

Protect yourself and your family

Protect Yourself and Your Family: Get Vaccine Shots

You can protect yourself and your family from many harmful diseases by getting vaccinated (vaksu'neyted). This means getting a shot to protect you from certain diseases. It's that simple!

Protect your children

Germs are everywhere. Some germs can cause disease in your children and can make them sick at an early age. Help your children protect themselves by taking them to the doctor for shots.



**LIFETIME IMMUNIZATIONS
DATES AND SIGNATURE**

D	Diphtheria	DATE GIVEN	DATE GIVEN	DATE GIVEN	DATE GIVEN	DATE GIVEN
T	Tetanus					
P	Pertussis					
Signature						
F	OPV					
O	OR					
L	IPV					
I						
O						
Signature						
(COMBINED)						
M	Measles	DATE GIVEN	DATE GIVEN	DATE GIVEN	DATE GIVEN	
M	Mumps					
R	Rubella					
Signature						
T	Tetanus	DATE	DATE	DATE	DATE	
D	Diphtheria (7 yrs. & up)					
Signature						
DATE						
Hepatitis B Vaccine						
Signature						
DATE						
Influenza						
Signature						
DATE						
Pneumococcal Vaccine						
Signature						
DATE						
HIB (5 yrs. & under)						
Signature						
DATE						
Other Vaccines						
Type	Date	Type	Date	Type	Date	Type
Signature		Signature		Signature		Signature
Type	Date	Type	Date	Type	Date	Type
Signature		Signature		Signature		Signature

MM-4 (REV. 1/03)

This card helps you keep track of your shots.

When you get your shots, your doctor will fill in the information and sign it.



Getting a vaccine shot is fast and easy, and is the best way to prevent your child from getting sick. Day care centers, camps, and schools usually require children to get shots, and they ask for a record of your child's shots.

Some newborn babies get their first shots before leaving the hospital. Other shots are given later when the baby is 1 or 2 months old. If your child did not get shots as a baby, he or she can still get them. It is not too late. You can catch up on them at any age!



Protect Yourself and Your Family

Even if you don't have insurance, you and your family can still get vaccinations at little or no cost.

How to Get No Cost or Low Cost Vaccines

You can get shots from private doctors, community health clinics, and hospitals. The cost of a shot differs depending on the type of vaccine and the doctor.

Most health insurance plans cover all or part of the cost of vaccines.

If you don't have insurance, the New York City Department of Health often offers free vaccinations at various walk-in clinics. Call 311 and ask for information about immunization walk-in clinics in New York City.

Some vaccinations are offered at low cost or no cost at the Charles B. Wang Community Health Center

Please call the Charles B. Wang Community Health Center for more information.

	Manhattan Chinatown	Flushing, Queens
Pediatrics	212-226-3888	718-886-1222
Internal Medicine	212-379-6996	718-886-1200

Recommended Childhood Vaccination & Check up Schedule 2008

This chart gives guidelines for children who are 13 years old and younger. Vaccinations are very safe and can help prevent certain diseases. If you think your child has missed any shots or if you have any questions, schedule a visit with your doctor.

Age ►	At Birth	2 Weeks	1 Month	2 Mths	4 Mths	6 Mths	9 Mths	12 Mths	15 Mths	18 Mths	24 Mths	30 Mths	3 Years	4-6 Years	11-12 Years	13 Years & Up
Check up	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Once a year check up		
Hepatitis B	✓		✓			✓										
Haemophilus In- fluenzae Type b				✓	✓	✓		✓								
Diphtheria, Tetanus, Pertussis				✓	✓	✓			✓					✓	Tdap	
Inactivated Polio Virus				✓	✓	✓								✓		
Measles, Mumps, Rubella								✓						✓		
Varicella								✓						✓		
Meningococcal															✓	
Hepatitis A								✓		✓						
Pneumococcal				✓	✓	✓			✓							
Influenza						✓	yearly for each flu season →									
Human Papilloma Virus (HPV) (Females only)															✓	3 doses →
Rotavirus				✓	✓	✓										

Recommended Adult Vaccination Schedule 2008

Making sure you get your shots is a job for life. It's important because shots can give you lifelong protection against certain diseases. The vaccination schedule are general guidelines based on age and risk factors for certain diseases. See your doctor to see what vaccines you need based on your personal risk for infections.

Vaccine ▼	Age ► 19—49 years	Age ► 50—64 years	Age ► 65 years & older
Influenza Protects against flu	You need a shot every year if you have a chronic health problem such as diabetes or heart disease, or if you have close contact with patients, or care for babies, young children or sick family members.	You need a dose every fall (or every winter).	
Pneumococcal Protects against pneumococcal pneumonia	You need 1 to 2 shots if you have certain chronic health problems such as heart diseases or diabetes.	You need a shot at age 65 (or older) if you've never been vaccinated. You may also need a 2nd shot.	
Tetanus, diphtheria, pertussis (Td, Tdap) Protects against bacterial diseases	<ol style="list-style-type: none"> 1. All adults need Td booster shots every 10 years. 2. If you're younger than 65 years and haven't had a pertussis vaccine as an adult, one of the shots that you get should have pertussis vaccine in it (also known as Tdap). 3. See your doctor if you have a deep or dirty wound to see if you should get a shot. 		
Hepatitis B (Hep B) Provides lifelong protection against liver infection	This vaccine is given as 3 shots (dose #1, followed by dose #2 in 1 month, and dose #3 usually given 5 months later). Talk to your doctor if you think you need this vaccine.		
Hepatitis A (Hep A) Protects against liver problems	This vaccine is usually given as 2 shots (dose #1, followed by dose #2 6 to 18 months later. It is given if you have chronic hepatitis B infection or if you are at risk for hepatitis A virus infection. Talk to your doctor if you think you need this vaccine.		
Human papilloma virus (HPV) Protects against HPV infection, a major cause of cervical cancer	This vaccine is given to women age 26 years or younger. Talk to your doctor if you think you need this vaccine.		
Measles, mumps, rubella (MMR) Protects against measles and mumps	Talk to your doctor if you think you need this vaccine (e.g., women of reproductive age, and people who are unsure if they have gotten the shot should see their doctor).		
Varicella (Chicken pox) Protects against chicken pox	Talk to your doctor if you have never had the chicken pox. Only 2 doses of the vaccine are needed for protection.		
Meningococcal Protects against meningitis	This vaccine is recommended for young people who live in shared housing, e.g., college students or people in the military.		

CHARLES B. WANG COMMUNITY HEALTH CENTER

王嘉廉社區醫療中心

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The content of this brochure has been reviewed by our clinical staff. The content is not a substitute for professional medical advice. See your doctor if you have questions about a medical condition.

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