

# Why should infants and young children be vaccinated?

According to the Centers for Disease Control, infants are particularly vulnerable to infectious diseases; that is why it is critical to protect them through immunization. Each day, nearly 12,000 babies are born in the United States who will need to be immunized before age two against 14 vaccine-preventable diseases. Immunizations help prevent the spread of disease and protect infants and toddlers against dangerous complications.



National Infant Immunization Week

IMMUNIZATION.  
POWER TO PROTECT.

Immunization is one of the most important things a parent can do to protect their children’s health. Today we can protect children from 14 serious diseases. Failure to vaccinate may mean putting children at risk for serious diseases.

## Vaccine-Preventable Diseases and the Vaccines that Prevent Them

Disease	Vaccine	Disease spread by	Disease symptoms	Disease complications
Chickenpox	Varicella vaccine protects against chickenpox.	Air, direct contact	Rash, tiredness, headache, fever	Infected blisters, bleeding disorders, encephalitis (brain swelling), pneumonia (infection in the lungs)
Diphtheria	DTaP* vaccine protects against diphtheria.	Air, direct contact	Sore throat, mild fever, weakness, swollen glands in neck	Swelling of the heart muscle, heart failure, coma, paralysis, death
Hib	Hib vaccine protects against <i>Haemophilus influenzae</i> type b.	Air, direct contact	May be no symptoms unless bacteria enter the blood	Meningitis (infection of the covering around the brain and spinal cord), intellectual disability, epiglottitis (life-threatening infection that can block the windpipe and lead to serious breathing problems), pneumonia (infection in the lungs), death
Hepatitis A	HepA vaccine protects against hepatitis A.	Direct contact, contaminated food or water	May be no symptoms, fever, stomach pain, loss of appetite, fatigue, vomiting, jaundice (yellowing of skin and eyes), dark urine	Liver failure, arthralgia (joint pain), kidney, pancreatic, and blood disorders
Hepatitis B	HepB vaccine protects against hepatitis B.	Contact with blood or body fluids	May be no symptoms, fever, headache, weakness, vomiting, jaundice (yellowing of skin and eyes), joint pain	Chronic liver infection, liver failure, liver cancer
Flu	Flu vaccine protects against influenza.	Air, direct contact	Fever, muscle pain, sore throat, cough, extreme fatigue	Pneumonia (infection in the lungs)
Measles	MMR** vaccine protects against measles.	Air, direct contact	Rash, fever, cough, runny nose, pinkeye	Encephalitis (brain swelling), pneumonia (infection in the lungs), death
Mumps	MMR** vaccine protects against mumps.	Air, direct contact	Swollen salivary glands (under the jaw), fever, headache, tiredness, muscle pain	Meningitis (infection of the covering around the brain and spinal cord), encephalitis (brain swelling), inflammation of testicles or ovaries, deafness
Pertussis	DTaP* vaccine protects against pertussis (whooping cough).	Air, direct contact	Severe cough, runny nose, apnea (a pause in breathing in infants)	Pneumonia (infection in the lungs), death
Polio	IPV vaccine protects against polio.	Air, direct contact, through the mouth	May be no symptoms, sore throat, fever, nausea, headache	Paralysis, death
Pneumococcal	PCV vaccine protects against pneumococcus.	Air, direct contact	May be no symptoms, pneumonia (infection in the lungs)	Bacteremia (blood infection), meningitis (infection of the covering around the brain and spinal cord), death
Rotavirus	RV vaccine protects against rotavirus.	Through the mouth	Diarrhea, fever, vomiting	Severe diarrhea, dehydration
Rubella	MMR** vaccine protects against rubella.	Air, direct contact	Children infected with rubella virus sometimes have a rash, fever, swollen lymph nodes	Very serious in pregnant women—can lead to miscarriage, stillbirth, premature delivery, birth defects
Tetanus	DTaP* vaccine protects against tetanus.	Exposure through cuts in skin	Stiffness in neck and abdominal muscles, difficulty swallowing, muscle spasms, fever	Broken bones, breathing difficulty, death

\* DTaP combines protection against diphtheria, tetanus, and pertussis.

\*\* MMR combines protection against measles, mumps, and rubella.

## Play It Safe to Avoid Facial Injuries

The American Association of Oral and Maxillofacial Surgeons (AAOMS) reminds children and adults: as you suit up for outdoor fun this spring, don't forget to take care of your face. Spring too often brings a flood of patients suffering mouth and facial injuries resulting from sports-related accidents to doctors' offices and even emergency rooms.

### Helmets help

Whether you are riding a bicycle, scooter or motorcycle, or playing baseball, soccer or lacrosse, wear a properly fitted helmet. A well-fitted helmet should sit on top of your head in a level position, covering the forehead. It should not rock back and forth or side to side. Pay attention to the chinstrap. It should fit around your ear and under your chin comfortably. How well do helmets work? In baseball alone, it is estimated that batting helmets with face guards may prevent or reduce the severity of nearly 4,000 facial injuries.

### The best defense is a good offense - mouth guards make a difference

Consumer Product Safety Commission statistics show that for



## National Facial Protection Month

emergency room-treated injuries for youths under age 15, the largest percentage of injuries is associated with the head, face, mouth or ears. Leading the pack in sheer numbers are bicycle injuries with 34% of the nearly 240,000 injuries associated with the head and face.

Just under half of baseball's 85,000 injuries were associated with these anatomical areas.

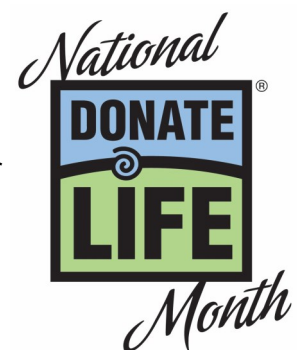
Just by wearing a properly fitted mouth guard, many of these accidents and traumatic facial injuries could be prevented. In fact, the American Dental Association estimates that mouth guards prevent more than 200,000 oral injuries each year.

An effective mouth guard holds teeth in place, resists tearing and allows for normal speech and breathing. Depending on your bite, it should cover either the upper or lower teeth as well as the gums. A range of mouth guards is available, with the most effective being one recommended by the **American Association of Oral and Maxillofacial Surgeons 9700 West Bryn Mawr Avenue Rosemont, Illinois 60018-5701 847.678.6200 fax: 847.678.6286 Website: [www.aaoms.org](http://www.aaoms.org)**

## Understanding Donation

Transplantation is one of the most remarkable success stories in the history of medicine. But despite continuing advances in medicine and technology, the need for organs and tissue is vastly greater than the number available for transplantation. Transplantation gives hope to thousands of people with organ failure and provides many others with active and renewed lives. For information on how to become a donor, go to: [www.organdonor.gov](http://www.organdonor.gov).

- **Currently, 118,255 men, women and children are awaiting organ transplants in the United States.**
- **Approximately 2,000 children on waiting list**
- **More than 33,600 Organ Transplants Performed in 2016**
- **Nearly 15,000 organs donated in 2016**
- **95% of U.S. adults support organ donation. About 48% are signed up as donors.**



**By the Numbers**