Healthy You: Quick Facts

Put vaccinations on child's back-to-school list

eeping children healthy and safe is every parent's top concern. You make sure their car seat is safe, their bicycle helmet fits properly and that they eat healthy foods. And you always ensure they're up-to-date on their school vaccinations. Schools require vaccinations to protect your child from a long list of diseases.



Photo above by Damircudic, below by FatCamera, courtesy iStockphoto

Quick facts on school vaccines:

Your child should have about 14 vaccinations for school. These might include polio, chickenpox, measles and whooping cough. Your child will also need other vaccinations later.



Vaccine records are important. Your child will likely be required to show their vaccination information as they attend different schools, summer camps and other activities.

Vaccination costs are covered by most health insurance plans at little or no cost to you. There are also options for free vaccines with local health departments and national agencies.



When your child goes to college, they will need vaccinations for otherdiseases such as meningitis because of close contact with other students.

If your child's shots are not up to date, they may not be able to start school. If you fall behind on vaccination, you can work with your child's health care team to create a catch-up plan.

>> For more on child vaccination schedules, see www.cdc.gov/ vaccines