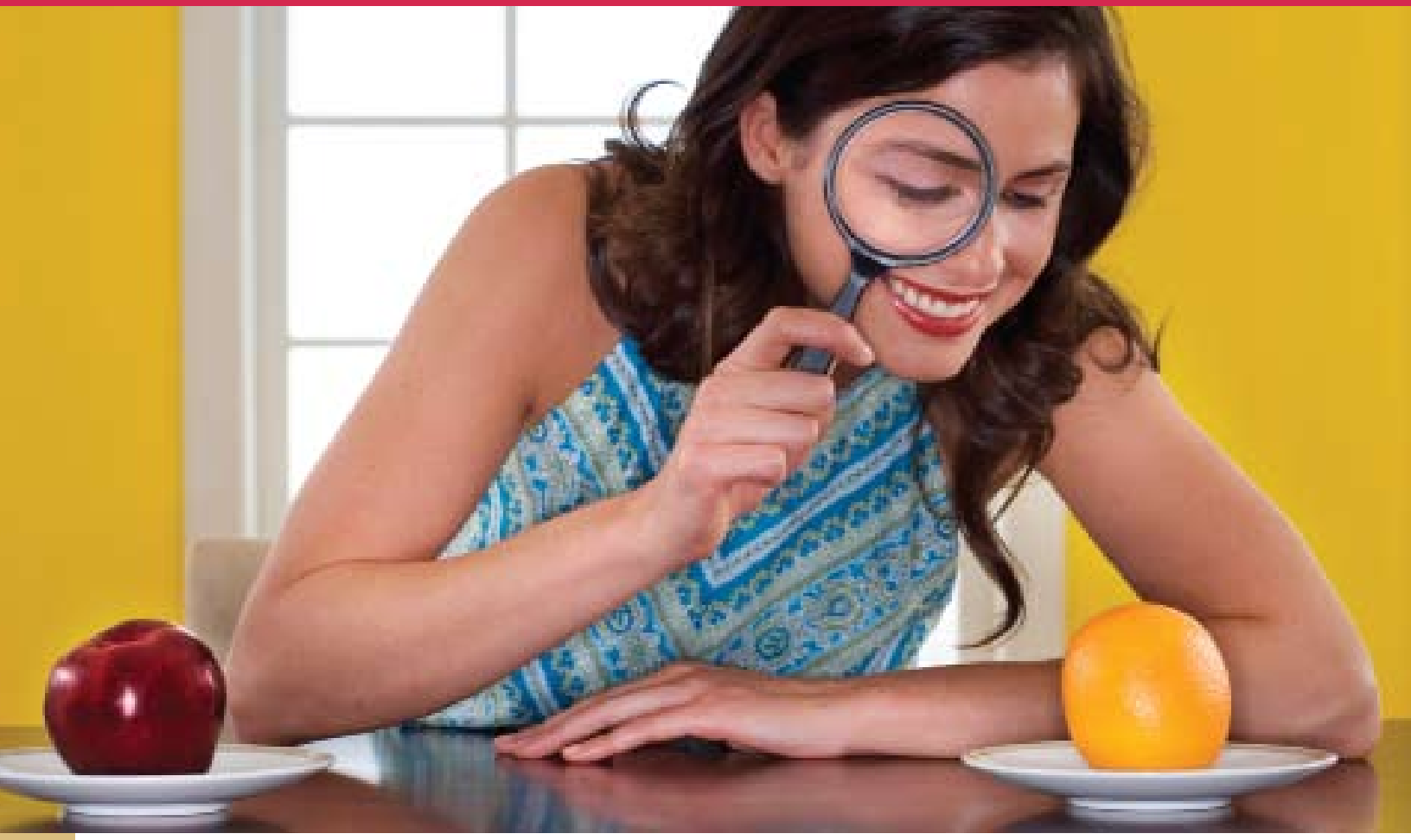
Choosing the right health care setting – consider the following:
clinical care, urgent care, and emergency room 6
Your child is sick – When should you call the doctor? 7

Section 4: Children's health

When your child has a fever 8
How to take care of your child's ear infection 9
Your child's cold or flu 9

Section 5: Pregnancy

Healthy mom, healthy baby 10
Eat healthy food for you and your baby 11
Exercise and pregnancy 11
Immunization chart 12



Eat healthy foods and feel great

Rich sauces, fried foods, butter, desserts with whipped cream piled high. They're so tempting and so hard to resist. But, if you overeat, or eat the wrong foods, the extra pounds can build up. And, your energy level will go down. Making a few healthy changes to the way you eat can make a big difference in how you feel.

Who, me?

Take an honest look at your eating habits. Each day, write down everything you eat and drink. At the end of the week, your diary might surprise you.

Tips for healthful eating

Is it really hunger? Don't eat out of habit, boredom, or just because food is nearby.

- **Control portion size.** Take the focus off volume. Put it on variety. Use a smaller plate to limit how much you take.
- **Eat slowly and enjoy.** Take time to savor the flavors and aromas. It takes 20 minutes for your stomach to get the "full" signal.
- **Say "No" to seconds.** Make it a standing rule not to take second helpings.
- **If you eat dessert, make it a healthy one.** Eating a variety of fresh fruits can both satisfy your sweet tooth and deliver health benefits.
- **Don't skip meals.** When you come to the table starved, you're more likely to overeat.
- **Never say never.** Don't try to completely avoid your favorite foods. But plan on limiting how often and how much you'll have.
- **Don't sabotage yourself.** There always seems to be an excuse for overindulging "just this once." Don't let any excuse stand between you and your health.

Getting fit, staying fit

Exercise can help you feel better, look better and maybe even live longer. But, it can be hard to get started. You don't have to work out for hours on end. Every little bit counts – even if you can only do 10 minutes at a time, try to exercise several times during the day.

Benefits of exercise

- Can help control weight
- May improve blood cholesterol levels
- May help control high blood pressure
- Can help to stop bone loss
- May Increase muscle tone
- Can boost energy levels
- Can help manage stress

Getting started

- Talk with your doctor before beginning to exercise or markedly increasing your exercise level.
- Start slowly – don't do too much.
- Drink enough water.
- Try to make exercise a part of each day.

You're more likely to exercise if it's fun. Sometimes, asking a friend to exercise with you will make the experience more enjoyable. Below are some ideas to get you going. The table also shows the calories a 150-pound person burns after 20 minutes.

Activity	Calories Burned
Biking (6 mph)	197
Running (5.2 mph)	197
Tennis (singles)	183
Swimming laps	170
Doing step aerobics	160
Playing basketball	147
Hiking	123
Yoga	120
Dancing	110
Gardening	110
Playing golf (carrying clubs)	110
Walking (3.5 mph)	93
Playing with the kids	72
Stretching	60
Vacuuming or mopping	50
Sleeping	15

The benefits of walking

Walking is an easy way to exercise. You can do it anywhere, at any time. And, you don't need anything special to start – just a good pair of shoes.

Get ready, get set…

It's simple to start walking. But think about these points before going:

- **See your doctor.** Do this if you're age 40 or older or if you have past injuries, a chronic illness, or haven't exercised for a while.
- **Protect your feet.** Make sure you have sturdy walking shoes. And wear athletic socks.
- **Dress appropriately for the weather.** In cooler weather, dress in layers. In warmer weather, choose lightweight fabrics that will keep you cool.
- **Stay safe.** Use a well-lit path or trail. And consider walking with a friend.

…and go.

With your doctor's OK and the right gear, you can get moving. Keep these tips in mind for a safe, effective workout.

- **Warm up before beginning more vigorous exercise.** Remember to take time to cool down. Never stretch cold muscles. Let your body temperature rise slowly for five minutes. Stretching before and after also can help prevent injury and soreness.
- **Start slowly.** Walk for five or 10 minutes. As you walk more often, work up to longer distances.
- **Go at a good pace.** Don't worry about speed. You'll still benefit no matter how fast or slow you go.
- **Focus on posture.** Keep your back straight, head lifted, and shoulders relaxed.
- **Stay hydrated.** Drink fluids before, during, and after your workout.
- **Make it a habit.** Walk for at least 20 minutes, most days of the week.

Sources: Centers for Disease Control and Prevention, www.cdc.gov/healthyweight/physical_activity/
OptumHealth, www.myoptumhealth.com/portal/ManageMyHealth/Calories+Burned+Calculator

Poison: How safe is your family?

Protect your family from poison. Prevention is your best defense. Consider these tips to help keep your family safe.

Medicines can be dangerous. Handle them properly:

- Keep medicine away from children. Put it in a locked cabinet.
- Follow instructions on the label and from your pharmacist and physician.
- Don't take a prescription that isn't for you. Likewise, don't give your child medicine that is for someone else.
- Never trick a child and say medicine is just like candy.
- Get rid of old medicines. Talk to your pharmacy about safe methods of disposal. Make sure no one can get to these medicines – not even pets.
- Vitamins and supplements can be dangerous, too. Use these safely. Lock them up.

Watch for poison in your home:

- Lock up products that could be dangerous. These include:
  - Cleaning supplies
  - Car products such as antifreeze
  - Pesticides, fertilizers, or weed killers
  - Hobby supplies such as glue or paint
- Keep dangerous products in their original bottle.
- Many house and outdoor plants can be toxic if eaten. Keep them safely out of reach of children and pets.
- Don't be caught off-guard. Even everyday items such as batteries and makeup can be poisonous.

Before a poison emergency:

- Write down the phone number of your local Poison Control Center. Don't know the number? Call the National Poison Control Hotline at 1-800-222-1222.

What to do if you suspect poisoning has occurred:

- Call your local Poison Control Center, 911 or local emergency number.
- Stay calm. Tell as much as you can. Also say the toxic item and age of the person.

School safety for your children

Consider these simple tips to help your children stay safe and healthy.

Keep shots up-to-date

Talk with your child's doctor about his or her shots. Some shots are needed before school starts. Tear off the card at the back of this book to help you keep track.

Talk about school bus safety

Teach your child to follow these tips in and around the school bus:

- Stay away from the street when waiting. Don't fool around and engage in horseplay.
- Wait until the bus stops and its doors open. Then, wait for the driver to signal that it is safe to board the bus.
- Wait until the driver says to cross the street. Cross in front of the bus. Always look both ways.
- Don't run after the bus. The driver can't see you.
- Never put arms, hands, or your head out the window. Don't throw anything out the window.
- Don't get up until the bus stops completely.
- Always follow directions given by the driver.

Talk about strangers

Never assume your children know who is a "safe" adult and who isn't:

- Teach the meaning of the word "stranger," and who your children can and can't trust.
- Tell your children to never go with a stranger. Do what it takes to escape.

This may include screaming, biting or running.

- Make a plan for when you can't pick them up and also for emergencies. Let your children know who will get them. Tell them they shouldn't go with *anyone* else.
- Teach your children to always tell you when a stranger approaches.

Choosing child care

It's hard to be with your children at all times. Work and other demands take you away. If you need to choose a child care provider, always talk with the person who may be watching your child. Ask questions and ask for a caregiver license.

Some day care centers and caregivers have something called accreditation. Ask about that. Check out the center or person's home, and consider the following:

- **Cleanliness.** Is the center kept clean and well-organized? Do adults and children wash their hands? Are toys and play areas washed regularly? Are diapers changed often?
- **Number of children.** Does the space appear adequate for the number of kids at the center? How many caregivers are there per child?
- **Caregiver checks.** Do caregivers get background checks? How long have the caregivers worked at the center? What are the rules on child abuse?
- **Discipline.** What if children don't follow directions? Are they punished? How?
- **Immunizations.** What is the center's policy regarding immunizations?
- **Poison.** Are all medicines and other potentially dangerous substances locked away? Can children reach toxic items?
- **Secondhand smoke.** Is the facility a smoke-free environment? Is smoking entirely prohibited wherever children will be?
- **Play areas.** Is the playground checked for safety? How often? Are the play areas fenced in?
- **First aid.** Do caregivers know what to do in an emergency? Are they CPR trained and certified? Is the place child and fire safe?
- **Nutrition.** What will your child be fed? How often?
- **Sick Child Policy.** What is the center's sick policy? Does the center have a policy on handling of children with potentially infectious disease or illness?

Choosing the right health care setting – consider the following: clinical care, urgent care, and emergency room

Clinic or office care

If it's not an emergency, it's usually best to go to your own doctor's office. Your doctor knows you and your health history. He or she can access your medical records and can provide follow-up care or refer you to specialists.

However, it is also important to ask questions and understand your doctor's office policies and procedures in treating certain conditions. Consider the following:

- If necessary, does your doctor suture lacerations and obtain x-rays of potential broken bones in his/her office, or are these services referred to an urgent care or emergency room?
- Does your doctor offer regularly scheduled evening and weekend hours, to accommodate patients?
- Does your doctor have a fall "flu shot" clinic, to rapidly and efficiently immunize patients?
- If you call with a question, what is your doctor's turnaround time on call backs?
- If you need a form filled out for a child who has been recently examined, does the doctor require another office visit?

If you don't have a doctor, try an urgent care center. You can go there when your doctor's office is closed, too.

Urgent care

Sometimes, you may need care fast. Consider an urgent care center. They can treat many minor ailments. Chances are, you won't have to wait as long as at the emergency room (ER). You may pay less, too.

Your hospital may have an urgent care center, or there may be a clinic nearby. Though most are not open 24 hours, the majority are open at night and on weekends. They can help with:

- Sprains or strains
- Mild asthma attacks
- Small cuts
- Sore throats
- Rashes
- Minor broken bones
- Minor infections

Emergency rooms

When you or a loved one is hurt, you want the best care. You may be tempted to go to the ER. But, this may not be the best choice. At the ER, true emergencies are treated first. Other cases must wait – sometimes for hours. And it may cost you more. Go to the ER for emergency conditions such as*:

- Heavy bleeding
- Major burns
- Large open wounds
- Significant head injury

* This list is not all-inclusive

911 or your local emergency number

Certain conditions, such as chest pain, symptoms of a stroke (which may include sudden weakness, change in vision or trouble talking) and severe trouble breathing need the attention of emergency medical services. In these cases, call 911 or your local emergency number immediately. Also, for any symptoms in which you think your life is in danger or that symptoms could worsen quickly, call for emergency help right away.

Your child is sick. When should you call the doctor?

It can be hard to know what to do when your child is sick. These are the guidelines you should consider, if you're unsure.

Always be ready:

Keep near your phone:

- Your doctor's or clinic's name and phone number
- The National Poison Control Hotline number – 1-800-222-1222
- Local emergency services number

When to call the doctor:

Call if your child is sick and you don't know what to do. Also call if you see any of these signs:

- Baby isn't wetting at least four or five times a day.
- Baby is 3 months old or younger and has symptoms such as diarrhea, irritability, vomiting, or poor feeding.
- Child's fever is high. How high depends on your child's age. Talk with your doctor.
- Child has a fever and is acting strangely.
- Child has a fever and shows other symptoms with signs of a rash, dehydration, or swelling.
- Child is vomiting a lot. Or has a lot of diarrhea. The child will lose body fluids. This is very dangerous.
- Child has any stomach problems: hard, full stomach; not passing gas; stomach pains.

Go to the emergency room if your baby is 3 months old or younger and has a fever of 100.4°F or higher.

For real emergencies:

- If you think your child's life is in danger, call 911 or your local emergency number.
- If you think your child has swallowed poison, call the Poison Control Center.

Remember:

- Never give aspirin to anyone younger than 19 years old. It can cause serious sickness. You may wish to use acetaminophen (Tylenol®) or ibuprofen (Motrin®)*, if your child appears in pain or has a fever. Use the type made for children. Use the infant kind for babies – but only with the doctor's OK.
- Mix baby formula the right way. Put extra formula in the refrigerator. Check to see if it's spoiled before using it.
- Don't give honey to a baby. It may have bacteria that can make your baby sick.

NurseLine℠ services can help you:

- Find a doctor or hospital.
- Ask medication questions.
- Locate available resources.
- Understand treatment options.
- Consider appropriate medical care options.

To access NurseLine, call the phone number on the back of your ID card.

*Ibuprofen not to be used for children under 6 months of age.

When your child has a fever

A fever means your child's body temperature is too high. Your child might get a fever from a virus or bacterial infection.

How do you know it's a fever?

Don't guess. If your child's skin feels warm, take his or her temperature. Use a thermometer.

Call your child's doctor if:

- Your child's fever is high. How high depends on your child's age. Talk with your doctor.
- Your child has a fever and is acting strangely.
- Your child has a fever and shows other symptoms with signs of a rash, dehydration or swelling.

Go to the emergency room if your baby is 3 months old or younger and has a fever of 100.4˚F or more.

What to give your child for fever: *(If your child has other health problems, ask your doctor first.)*

- Babies 3 months old and younger must see a doctor. Don't give any medicine without the doctor's OK.
- **Never** give aspirin to any child age 19 years or younger. It can cause serious sickness.
- You may wish to give your child acetaminophen (Tylenol®) or ibuprofen (Motrin®)*.Use the type made for children. Use the infant kind for babies – but only with the doctor's OK.
- Follow the directions.
- Don't give your child too much. And don't give your child the medicine more often than every four hours.
- Call your doctor or clinic before using other medicines.

Help your child feel better:

- You may wish to sponge your child with lukewarm water. (Never sponge your child with alcohol.) Sponge baths are usually not necessary in the case of low-grade fevers.
- Give your child or baby liquids.
- If your child's stomach is upset, try giving clear liquids (such as apple juice).

*Ibuprofen not to be used for children under 6 months of age.

How to take care of your child's ear infection

Ear infections are common. They can be part of having a cold or other infection. Use these tips to care for your child.

It may be an ear infection if:

- Your child's ear hurts.
- Your child, 2 years of age or younger, is pulling or rubbing one or both ears.
- Your child has a fever, isn't hungry, and is crying a lot.
- You see white or yellow fluid coming from your child's ear.
- Your child isn't hearing well.

If you think your child has an ear infection:

- Call your doctor or clinic. You probably won't need an emergency room visit.
- Your doctor may prescribe medicine. You may want to give acetaminophen (Tylenol®) or ibuprofen (Motrin®)*, for the ear pain and fever. Use the type made for children. Use the infant kind for babies – but only with the doctor's OK.
- Never give aspirin to a child younger than 19 years old. It can cause serious sickness.
- Don't put anything in the ear.
- Put a warm cloth on the ear.

If your doctor prescribes medicine:

- Follow the directions your doctor gives.
- Measure the medicine to give the right amount.
- Keep giving the medicine until it's all gone.
- If your child won't take the medicine, call your doctor.
- If your child gets sicker or gets a rash, call your doctor.
- Your child may need medicine while at school or day care. Ask your doctor about this.
- Only give the medicine to your child with the ear infection. Don't give the medicine to anyone else. And, don't save it for future use.
- When the medicine is finished, make a doctor appointment to see if the infection is gone.

*Ibuprofen not to be used for children under 6 months of age.

Your child's cold or flu

When your child is sick, you want him or her to get the best care. Minor colds or flu usually can be treated at home. These tips can help.

Look for some or all of these signs:

- Fever
- Runny or stuffy nose
- Sore throat
- Red, watery eyes
- Headache
- Body aches and pains
- Sneezing
- Cough
- Feeling tired
- Not hungry

Caring for your child:

- Give your child plenty of fluids.
- Make your child rest. And keep him indoors.
- Keep your child away from others. Wash hands often.
- Be careful with medicine. Read the label. Never give aspirin to anyone 19 years of age or younger. It can cause serious sickness.
- You may want to use acetaminophen (Tylenol®) or ibuprofen (Motrin®)* instead. Use the type made for children. Use the infant kind for babies – but only with the doctor's OK.
- Use a cool mist vaporizer.
- Do not give cough and cold medicines to children under the age of 4. Talk with your doctor about whether or not you should give these medications to children over the age of 4.

Call the doctor or clinic if your baby is age 3 months old or younger. And, call if any child:

- Has a fever for three days or longer
- Has a fever of 103˚F or higher that doesn't respond to treatment
- Has an earache
- Has diarrhea
- Won't drink at all
- Has vomiting
- Has a persistent cough
- Has swollen glands

Go to the emergency room if your child:

- Has a fever of 105˚F or higher or if your baby is 3 months old or younger and has a fever of 100.4ºF or higher
- Has a fever and severe neck pain or stiffness
- Seems confused or extremely fussy
- Hasn't urinated in eight hours
- Has trouble breathing, but that is not severe

Call 911 or your local emergency number if your child has severe trouble breathing.

Healthy mom, healthy baby

It's important to care for your baby's health before he or she is born. See your doctor if you think you're pregnant. Go to all of your doctor appointments while you're pregnant.

Follow these other rules:

- **Take your vitamins.** Your doctor will tell you what vitamins and minerals you need. Follow directions carefully. Take a supplement before you get pregnant to get enough folic acid.
- **Eat healthy foods.** Fruits, vegetables, and whole-grain foods are important. Drink plenty of water each day.
- **Get your calcium.** Your vitamin may include calcium. But you still need to get plenty in your diet. Low-fat milk, cheese, and yogurt are good sources.
- **Listen to your doctor about your weight.** Your doctor will tell you what weight gain is right for you. Don't diet. Choose healthy low-fat foods to help avoid unwanted pounds.
- **Don't use drugs, drink alcohol, or smoke.** You could put your baby's health in danger.
- **Before you take any medicine, ask your doctor.** This includes over-the-counter medicines and supplements.
- **Exercise, if your doctor says it's OK.** You'll feel better and have more energy. Drink plenty of water. Don't get overheated. Stop to rest when needed.
- **Get plenty of rest and sleep.** Don't try to keep up your usual pace if you feel tired. Treat yourself to some extra sleep if possible.

Call your doctor right away or seek immediate medical care if:

- Your baby is moving less than usual.
- You're bleeding or fluid is leaking from your vagina.
- You have strong cramps, a lasting backache, or bellyache.

Eat healthy food for you and your baby

When you're pregnant, what you eat affects you and your baby. So, you must pay attention to your diet. This guide can get you both off to a good start.

Get the right nutrients

Some nutrients may prevent birth defects. Start getting enough of them even before you become pregnant. Folic acid is very important. You can get it from:

- Green leafy vegetables, such as spinach
- Orange juice
- Fortified foods, including cereals and breads
- Black beans
- Nuts
- Black-eyed peas

You also need 1,000 milligrams of calcium each day. Drink milk, or eat yogurt and cheese. Your doctor may say to take a vitamin supplement such as vitamin D – even before you're pregnant. Women who take vitamin D supplements have built stronger bones that are less likely to fracture later in life. Follow directions carefully.

In addition to eating healthy foods, your doctor or health professional will probably prescribe prenatal vitamins and folic acid. Folic acid supplements help to prevent nervous system defects in children, and you should talk to your doctor about the vitamins that are right for you and your baby. Again, take as directed and follow the directions carefully.

Watch what you eat

Keeping your weight gain within a healthy range is key. Too much weight may cause diabetes or a hard labor. Talk with your doctor about what weight gain is right for you.

Some foods and drinks can be dangerous to your baby. Stay away from:

- Alcohol
- Raw meat, poultry, and fish
- Fish that have high levels of mercury – shark, tilefish, swordfish, or king mackerel. Your doctor may tell you to limit canned tuna, too.
- Fish that is caught in polluted waters
- Excessive caffeine
- Soft cheeses, such as brie or feta
- Herbal teas and supplements

If you have questions, talk with your doctor about the foods you should eat and a diet that is appropriate for you. He or she can help you make healthful food choices.

Exercise and pregnancy

If your doctor says it's OK, exercising while you're pregnant can be good for you and your baby. It helps prevent too much weight gain. And it may keep your baby's size within the normal range.

Reasons to move

Exercise may:

- Help lessen swelling and backaches
- Ease bloating and constipation
- Help you sleep better and have more energy
- Make labor shorter and easier

Recommended activities

Don't work out until you check with your doctor. If your doctor says it's ok, then consider these activities:

- Swimming
- Walking
- Riding a stationary bike
- Low-impact or aqua aerobics

When to stop

Don't push yourself as hard as usual. Don't exercise until you can't breathe. And, don't let yourself get too hot. Ask your doctor about a target heart rate. And, talk with him or her about exercises to avoid. Also ask about any symptoms you should watch for when exercising.

For more information on our Healthy Pregnancy programs and services for women at every stage of life, visit www.uhc.com/source4women.

Recommended Immunization Schedule for Persons Aged 0 Through 6 Years – United States ▪ 2009

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For those who fall behind or start late, see the catch-up schedule

Range of recommended ages | Certain high-risk groups

Vaccine ▼ Age ▶	Birth	1 month	2 months	4 months	6 months	12 months	15 months	18 months	19–23 months	2–3 years	4–6 years
Hepatitis B[1]	HepB	HepB		*see footnote 1*	HepB						
Rotavirus[2]			RV	RV	*RV*[2]						
Diphtheria, Tetanus, Pertussis[3]			DTaP	DTaP	DTaP	*see footnote 3*	DTaP				DTaP
Haemophilus influenzae type b[4]			Hib	Hib	*Hib*[4]	Hib					
Pneumococcal[5]			PCV	PCV	PCV	PCV				PPSV	
Inactivated Poliovirus			IPV	IPV	IPV						IPV
Influenza[6]					Influenza (Yearly)						
Measles, Mumps, Rubella[7]						MMR		*see footnote 7*			MMR
Varicella[8]						Varicella		*see footnote 8*			Varicella
Hepatitis A[9]						HepA (2 doses)				HepA Series	
Meningococcal[10]										MCV	

This schedule indicates the recommended ages for routine administration of currently licensed vaccines, as of December 1, 2008, for children aged 0 through 6 years. Any dose not administered at the recommended age should be administered at a subsequent visit, when indicated and feasible. Licensed combination vaccines may be used whenever any component of the combination is indicated and other components are not contraindicated and if approved by the Food and Drug Administration for that dose of the series. Providers should consult the relevant Advisory Committee on Immunization Practices statement for detailed recommendations, including high-risk conditions: http://www.cdc.gov/vaccines/pubs/acip-list.htm. Clinically significant adverse events that follow immunization should be reported to the Vaccine Adverse Event Reporting System (VAERS). Guidance about how to obtain and complete a VAERS form is available at http://www.vaers.hhs.gov or by telephone, 800-822-7967.

1. **Hepatitis B vaccine (HepB).** ***(Minimum age: birth)***

   At birth:
   - Administer monovalent HepB to all newborns before hospital discharge.
   - If mother is hepatitis B surface antigen (HBsAg)-positive, administer HepB and 0.5 mL of hepatitis B immune globulin (HBIG) within 12 hours of birth.
   - If mother's HBsAg status is unknown, administer HepB within 12 hours of birth. Determine mother's HBsAg status as soon as possible and, if HBsAg-positive, administer HBIG (no later than age 1 week).

   After the birth dose:
   - The HepB series should be completed with either monovalent HepB or a combination vaccine containing HepB. The second dose should be administered at age 1 or 2 months. The final dose should be administered no earlier than age 24 weeks.
   - Infants born to HBsAg-positive mothers should be tested for HBsAg and antibody to HBsAg (anti-HBs) after completion of at least 3 doses of the HepB series, at age 9 through 18 months (generally at the next well-child visit).

   4-month dose:
   - Administration of 4 doses of HepB to infants is permissible when combination vaccines containing HepB are administered after the birth dose.

2. **Rotavirus vaccine (RV).** ***(Minimum age: 6 weeks)***
   - Administer the first dose at age 6 through 14 weeks (maximum age: 14 weeks 6 days). Vaccination should not be initiated for infants aged 15 weeks or older (i.e., 15 weeks 0 days or older).
   - Administer the final dose in the series by age 8 months 0 days.
   - If Rotarix® is administered at ages 2 and 4 months, a dose at 6 months is not indicated.

3. **Diphtheria and tetanus toxoids and acellular pertussis vaccine (DTaP).** ***(Minimum age: 6 weeks)***
   - The fourth dose may be administered as early as age 12 months, provided at least 6 months have elapsed since the third dose.
   - Administer the final dose in the series at age 4 through 6 years.

4. **Haemophilus influenzae type b conjugate vaccine (Hib).** ***(Minimum age: 6 weeks)***
   - If PRP-OMP (PedvaxHIB® or Comvax® [HepB-Hib]) is administered at ages 2 and 4 months, a dose at age 6 months is not indicated.
   - TriHiBit® (DTaP/Hib) should not be used for doses at ages 2, 4, or 6 months but can be used as the final dose in children aged 12 months or older.

5. **Pneumococcal vaccine.** ***(Minimum age: 6 weeks for pneumococcal conjugate vaccine [PCV]; 2 years for pneumococcal polysaccharide vaccine [PPSV])***
   - PCV is recommended for all children aged younger than 5 years. Administer 1 dose of PCV to all healthy children aged 24 through 59 months who are not completely vaccinated for their age.
   - Administer PPSV to children aged 2 years or older with certain underlying medical conditions (see *MMWR* 2000;49[No. RR-9]), including a cochlear implant.

6. **Influenza vaccine.** ***(Minimum age: 6 months for trivalent inactivated influenza vaccine [TIV]; 2 years for live, attenuated influenza vaccine [LAIV])***
   - Administer annually to children aged 6 months through 18 years.
   - For healthy nonpregnant persons (i.e., those who do not have underlying medical conditions that predispose them to influenza complications) aged 2 through 49 years, either LAIV or TIV may be used.
   - Children receiving TIV should receive 0.25 mL if aged 6 through 35 months or 0.5 mL if aged 3 years or older.
   - Administer 2 doses (separated by at least 4 weeks) to children aged younger than 9 years who are receiving influenza vaccine for the first time or who were vaccinated for the first time during the previous influenza season but only received 1 dose.

7. **Measles, mumps, and rubella vaccine (MMR).** ***(Minimum age: 12 months)***
   - Administer the second dose at age 4 through 6 years. However, the second dose may be administered before age 4, provided at least 28 days have elapsed since the first dose.

8. **Varicella vaccine.** ***(Minimum age: 12 months)***
   - Administer the second dose at age 4 through 6 years. However, the second dose may be administered before age 4, provided at least 3 months have elapsed since the first dose.
   - For children aged 12 months through 12 years the minimum interval between doses is 3 months. However, if the second dose was administered at least 28 days after the first dose, it can be accepted as valid.

9. **Hepatitis A vaccine (HepA).** ***(Minimum age: 12 months)***
   - Administer to all children aged 1 year (i.e., aged 12 through 23 months). Administer 2 doses at least 6 months apart.
   - Children not fully vaccinated by age 2 years can be vaccinated at subsequent visits.
   - HepA also is recommended for children older than 1 year who live in areas where vaccination programs target older children or who are at increased risk of infection. See *MMWR* 2006;55(No. RR-7).

10. **Meningococcal vaccine.** ***(Minimum age: 2 years for meningococcal conjugate vaccine [MCV] and for meningococcal polysaccharide vaccine [MPSV])***
    - Administer MCV to children aged 2 through 10 years with terminal complement component deficiency, anatomic or functional asplenia, and certain other high-risk groups. See *MMWR* 2005;54(No. RR-7).
    - Persons who received MPSV 3 or more years previously and who remain at increased risk for meningococcal disease should be revaccinated with MCV.

The Recommended Immunization Schedules for Persons Aged 0 Through 18 Years are approved by the **Advisory Committee on Immunization Practices (www.cdc.gov/vaccines/recs/acip)**, **the American Academy of Pediatrics (http://www.aap.org)**, and the **American Academy of Family Physicians (http://www.aafp.org)**.

Department of Health and Human Services ▪ Centers for Disease Control and Prevention

This schedule is provided for informational purposes only and you should consult with your doctor on the immunizations that are appropriate for your child.

Recommended Immunization Schedule for Persons Aged 0 Through 6 Years – United States ▪ 2009

For those who fall behind or start late, see the catch-up schedule

Range of recommended ages | Certain high-risk groups

Vaccine ▼ Age ▶	Birth	1 month	2 months	4 months	6 months	12 months	15 months	18 months	19–23 months	2–3 years	4–6 years
Hepatitis B[1]	HepB	HepB		*see footnote 1*	HepB						
Rotavirus[2]			RV	RV	*RV*[2]						
Diphtheria, Tetanus, Pertussis[3]			DTaP	DTaP	DTaP	*see footnote 3*	DTaP				DTaP
Haemophilus influenzae type b[4]			Hib	Hib	*Hib*[4]	Hib					
Pneumococcal[5]			PCV	PCV	PCV	PCV				PPSV	
Inactivated Poliovirus			IPV	IPV	IPV						IPV
Influenza[6]					Influenza (Yearly)						
Measles, Mumps, Rubella[7]						MMR		*see footnote 7*			MMR
Varicella[8]						Varicella		*see footnote 8*			Varicella
Hepatitis A[9]						HepA (2 doses)				HepA Series	
Meningococcal[10]										MCV	

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This schedule indicates the recommended ages for routine administration of currently licensed vaccines, as of December 1, 2008, for children aged 0 through 6 years. Any dose not administered at the recommended age should be administered at a subsequent visit, when indicated and feasible. Licensed combination vaccines may be used whenever any component of the combination is indicated and other components are not contraindicated and if approved by the Food and Drug Administration for that dose of the series. Providers should consult the relevant Advisory Committee on Immunization Practices statement for detailed recommendations, including high-risk conditions: http://www.cdc.gov/vaccines/pubs/acip-list.htm. Clinically significant adverse events that follow immunization should be reported to the Vaccine Adverse Event Reporting System (VAERS). Guidance about how to obtain and complete a VAERS form is available at http://www.vaers.hhs.gov or by telephone, 800-822-7967.

Immunizations

Tear out and fold this wallet card to keep a record of your child's immunizations.

For more information on Health and Wellness visit myuhc.com®.

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Children need most of their shots by age 2

Appointment (Cita médica)

- Birth–2 months (Nacimiento–2 meses) _____
- 2 months (2 meses) _____
- 4 months (4 meses) _____
- 6 months (6 meses) _____
- 12–18 months (12–18 meses) _____

Important telephone numbers (Números telefónicos importantes):

Doctor (Médicol) _____

Hospital (Hospital) _____

After-hours Clinic (Clínica con horario prolongado de atención médica) _____

_____

Poison Control (Control de substancias venenosas) _____

_____

Parent's Work (Lugar de trabajo de los padres del niño) _____

_____

Other (Otros) _____

Emergency–911