



Protecting your child with vaccines



Keeping up with preventive care and vaccinations is an important part of being our healthiest. This is true for children, too.

Childhood vaccines help your child's body learn how to fight off dangerous diseases they may be exposed to throughout their life, such as measles, whooping cough, chickenpox, and polio. They also help prevent the spread of disease, which protects people at increased risk and those who may not be eligible to receive certain vaccines. The research and testing that goes into vaccines make them a highly effective and safe way to help keep your family healthy now and into the future.

Common concerns around childhood vaccines

It's normal to want what's best for your child, so you might have questions about vaccine safety and how they work. Talk to your child's doctor if you have any additional questions or concerns.

- **The concern: Vaccines can cause autism.**
The facts: Multiple studies and years of research have shown there is no link between receiving vaccines and developing autism spectrum disorder (ASD). There has also been no research to support that any vaccine ingredients cause ASD.¹
- **The concern: Vaccines can cause sudden infant death syndrome (SIDS).**
The facts: The peak risk period for SIDS is between 2 and 4 months old. While young children receive multiple vaccines across their two- and four-month visits, there has been no research or studies showing a link between the two.²

Vaccination schedule

Continue to the next page to see when your child may need different vaccines.

- **The concern: Vaccines contain toxic ingredients.**
The facts: Vaccines only include what is needed to make them safe and effective, and each ingredient is individually tested for safety.³
- **The concern: Children shouldn't get vaccines so young.**
The facts: The recommended vaccination schedule balances when a child is most at risk for disease exposure with when the vaccine will be most effective. Vaccines are also tested to ensure they can be safely given at the recommended ages.⁴

Recommended childhood vaccines by age⁵

Below is a list of the vaccines and boosters that may be recommended for your child depending on their age. Keep in mind, while many of these vaccines require multiple doses, your child may not receive a dose of every vaccine at every visit. For a more detailed look at what vaccines may be given at each well-child visit, go to [cdc.gov/vaccines](https://www.cdc.gov/vaccines).

Birth to 6 months

- HepB (hepatitis B)
- RV (rotavirus)
- DTap (diphtheria, pertussis, and tetanus)
- Hib (haemophilus influenza type b)
- PCV13, PCV15 (pneumococcal disease)
- IPV (polio)
- COVID-19

12 to 23 months

- HepB
- DTap
- Hib
- PCV13, PCV15
- IPV
- MMR (measles, mumps, rubella)
- Varicella (chickenpox)
- HepA (hepatitis A)

2 to 6 years

- DTap
- IPV
- MMR
- Varicella
- COVID-19

7 to 18 years

- DTap
- HPV (human papillomavirus)
- MenACWY meningococcal disease)
- MenB (meningococcal disease)
- COVID-19

The flu vaccine

At six months old, children are eligible for the annual flu vaccine. Two doses of the flu shot are recommended each year until they turn nine. After that, they need just one shot every year.

For more details on what vaccines your child may need, visit [anthem.com/preventive-care](https://www.anthem.com/preventive-care). You can use the guidelines there to have a discussion with your child's doctor and come up with a vaccination plan.

Find a doctor

To find a pediatrician in your plan's network, use the Find Care and Cost feature on the SydneySM Health app or at [anthem.com](https://www.anthem.com).

You can also scan this QR code with your phone's camera to search for doctors.



Sources:

Centers for Disease Control and Prevention: *Making the Vaccine Decision: Addressing Common Concerns* (accessed September 2023); [cdc.gov](https://www.cdc.gov).

1 Centers for Disease Control and Prevention: *Autism and Vaccines* (accessed September 2023); [cdc.gov](https://www.cdc.gov).

2 Centers for Disease Control and Prevention: *Sudden Infant Death Syndrome (SIDS) and Vaccines* (accessed September 2023); [cdc.gov](https://www.cdc.gov).

3 U.S. Department of Health and Human Services: *Vaccine Ingredients* (accessed September 2023); [hhs.gov](https://www.hhs.gov).

4 Centers for Disease Control and Prevention: *Why Vaccinate* (accessed September 2023); [cdc.gov](https://www.cdc.gov).

5 Centers for Disease Control and Prevention: *Vaccines Schedule* (accessed September 2023); [cdc.gov](https://www.cdc.gov).

The information above is meant to educate, not serve as medical advice. Ask your child's doctor for medical advice about their health.

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