You can play an important role in protecting yourself and others from vaccine preventable diseases (VPDs). Follow the steps below to prevent VPDs year-round.

1. Be up-to-date with vaccines
   - The best way to prevent VPDs is being up-to-date with vaccines
   - Know benefits of vaccination and risks of having unvaccinated students at daycare/school
   - Refer students to a vaccination provider if they do not have access to a regular provider. For more information, please visit www.publichealth.lacounty.gov/chs/ or call the Los Angeles County Information Line at 2-1-1.

2. Understand vaccine requirements for daycare/preschool/school entry
   - Refer to shotsforschools.org for vaccine requirements
   - Make sure vaccine records are maintained and updated regularly
   - Remind parents of students admitted conditionally when the next vaccine dose is due
   - Do not accept antibody test results (or titers) as evidence of immunity in lieu of vaccine records

3. When sick, seek medical attention and stay home
   - Get evaluated by a medical provider
   - Prevent further transmission of the disease by isolating sick students or staff
   - Do not return to daycare/preschool/school until cleared by your provider and/or Public Health (if a legally reportable disease)

4. Practice good hygiene
   - Cover your mouth with your elbow or arm whenever you cough or sneeze
   - Always wash your hands thoroughly with soap and water

5. Ask questions
   - For any questions, call the Los Angeles County Department of Public Health Vaccine-Preventable Disease Control (VPDC) Program for more information at (213) 351-7800

In collaboration with Los Angeles County Department of Public Health, you can also protect yourself and others from VPDs by advocating for vaccinations.
Help educate others to understand the benefits of vaccination and the risk of being unvaccinated. For questions or support, call the Los Angeles County Department of Public Health Vaccine Preventable Disease Control Program.