

# Stay Up to Date and Vaccinate

Getting your children vaccinated on-time by following the Centers for Disease Control and Prevention (CDC) Recommended Immunization Schedule can help them stay healthy as they grow older.



## Get Early Protection

Vaccinate before your child is exposed to dangerous diseases; waiting until school begins, may not allow enough time for vaccines to work.



## Attend School and Activities without Delay

Vaccinate your children on time so they can start the new school year, join a sports team or group activities, and travel without delay.



## Avoid Disease-Related Complications

Some diseases could lead to serious complications (e.g., Meningitis could lead to hearing loss, COVID-19 could lead to trouble breathing). Getting vaccinated can help prevent this from happening.



## Prevent the Spread of Illness

Getting vaccinated can help prevent the spread of illness and protect friends, family and other community members, especially those who are too young to be vaccinated or those who are at high-risk for disease.



## Stay Protected

The CDC immunization schedule is carefully designed to provide protection at just the right time. Some vaccines need to be given more than once so your child can remain healthy.



# Tips for Staying Up to Date



Schedule well-child-visits and follow the CDC recommended vaccine schedule when making your child's vaccination appointments. <sup>1</sup>



Keep track of your children's vaccines by enrolling in the New Jersey Immunization Information Service (NJIIS). <sup>2</sup>



If you or someone you know needs assistance with paying for children's vaccinations, visit the Vaccines for Children Program (VFC) website to see if you qualify. <sup>3</sup>



To avoid delays in starting school, preschool or daycare, know what your school and state guidelines are regarding vaccinations. <sup>4</sup>



Be a good example for your children by making sure you and other adult family members are also up to date with their vaccinations.

## Important Links

1. [cdc.gov/vaccines](https://www.cdc.gov/vaccines)
2. [njiis.nj.gov/docs/NJIIS\\_Your\\_Best\\_Shot.pdf](https://njiis.nj.gov/docs/NJIIS_Your_Best_Shot.pdf)
3. [cdc.gov/vaccines/programs/vfc/index.html](https://www.cdc.gov/vaccines/programs/vfc/index.html)
4. [nj.gov/health/cd/imm\\_requirements/](https://nj.gov/health/cd/imm_requirements/)

