

Frequently Asked Questions: Vaccinating Your Child



Why are vaccines still necessary?

Diseases like measles, whooping cough, and chickenpox haven't gone away. If your child isn't vaccinated, they are more likely to get sick, and the illness can become serious. When fewer people are vaccinated, these illnesses can spread quickly and affect a lot of families.



Are vaccines safe?

Vaccines are carefully tested before they are given and continue to be checked for safety. Most side effects are mild, like a sore arm or low fever, and go away quickly. Serious reactions are very rare, and the diseases they prevent are much more dangerous.



Can I spread out or skip vaccinations for my child?

The American Academy of Pediatrics (AAP) designed the vaccine schedule to protect kids at the right times. If you delay or spread-out shots, your child may not be protected when it matters most, and they could get sick or pass illness to others.



Vaccines for
Children Program



AAP Recommended
Vaccination Schedule

For more information on vaccines, visit nj.gov/health/vaccines

Links to external sites are for informational purposes only. NJDOH does not endorse or take responsibility for the content, accuracy, or views expressed on third-party sites.



Are the ingredients in vaccines safe?

Yes. Vaccine ingredients are used in very small, safe amounts. Each part has a job like helping the body build protection or keeping the vaccine stable. They're carefully tested. Safety is checked all the time, and the amounts used are far below anything that could cause harm.



Could taking vitamins, exercising, and having a healthy diet replace the need for vaccines?

No. Healthy habits are important, but they can't replace vaccines. Eating well and staying active helps keep your child strong, but vaccines are what teach the body how to fight specific diseases. For the best protection, you need both.



What if I can't afford to vaccinate my child?

The Vaccines for Children (VFC) program is a federally funded program that provides vaccines at no cost to children whose families cannot afford to pay. For more information about VFC, visit nj.gov/health/vaccines/programs/vfc or scan the QR code below.



Vaccines for Children
(VFC) Program



AAP Recommended
Vaccination Schedule



For more information on vaccines, visit nj.gov/health/vaccines

Links to external sites are for informational purposes only. NJDOH does not endorse or take responsibility for the content, accuracy, or views expressed on third-party sites.