



Why is vaccination/immunization important?

Vaccines are crucial for **preventing infectious diseases** and their **complications**, as well as **potential outbreaks**. They protect not only the **individual** but also the community through **herd immunity**, especially **immunocompromised** children who may not be able to receive vaccinations.

Potential Side Effects

- Common side effects – mild pain, redness, swelling at site, and mild fever.
- Rash (especially with MMR, MMRV, and varicella)
- Pain and anxiety
- Allergic reaction (very rare)
- Consider delaying immunizations during moderate/severe illness



ADMINISTRATION TIPS & TRICKS

- Site selection:
 - Infants – anterolateral thigh
 - Older children – deltoid muscle of arm
- Positioning – Chest to chest, back to chest, lap sitting
- Strategies to minimize pain:
 - Being held by caregiver, breastfeeding, skin to skin, topical anesthetic, dextrose, distractions (eg. Bubbles, books, deep breathing)
- CARD (Comfort, Ask, Relax, Distract) System – <https://immunize.ca/card-parents>



CAREGIVER CONCERNS	EVIDENCE-BASED INFORMATION
“Most diseases for which vaccines are given are not serious”	All of the diseases for which children are vaccinated are serious. They can cause serious illness, complications, and death. Many of these diseases also have no cure.
“My child doesn’t need vaccines because no one gets these diseases anymore”	Thanks to vaccinations, rates of vaccine-preventable disease have declined in Canada. But with immunization rates declining, these disease may become more common, especially with travel to parts of the world where these disease rates are higher.
“If so many other people are vaccinated, my child does not need them”	If many parents choose not to vaccinate their children, the overall immunity drops, leading to the rapid spread of diseases. Depending on the immunity of others to protect the unvaccinated only works if everyone else is vaccinated. This is important to protect our immunocompromised patients.
“The MMR vaccine or Thimerosal in vaccines causes autism”	The MMR vaccine does not cause autism. There is no scientific evidence to suggest that any vaccine or vaccine preservatives (eg. Thimerosal) causes developmental disorders. Vaccines are safe and effective, and have gone through rigorous testing and investigation to prove their safety and effectiveness.

VACCINE COUNSELLING/ADDRESSING HESITANCY TIPS (CALMS)

Communicate Clearly

Explain the benefits and safety of vaccines in simple terms.

Acknowledge Concerns

Listen to worries and respond with evidence-based information.

Lead by Example

Share personal or community stories about the positive impact of vaccines.

Maintain Trust

Build trust through honesty and transparency about vaccine information.

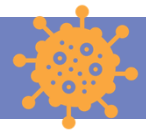
Support and Reassure

Offer continuous support and reassurance, providing regular reminders and follow up

Resources – <https://caringforkids.cps.ca/handouts/immunization>

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AGE	VACCINE	DISEASE PREVENTION
Birth	Hepatitis B	Hepatitis B virus
2 months	DTaP-IPV-Hib	Diphtheria, Tetanus, Pertussis, Polio, Haemophilus influenzae type b
	Pneumococcal conjugate (PCV13)	Pneumococcal disease
	Rotavirus (oral)	Rotavirus
4 months	DTaP-IPV-Hib	Diphtheria, Tetanus, Pertussis, Polio, Haemophilus influenzae type b
	Pneumococcal conjugate (PCV13)	Pneumococcal disease
	Rotavirus (oral)	Rotavirus
6 months	DTaP-IPV-Hib	Diphtheria, Tetanus, Pertussis, Polio, Haemophilus influenzae type b
	Hepatitis B	Hepatitis B virus
	Influenza (annually during flu season)*	Influenza*
	COVID-19 (2 doses, 8 weeks apart)**	COVID-19**
12 months	MMR	Measles, Mumps, Rubella
	Varicella	Chickenpox
	Pneumococcal conjugate (PCV13)	Pneumococcal disease
	Meningococcal C conjugate (Men-C-C)	Meningococcal disease
18 months	DTaP-IPV-Hib	Diphtheria, Tetanus, Pertussis, Polio, Haemophilus influenzae type b
4-6 years	DTaP-IPV	Diphtheria, Tetanus, Pertussis, Polio
	MMRV	Measles, Mumps, Rubella, Varicella
11-12 years	Tdap	Tetanus, Diphtheria, Pertussis
	HPV	Human Papillomavirus
	Meningococcal quadrivalent (Men-ACWY)	Meningococcal disease
14-16 years	Meningococcal quadrivalent booster (if needed)	Meningococcal disease

* Influenza vaccine recommended annually, starting at age 6 months

** COVID 19 - Recommended >6m. Specific vaccine used dependent on age of primary series. Please see the COVID-19 Canadian Immunization Guide for more specific and up to date information.

**** Based on national recommendations. Schedules may vary depending on province. ****

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