



PARENTS' GUIDE to Recommended and Required Immunizations



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Why Recommended and Required Immunizations for Your Child Matter

Immunizing children on the recommended schedule protects them from 15 potentially serious diseases including polio, pertussis, chickenpox, tetanus, measles, and others.

- Immunizations strengthen a child's immune system and provide protection before a child is exposed to potentially life-threatening diseases.
- Routine immunizations protect your child and help to protect other children, friends, and family in the community.
- Immunization is an important tool to keep kids healthy, safe and in child care and school.
- Immunization products are tested to ensure they are safe and effective for children to receive at the recommended ages
- It is safe to receive routine childhood immunizations at the same time as the COVID-19 vaccine or the flu vaccine.



Is Your Child Up-To-Date for All Routine Immunizations?

- Many infants and children missed routine vaccinations during the COVID-19 pandemic. Ask your doctor to check which immunizations your child needs, and if necessary, how to catch-up.



If you have access to a cell phone with a camera, scan this QR code to take a quick quiz for a list of vaccines your child may need. Also available in Spanish.

2024 Recommended Immunizations for Children from Birth through 6 Years Old

Following the recommended immunization schedule provides your child with the best protection from serious diseases.

Talk to your child’s health care provider for more guidance if:

- 1. Your child has any medical condition that puts them at higher risk for infection.
- 2. Your child is traveling outside the United States.
- 3. Your child misses a vaccine recommended for their age.

Key



ALL children in age group should be immunized at this age.



SOME children should get this dose of vaccine or preventive antibody at this age.

Vaccine or Preventative Antibody	Birth	1 Month	2 Months	4 Months	6 Months	7 Months	8 Months	12 Months	15 Months	18 Months	19 Months	20-23 Months	2-3 Years	4-6 Years
RSV antibody	Depends on mother's RSV vaccine status						Depends on child's health status							
Hepatitis B	Dose 1	Dose 2		Dose 3										
Rotavirus			Dose 1	Dose 2	Dose 3									
DTaP			Dose 1	Dose 2	Dose 3				Dose 4					Dose 5
Hib			Dose 1	Dose 2	Dose 3			Dose 4						
Pneumo-coccal			Dose 1	Dose 2	Dose 3			Dose 4						
Polio			Dose 1	Dose 2	Dose 3									Dose 4
COVID-19					At least 1 dose of updated (2023-2024 Formula) COVID-19 vaccine									
Influenza/ Flu					Each year. Two doses for some children									
MMR								Dose 1						Dose 2
Chickenpox								Dose 1						Dose 2
Hepatitis A								2 doses separated by 6 months						


2024 Recommended Immunizations for Children 7 through 18 Years Old


Following the recommended immunization schedule provides your child with the best protection from serious diseases.


Talk to your child’s health care provider for more guidance if:


- 1. Your child has any medical condition that puts them at higher risk for infection.
- 2. Your child is traveling outside the United States.
- 3. Your child misses a vaccine recommended for their age.

Key

 ALL children in age group **should** get the vaccine

 SOME children in age group **should** get the vaccine

 ALL children in age group **can** get the vaccine

 Parents/caregivers should talk to their health care providers to decide if this vaccine is right for their child

Recommended Vaccines	7 Years	8 Years	9 Years	10 Years	11 Years	12 Years	13 Years	14 Years	15 Years	16 Years	17 Years	18 Years
HPV												
Tdap ¹												
Meningococcal ACWY												
Meningococcal B												
Influenza/Flu	Every year. Two doses for some children.		Every year									
COVID-19	At least 1 dose of updated (2023-2024 Formula) COVID-19 vaccine											
RSV					If pregnant during RSV season							
Mpox												
Dengue			ONLY if living in a place where dengue is common AND has laboratory test confirming past dengue infection									

¹ One dose of Tdap is recommended during each pregnancy

Vaccines Required for Child Care (Pre-Kindergarten)

To protect children against serious infections, California school immunization law requires them to receive immunizations before entry to pre-kindergarten (child care or preschool) and TK-12 schools.

The law also requires pre-kindergarten facilities and schools to enforce immunization requirements, maintain immunization records of all children enrolled, and submit reports to public health. Parents must show their child’s Immunization Record as proof of immunization.

These are the immunization requirements for starting child care or pre-kindergarten.

Age	Vaccine and Required Doses
2-3 Months	1 Polio, 1 DTaP, 1 Hep B, 1 Hib
4-5 Months	2 Polio, 2 DTaP, 2 Hep B, 2 Hib
6-14 Months	2 Polio, 3 DTaP, 2 Hep B, 2 Hib
15-17 Months	3 Polio, 3 DTaP, 2 Hep B, 1 Hib (on or after 1st birthday), 1 Varicella, 1 MMR (on or after 1st birthday)
18 Months to 5 Years	3 Polio, 4 DTaP, 3 Hep B, 1 Hib (on or after 1st birthday), 1 Varicella, 1 MMR (on or after 1st birthday)

DTaP = diphtheria toxoid, tetanus toxoid, and acellular pertussis vaccine

Hib = Haemophilus influenzae, type B vaccine

Hep B = hepatitis B vaccine

MMR = measles, mumps, and rubella vaccine

Varicella = chickenpox vaccine

Adapted from California Department of Public Health Immunization Branch



If you have access to a cell phone with a camera, scan this QR code to take a quick quiz for a list of vaccines your child may need. Also available in Spanish.

Vaccines Required for School Entry

Below, you can find the vaccines required for Transitional Kindergarten and Grades K-12.

Students Admitted at Transitional Kindergarten and Grades K-12 Need:

Diphtheria, Tetanus, and Pertussis (DTaP, DTP, Tdap, or Td) – 5 doses

(4 doses OK if one was given on or after 4th birthday.

3 doses OK if one was given on or after 7th birthday.)

For 7th – 12th graders, at least 1 dose of pertussis-containing vaccine is required on or after 7th birthday.

Polio (OPV or IPV) – 4 doses

(3 doses OK if one was given on or after 4th birthday)

Hepatitis B – 3 doses

(Note required for 7th grade entry)

Measles, Mumps, and Rubella (MMR) - 2 doses

(Both given on or after 1st birthday)

Varicella (Chickenpox) – 2 doses

Students Starting the 7th Grade Need:

Tetanus, Diphtheria, Pertussis (Tdap) – 1 dose

(Whooping cough booster usually given at 11 years and up)

Varicella (Chickenpox) – 2 doses

(Usually given at ages 12 months and 4-6 years)



If you have access to a cell phone with a camera, scan this QR code to take a quick quiz for a list of vaccines your child may need. Also available in Spanish.

Keeping a Record of Your Child's Immunizations

Your doctor's office may give you a **Yellow Immunization Card** with the date, vaccine type, and dosage information given to your child.

Keep this record in a safe place where you can easily locate it. Use the folder in this booklet to store immunization records.

Bring your child's immunization record to each of your child's doctor visits.

Bring this card to your child's school as proof of having received required immunizations.

Can't Find Your Child's Immunization Record? Here are a few places to start:

- Doctor's offices or clinics where shots were given most recently. If the card is lost, the doctor's office can quickly print out another copy for you.
- Schools that a child attended in the past. Schools verify and record immunizations for all their students and may be able to look up old records.
- You may also be able to get help from the California Immunization Registry (CAIR).

<https://www.cdph.ca.gov/Programs/CID/DCDC/CAIR/Pages/CAIR-Records.aspx>

- To request a copy of a child's digital record, go to The California Digital Vaccine Record Portal Request

<https://myvaccinerecord.cdph.ca.gov/>

NOTE: If records can't be found, it is safe for a child to receive some of the immunizations again.

Keeping a Record of Your Child's Immunizations Continued

The California Immunization Registry (CAIR) keeps your child's immunization records safe and intact—even if you switch doctors, lose your “yellow card,” or move within California.

An Immunization Registry is a secure online system that stores immunization records. It can only be used by doctors, hospitals, public health departments and other selected programs that serve children.



If you have access to a cell phone with a camera, scan this QR code to take a quick quiz for a list of vaccines your child may need. Also available in Spanish.

Follow these steps to make sure your child is up-to-date with immunizations.

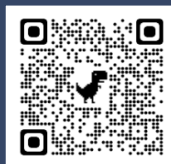
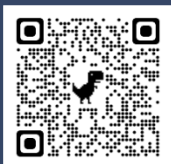
1. Schedule your child's well visit/physical early - before school starts. Spring or summer break is a great time to get this done so you won't run into any delays once school begins.
2. Ask your child's healthcare provider which immunizations they recommend. Some are not required for school attendance but are highly recommended by physicians for all students.
3. Obtain a copy of the immunization record every time your child receives a shot.
4. Keep the record in a safe place where you can easily locate it. Use the folder at the front of this booklet.
5. Give a copy of the new immunization record to your child care provider/school.

Do You Have Questions About Routine and Required Immunizations?

Check off and/or write down any questions you have for your child's doctor and bring this booklet with you to their next appointment.



- ☐ What if my child missed a dose?
 - ☐ Why does my child need more than one dose or a booster?
 - ☐ What should I expect after the immunization?
 - ☐ How long does it take for shots to protect my child from a disease like polio?
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For answers to these questions and more information, see the resources on the last page or scan these QR codes if you have access to a cell phone with a camera.

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<https://www.cdc.gov/vaccines/parents/index.html>

How to Get Routine and Required Vaccinations

- If you have health insurance or a regular health care provider, please contact them for vaccination services.
- Babies and children may get vaccinated by their doctor, and sometimes at a local pharmacy. Note that many pharmacies cannot immunize children under 3.
- If your child does not have health insurance or is underinsured* they may be eligible to receive free or low-cost vaccinations. Visit <http://publichealth.lacounty.gov/ip/clinics.htm> to find a list of free or low-cost immunizations clinics in LA County or call 2-1-1 (the LA County Info Line) for help locating a clinic.

*Underinsured people have health insurance, but their insurance may not include vaccines; may cover only selected vaccines; or may have a fixed dollar limit/cap for vaccines.

What are Benefits of Routine and Required Vaccinations?

- Vaccinating your child is the best way to protect them from severe illness caused by many diseases.
- Vaccinating your child can help keep them in school and make it safer for them to take part in group activities such as:
 - ✓ Visiting family, friends, and neighbors
 - ✓ Going to amusement parks and concerts

What are other benefits of getting your child vaccinated?

1. _____
2. _____

Steps to Take **BEFORE** Your Child Gets Immunized



- Talk to your child about what to expect when they receive their immunizations.
- Let them know that they may feel a “little pinch,” “pressure” or “poke.” Avoid words like “pain,” “shot,” or “needle.”



- Explain to them that immunizations can help protect them by keeping them healthy.
- If your child is old enough, you can plan for their visit with them. For example; help them practice calm breathing exercises that they can use.



- Bring a snack and favorite toy, book, or blanket to help stay comfortable while waiting.



Write down any other things you plan to bring to your child’s next appointment to help keep them calm and comfortable.

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Side Effects Tracker

Put a check mark next to any of side effects your child had after their immunization appointment and write down which immunizations they received, along with any other notes you would like to share with the doctor at their next visit.

Side Effects

- ☐ None
- ☐ Sore or red at the place of vaccination
- ☐ Fever
- ☐ Chills
- ☐ Muscle aches
- ☐ Headache
- ☐ Feeling tired



Immunizations received during last appointment:



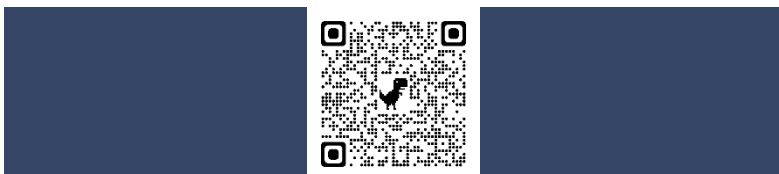
Other notes:

Other Resources

California Department of Public Health Immunization Branch Parent Resources

Parent Brochure with Easy-to-Understand Immunization Schedule Recommended vaccines for preteens and teens

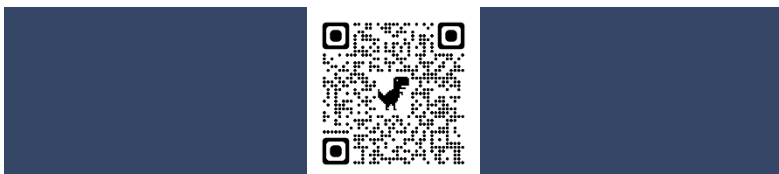
<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/School/resources-parents.aspx>



Centers for Disease Control and Prevention

Schedules for all recommended vaccines birth-18 years

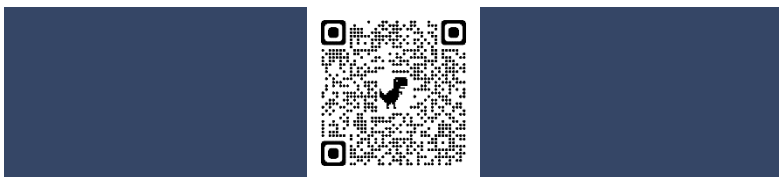
<https://www.cdc.gov/vaccines/parents/schedules/index.html>



Shots for Schools

California's immunization requirements and regulations

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/School/shotsforschool.aspx>



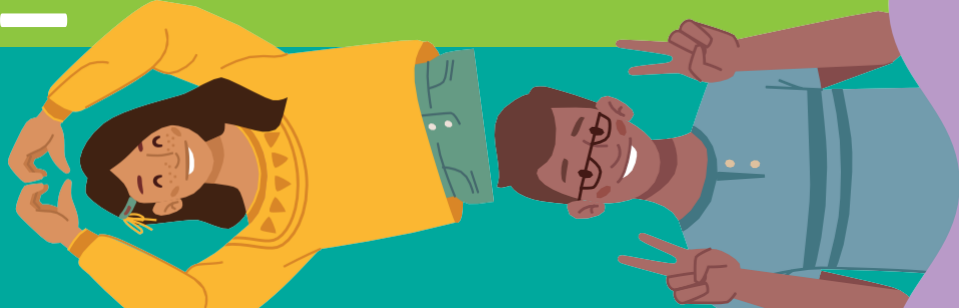
Immunization Champion

This Certificate is Awarded to:

Name: _____

Date: _____

Thank you for staying up-to-date on
routine and recommended immunizations, and helping
to protect yourself, your family and your school from
illness and disease!



Immunization Champion

This Certificate is Awarded to:

Date: _____

Thank you for staying up to date on routine and recommended immunizations, and helping to protect yourself, your family and your school from illness and disease!

