PARENTS GUIDE
to Recommended and Required Vaccinations
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Why recommended and required immunizations for your child matter

Vaccinating children on the recommended schedule or catching up on vaccines protects them from 14 potentially serious diseases including polio, pertussis, chicken pox, tetanus, and measles.

- Vaccines strengthen a child’s immune system and provide protection before a child is exposed to potentially life-threatening diseases.

- Routine vaccinations protect your child and help to protect other children, friends, family, and community, too.

- Vaccination is an important tool to keep kids healthy, safe and in childcare and school.

- Vaccines are tested to ensure they are safe and effective for children to receive at the recommended ages.

- It is safe to receive routine childhood vaccinations at the same time as the COVID-19 vaccine or the flu vaccine.

Not all recommended immunizations are required for school, but it is still important that children receive all of them. Talk to your doctor about other recommended vaccines, including flu, HPV and COVID-19.

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

- Many infants and children missed routine vaccinations during the pandemic.

- Ask your doctor to check which vaccines your child needs and if necessary, how to catch-up.

Scan this QR code to take a quick quiz for a list of vaccines your child may need. Also available in Spanish.
Recommended Vaccine Schedule for Birth to 6 Years

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

Delivering vaccines could leave a child vulnerable to disease when they are most likely to have serious complications.

2022 Recommended Immunization For Children From Birth Through 6 Years Old

<table>
<thead>
<tr>
<th>Age</th>
<th>HepB</th>
<th>RV</th>
<th>DTaP</th>
<th>PCV13</th>
<th>IPV</th>
<th>Hib</th>
<th>PCV13</th>
<th>MMR</th>
<th>Varicella</th>
<th>HepA§</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 month</td>
<td>HepB</td>
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<tr>
<td>2 months</td>
<td>HepB</td>
<td>RV</td>
<td>DTaP</td>
<td>PCV13</td>
<td>IPV</td>
<td>Hib</td>
<td>PCV13</td>
<td>MMR</td>
<td>Varicella</td>
<td>HepA§</td>
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<tr>
<td>4 months</td>
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<td>18 months</td>
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<td>19–23 months</td>
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<td>4–6 years</td>
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</tr>
</tbody>
</table>

NOTE: If your child misses a shot, you don't need to start over. Just go back to your child's doctor for the next shot. Talk with your child's doctor if you have questions about vaccines.

FOOTNOTES:
* Two doses given at least one month apart are recommended for children age 6 months through 8 years of age who are getting an influenza (flu) vaccine for the first time and for some other children in this age group.
* Two doses of HepA vaccine are needed for lasting protection. The first dose of HepA vaccine should be given between 12 months and 23 months of age. The second dose should be given 6 months after the first dose. All children and adolescents over 24 months of age who have not been vaccinated should also receive 2 doses of HepA vaccine.

If your child has any medical conditions that put him at risk for infection or is traveling outside the United States, talk to your child's doctor about additional vaccines that he or she may need.

NOTE: If your child misses a shot, you don't need to start over. Just go back to your child's doctor for the next shot. Talk with your child's doctor if you have questions about vaccines.

Scan this QR code for more information about vaccine schedules.
# Recommended Vaccine Schedule for 7 to 18 Years

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

## 2022 Recommended Immunizations for Children 7–18 Years Old

<table>
<thead>
<tr>
<th>Disease</th>
<th>7-8 Years</th>
<th>9-10 Years</th>
<th>11-12 Years</th>
<th>13-15 Years</th>
<th>16-18 Years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flu Influenza</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Tdap Tetanus, diphtheria, pertussis</td>
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<tr>
<td>HPV Human papillomavirus</td>
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<tr>
<td>Meningococcal</td>
<td>MemACWY</td>
<td>MemB</td>
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<tr>
<td>Pneumococcal</td>
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<tr>
<td>Dengue</td>
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<tr>
<td>Hepatitis B</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Hepatitis A</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Polio</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>MMR Measles, mumps, rubella</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chickenpox Varicella</td>
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</tr>
</tbody>
</table>

### More information:
- Everyone 6 months and older should get a flu vaccine every year if they do not have contraindications.
- All 11- through 12-year olds should get one shot of Tdap.
- All 11- through 12-year olds should get a 2-shot series of HPV vaccine. A booster shot is recommended at age 16.
- Age 13 years or older should receive a meningococcal vaccine. A booster shot is recommended at age 16.
- Ages 10 years and older at increased risk should receive a serogroup B meningococcal vaccine.
- Ages 16–18 years old who are not at increased risk may be vaccinated with a MenB vaccine.
- Ages 9-16 years who live in dengue endemic areas AND have laboratory confirmation of previous dengue infection.

### COVID-19 vaccination is recommended for ages 6 months and older.
Talk to your child’s doctor or nurse about the vaccines recommended for their age.

- These shaded boxes indicate the vaccine is recommended for all children unless your doctor tells you that your child cannot safely receive the vaccine.
- These shaded boxes indicate the vaccine SHOULD be given if a child is catching up on missed vaccines.
- These shaded boxes indicate children not at increased risk may get the vaccine if they wish after speaking to a provider.
- This shaded box indicates children not at increased risk may get the vaccine if they wish after speaking to a provider.

Scan this QR code for more information about vaccine schedules.
Vaccines Required For Child Care (Pre-Kindergarten)

Parents must show their child’s Immunization Record before starting child care or pre-kindergarten and at each age checkpoint

<table>
<thead>
<tr>
<th>Age</th>
<th>Vaccine and Required Doses</th>
</tr>
</thead>
<tbody>
<tr>
<td>2-3 months</td>
<td>1 Polio, 1 DTaP, 1 Hep B, 1 Hib</td>
</tr>
<tr>
<td>4-5 Months</td>
<td>2 Polio, 2 DTaP, 2 Hep B, 2 Hib</td>
</tr>
<tr>
<td>6-14 Months</td>
<td>2 Polio, 3 DTaP, 2 Hep B, 2 Hib</td>
</tr>
<tr>
<td>15-17 Months</td>
<td>3 Polio, 3 DTaP, 2 Hep B, 1 Hib (on or after 1st birthday), 1 Varicella, 1 MMR (on or after 1st birthday)</td>
</tr>
<tr>
<td>18 Months to 5 Years</td>
<td>3 Polio, 4 Dtap, 3 Hep B, 1 Hib (on or after 1st birthday), 1 Varicella, 1 MMR (on or after 1st birthday)</td>
</tr>
</tbody>
</table>

**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

Scan this QR code for more information about these vaccines and the diseases they prevent.

Adapted From California Department of Public Health Immunization Branch
Vaccines Required for School Entry

California schools are required to check immunization records for all new student admissions at TK/Kindergarten through 12th grade and all students advancing to 7th grade.

Parents must show their child’s Immunization Record as proof of immunization.

These immunization requirements apply to new admissions and transfers for all grades, including transitional kindergarten.

### 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  (Not 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)

Scan this QR code for more information about these vaccines and the diseases they prevent.
Keeping a Record of Your Child’s Vaccinations

Your doctor’s office may give you a Yellow Vaccine Card with the date, and vaccines and dosage given to your child’s. Your doctor’s office can give you a copy of all of your child’s vaccinations.

Keep this record in a safe place where you can easily locate it. Use the folder in this booklet to store vaccination records. If the records can’t be found, it is safe for a child to retake some vaccinations.

Bring your child’s vaccine record to each of your child’s doctor visits

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. Schools verify and record immunizations for all their students and may be able to look up old records.

Family baby books may contain copies of old immunization records.

You may also be able to get help from the California Immunization Registry (CAIR). [https://cairforms.cairweb.org/AuthorizationToRelease/AuthorizationToRelease](https://cairforms.cairweb.org/AuthorizationToRelease/AuthorizationToRelease)

To request a copy of a child’s COVID-19 vaccination record go to

The California Digital COVID-19 Vaccine Record Portal Request [https://myvaccinerecord.cdph.ca.gov/](https://myvaccinerecord.cdph.ca.gov/)

If the records can’t be found, it is safe for a child to retake some of the vaccinations
The California Immunization Registry (CAIR) keeps your child’s shot records safe and intact—even if you switch doctors, lose your “yellow card,” or move within California.

An Immunization registry is a secure computer system that stores children’s immunization (shot) records. It can only be used by doctors, hospitals, public health departments and other selected programs that serve children.

Scan this QR code for the form to request vaccination records from the California Immunization Registry.

**Follow these steps to make sure your child is up to date**

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 what vaccines they recommend. Some vaccines are not required for school attendance but are highly recommended by physicians for all students.

3. Obtain a copy the immunization record every time your child has a shot.

4. Keep the record in a safe place where you can easily locate it.

5. Give a copy of the new immunization record to your childcare provider/school.
Do You Have Questions about Routine and Required Vaccinations?

Check them off, write your own questions down below and bring this with you to ask the doctor when your child gets vaccinated.

☐ 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 vaccination?

☐ How long does it take for the vaccine to protect my child from a disease like polio, measles or

1._____________________________________________________

2._____________________________________________________

For answers to these questions and more information, see the resources on the last page or scan these QR codes.

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

For answers to these questions and more information, see the resources on the last page or scan these QR codes.
How to Get Routine and Required Vaccinations

• Vaccinations are available at no-cost or low cost for those or who are uninsured or underinsured.

• If you have health insurance or a regular health care provider, please contact them for immunization services.

• Babies and children may get vaccinated by their doctor or at a local pharmacy. Note that many pharmacies cannot vaccinate children under 3.

• If your family does not have health insurance or a regular doctor, call 2-1-1 the LA County Info Line., to locate a free or low-cost immunization clinic.

• You may be eligible to receive free or low cost vaccinations through the Vaccine for Families Program. Go here to see eligibility and locations: https://eziz.org/vfc/provider-locations/

• See the Los Angeles County Department of Public Health clinic list for sites that may be offering routine vaccinations. http://www.publichealth.lacounty.gov/chs/NurseClinic.pdf

• Be sure to bring your Yellow Immunization Record Card
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
Vaccine Champion

This Certificate is Awarded to:

__________________________
Name: _____________________________

__________________
Date: ___________________

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

This Certificate is Awarded to:

Name: __________________________

Date: ______________________

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