

# Vaccines for Your Student

Vaccination rates have fallen significantly, which means risks to schools and communities are rising. Help prevent disease outbreaks by making sure your children are caught up on the recommended doses of vaccines, especially as kids go back to school.



## What to expect

From 4 and 18 years old, it is recommended your child receive these vaccines to protect them from the following diseases. To find information about recommended vaccines for children from birth to age 4, please visit [Michigan.gov/Vaccines](https://Michigan.gov/Vaccines) or [CDC.gov/Vaccines](https://CDC.gov/Vaccines).

|       |   |
|-------|---|
| 4-6   | <ul style="list-style-type: none"><li><input type="checkbox"/> <b>Diphtheria, tetanus, and whooping cough</b> (Pertussis) (DTaP) (5th dose)</li><li><input type="checkbox"/> <b>Polio</b> (IPV) (4th dose)</li><li><input type="checkbox"/> <b>Measles, mumps and rubella</b> (MMR) (2nd dose)</li><li><input type="checkbox"/> <b>Chickenpox</b> (Varicella) (2nd dose)</li><li><input type="checkbox"/> <b>Influenza</b> (Flu) (one dose of vaccine every year)</li></ul> |
| 7-10  | <ul style="list-style-type: none"><li><input type="checkbox"/> <b>HPV</b> Although typically given to children ages 11-12, the HPV vaccine can be given as early as 9 to help protect both girls and boys from HPV infection and cancers caused by HPV.</li><li><input type="checkbox"/> <b>Influenza</b> (Flu) (one dose of vaccine every year)</li></ul>  |
| 11-12 | <ul style="list-style-type: none"><li><input type="checkbox"/> <b>Meningococcal conjugate</b> (MenACWY) (1st dose)</li><li><input type="checkbox"/> <b>HPV</b> (two doses of vaccine)</li><li><input type="checkbox"/> <b>Tetanus, diphtheria, and whooping cough</b> (Pertussis) (one dose of Tdap vaccine)</li><li><input type="checkbox"/> <b>Influenza</b> (Flu) (one dose of vaccine every year)</li></ul>   |
| 13-18 | <ul style="list-style-type: none"><li><input type="checkbox"/> <b>Meningococcal conjugate</b> (MenACWY) (2nd dose) Given at 16 years old.</li><li><input type="checkbox"/> <b>Serogroup B meningococcal</b> (MenB) (two doses) May be given, preferably at 16 through 18 years.</li><li><input type="checkbox"/> <b>Influenza</b> (Flu) (one dose of vaccine every year)</li></ul>  |

The COVID-19 vaccine is recommended for everyone ages 6 months and older.

These illnesses can cause severe illness and at times death in young children. Getting vaccinated is the best defense for your child against these diseases. Visit [bit.ly/3QHPRIj](https://bit.ly/3QHPRIj) for information on the Michigan school-required vaccines.

## After the shots

Sometimes children experience mild reactions from vaccines, such as pain where the shot was given or a slight fever. These reactions are normal and will soon go away. The following tips will help you identify and minimize mild side effects.

- Review any information your doctor gives you about the vaccines.
- Use a cool, wet cloth to reduce redness, soreness and swelling in the place where the shot was given.
- Reduce any fever with a cool sponge bath.
- If your doctor approves, give non-aspirin pain reliever.
- Give your child lots of liquid. It's normal for some children to eat less during the 24 hours after getting vaccines.
- Pay extra attention to your child for a few days. If you see something that concerns you, call your doctor.

## How to comfort your child

**Try these ideas for making the shot easier on your child.**

- Distract and comfort your child by cuddling, singing or talking softly.
- Smile and make eye contact with your child. Let your child know that everything is ok.
- Take deep breaths with your child.
- Point out interesting things in the room to help create distractions.
- Support your child if he or she cries. Never scold a child for not "being brave."

Ask your child's doctor for advice on using non-aspirin pain reliever and other steps you can take at home to comfort your child.



**Parents: Be aware of your child's risk, especially if they are immunocompromised or have young siblings.**

Scan the QR code to learn about local school's immunization data.

