

Addressing Personal Belief Exemptions to Vaccines: Resources for Clinicians

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Immunization Branch May 20, 2014

Speaker Conflict of Interest Statement

Nothing to declare!



Important for credibility w/ parents too!

Learning Objectives

- **Identify key points from California's PBE law**
- **List one resource to reduce measles transmission**
- **Describe the power of personal stories when discussing immunizations**
- **Describe resources to use in your practice to help you and your staff communicate with parents**

CA Exemptions to School IZ Requirements

■ Medical Exemptions

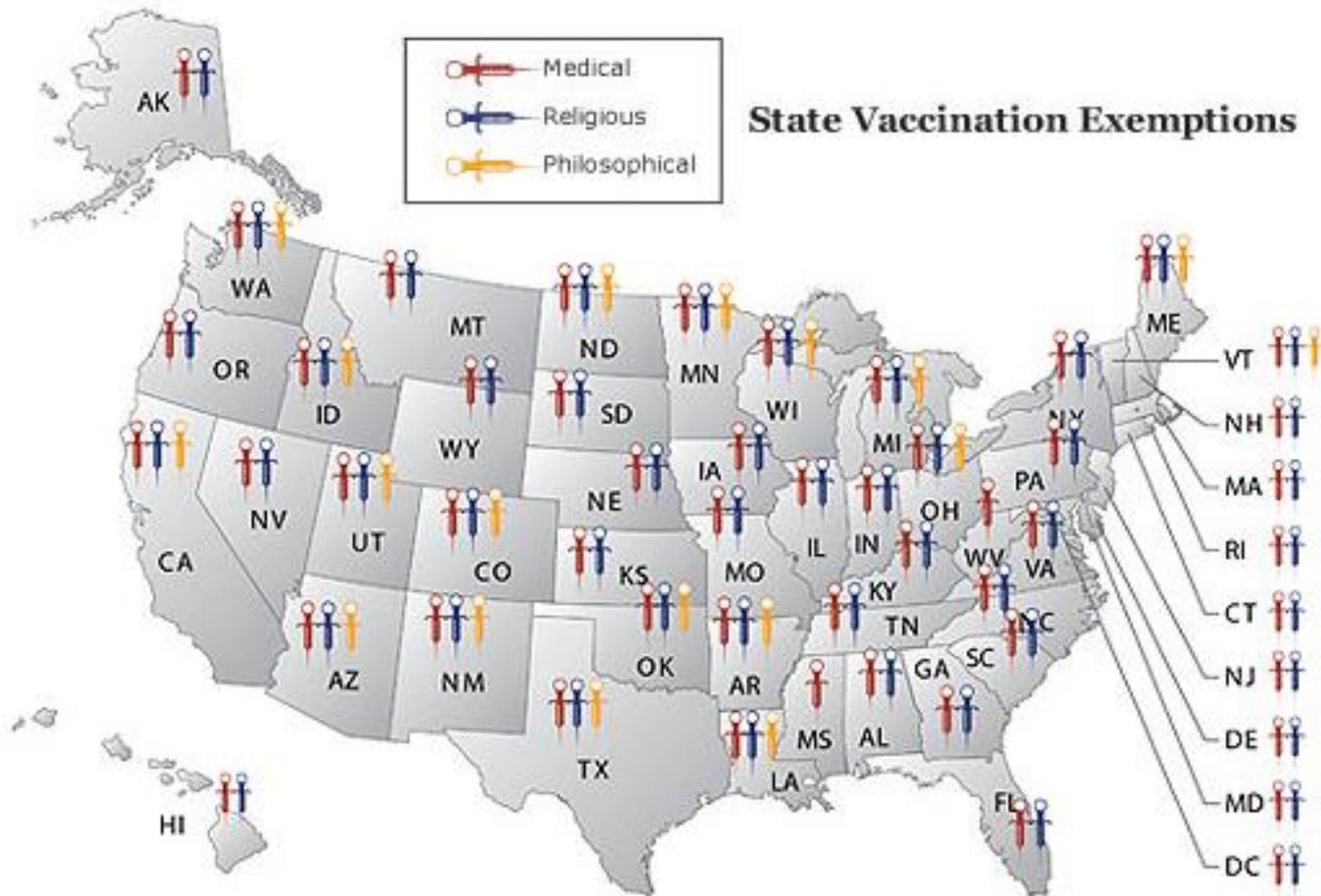
- Require documentation from a licensed physician

■ Personal Belief Exemptions

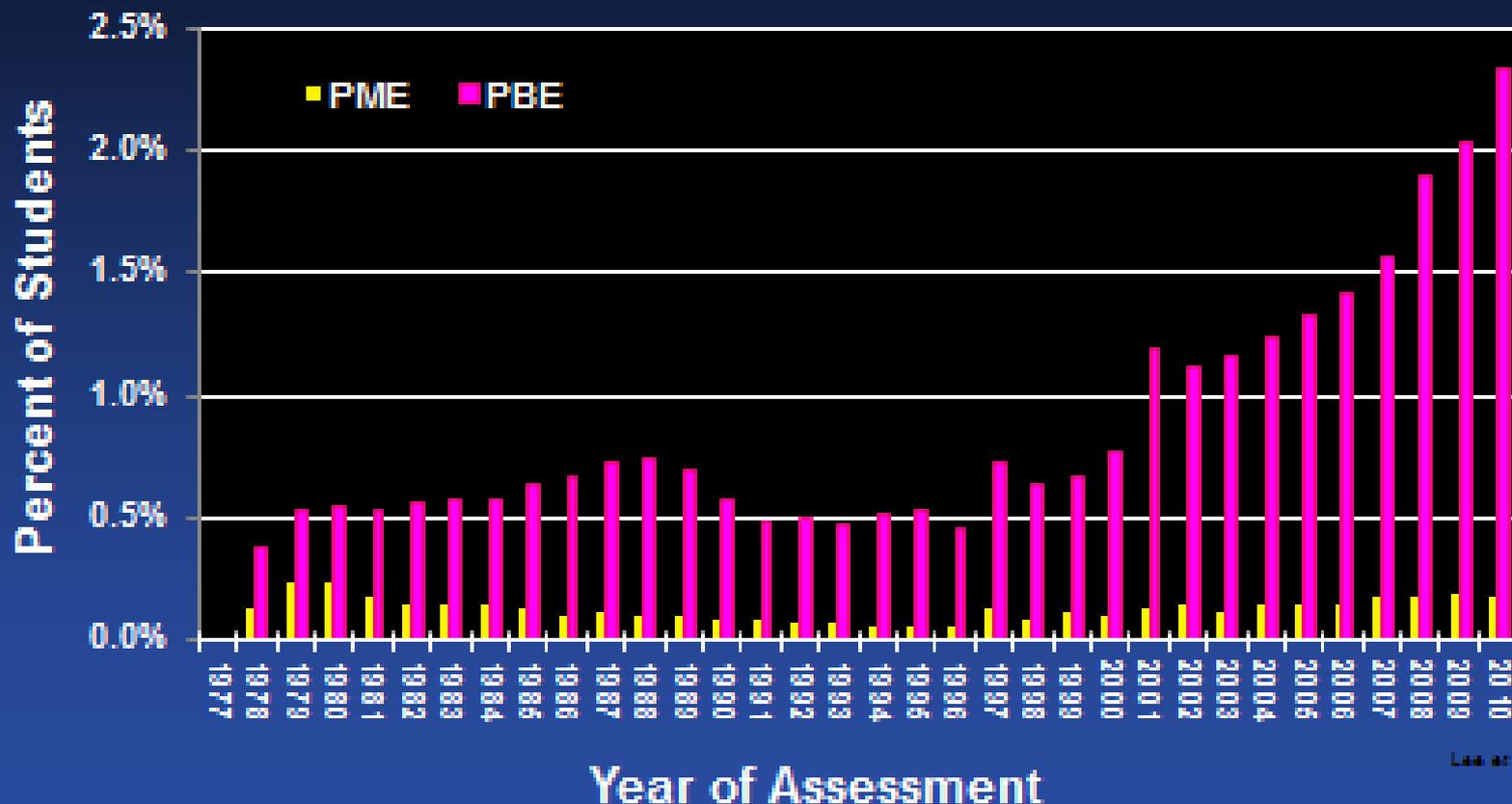
- AB2109 modifies process

- **Religious NEW!**
(if religion prohibits vaccination)

State Vaccine Exemption Laws



Permanent Medical Exemptions & Personal Beliefs Exemptions, Kindergarten Students, California



Lee et al/NM2 2010

2014 PBE Forms

State of California—Health and Human Services Agency
California Department of Public Health

PERSONAL BELIEFS EXEMPTION TO REQUIRED IMMUNIZATIONS

STUDENT NAME (LAST, FIRST, MIDDLE) _____ GENDER M F BIRTHDATE MONTH / DAY / YEAR _____ TELEPHONE NUMBER _____

PARENT/GUARDIAN NAME _____ ADDRESS _____

A. AUTHORIZED HEALTH CARE PRACTITIONER LICENSED IN CALIFORNIA – FILL OUT THIS SECTION

I am a (check one): M.D./D.O. Nurse Practitioner Physician Assistant Naturopathic Doctor Credentialed School Nurse

Provision of information: I have provided the parent or guardian of the student named above, the adult who has assumed responsibility for the care and custody of the student, or the student if an emancipated minor, with information regarding 1) the benefits and risks of immunization and 2) the health risks to the student and to the community of the communicable diseases for which immunization is required in California (immunizations listed in Table below).

Signature of authorized health care practitioner _____ Practitioner name, address, telephone number: _____

Date: within 6 months before entry to child care or school _____

B. PARENT OR GUARDIAN – FILL OUT THESE SECTIONS

I. Check the boxes below:

I am exempt from attending school or child care during an outbreak of, or after exposure to, any of the diseases to the protocols of which I am subject.

I am exempt from attending school or child care and others (17 CCR §90010) because I hereby request exemption of the student from immunization is contrary to my beliefs.

II. Check the boxes below:

School Category	Title of Required Immunizations – Check boxes 1 through 5
Child Care Only	<input type="checkbox"/> Haemophilus influenzae type b (Hib meningitis)
Child Care and K-12 th Grade	<input type="checkbox"/> DTaP (Diphtheria, Tetanus, Pertussis (whooping cough)) <input type="checkbox"/> Hepatitis B <input type="checkbox"/> MMR (Measles, Mumps, Rubella) <input type="checkbox"/> Polio <input type="checkbox"/> Varicella (Chickenpox)
1 st Grade Advancement (or admission at 1-12 th Grade)	<input type="checkbox"/> Tdap (Tetanus, reduced Diphtheria, Pertussis (whooping cough))

Signature of parent or guardian _____ Date _____

The California Department of Public Health places strict controls on the gathering and use of personally identifiable data. Personal information is not disclosed, made available, or otherwise used for purposes other than those specified at the time of collection, except with consent or as authorized by law or regulation. The Department's information management practices are consistent with the Information Practices Act (Civil Code Section 1798 et seq.), the Public Records Act (Government Code Section 6250 et seq.), Government Code Sections 11105.5 and 11109.9, and with other applicable laws pertaining to informational privacy.

CDPH 6202 (10/13)

- Available at www.shotsforschool.org in CA threshold languages

- Hard copies provided by LHDs (English/Spanish)

- Providers, schools, parents can make copies

Do you *have* to use the form?

Legally, no.

You can write a

Letter, using your
letterhead.

State you have
discussed benefits
and risk of specified
vaccines with ____;
sign and date.



Authorized Health Care Practitioners

- **Physicians (MD, DO)**
- **Nurse practitioners**
- **Physician assistants**
- **Naturopathic doctors**
- **Credentialed school nurses**



PBE process AB 2109

- **January 2014: Students**
 - Transferring from out of state
 - Entering child care
- **Late Summer 2014: Students entering**
 - Child care
 - Kindergarten
 - 7th grade
- Children continuing at the same school (not starting Kindergarten or 7th grade) do not need a new PBE form.

In with the New. Out with the Old

State of California—Health and Human Services Agency
California Department of Public Health

Personal Beliefs Exemption

Pertussis (Whooping Cough) Booster Immunization [Tdap] Requirement

STUDENT NAME (LAST, FIRST, MIDDLE) _____ BIRTHDATE _____ / ____ / ____
NAME OF PARENT/GUARDIAN _____
HOME ADDRESS STREET _____ CITY _____ ZIP CODE _____

PERSONAL BELIEFS AFFIDAVIT TO BE SIGNED BY PARENT OR GUARDIAN—IMMUNIZATION

The immunization of my child and the child's contacts at school and home are all generally required for becoming sick with pertussis, which can be life threatening for young infants and can cause prolonged illness in children.

I understand that, for the protection of the child and other students, the child may be excluded from attending school during each outbreak of pertussis or other contagious diseases with pertussis. (17 CCR 80000)

I hereby request exemption of the child named above from the pertussis (whooping cough) immunization requirement for school because such immunization is contrary to my beliefs.

Signature of parent or guardian _____ Date _____

CREENCIAS PERSONALES: ESTA DECLARACIÓN JURADA DEBE SER FIRMADA POR EL PADRE O LA MADRE O EL GUARDIÁN

Un niño no vacunado contra la tos ferina y el hogar tienen mayor riesgo de enfermarse con la tos ferina, lo cual puede poner en riesgo a los bebés, y puede causar una enfermedad prolongada e incluso la muerte.

Entiendo que, para la protección del niño y otros estudiantes, el niño puede quedar excluido de la escuela durante períodos prolongados de cada brote de tos ferina, o simplemente en cualquier momento de una tos ferina.

Por la presente solicito que el niño mencionado en el reverso de los requisitos para la evaluación de la tos ferina sea excluido de la escuela, porque dicha vacuna va en contra de mis creencias.

Firma del padre o la madre o el guardián _____ Fecha _____

The California Department of Public Health (CDPH) recognizes that your privacy is a personal and fundamental right. The CDPH values and protects your privacy and shares this concern on the gathering and use of personally identifiable data. Your personal information is not disclosed, made available, or otherwise used for purposes other than those specified in this form of consent, except with your consent or as authorized by state or federal law. The Department's information management practices are consistent with the Information Practices Act (Civil Code Section 1798 et seq.), the Public Records Act (Government Code Section 6250 et seq.), Government Code Sections 11131.9 and 11133.2, and with other applicable law pertaining to information privacy.

CDPH 6261 (2/21) 886-101PBE

INSTRUCTIONS FOR SCHOOL OR CHILD CARE STAFF

1. Complete child's name and address information section, or ask parent or guardian to complete this section only. (This form is not to be sent home or given to parents to complete.)
2. School or child care personnel then fill in date (month/day/year) of each immunization the student has received from the Immunization Record presented by the parent or guardian. If the date consists only of month and year for some doses, fill in month/xx/year; however, if either measles, rubella or mumps (or MMR) was received in the month of the first birthday, month/day/year is required.)
3. Determine if immunization requirements have been met, using the California "Immunization Requirements for Grades K-12," or "Immunization Requirements for Child Care," (available from Immunization Coordinators in local health departments), or other requirements guide.
4. Complete the Documentation and Status of Requirements box.
 - A. Fill in date and your signature as the staff member who reviewed and transcribed the immunization record presented by the parent or guardian. Check which type of record was presented.
 - B. If the child has met all immunization requirements, check box A and write in date.
 - C. If the child has not met all requirements, check box B. Child can be admitted only if up-to-date, e.g., no immunizations due currently. The child must be followed up as indicated in the "Guide to Immunization Requirements."
 - D. If a child is to be exempted for medical reasons, a doctor's written statement is required; the statement must include which immunization(s) is to be exempted and the specific nature and probable duration of the medical condition. If the medical exemption is permanent, the requirement for the designated immunization(s) is met: check box A and box C.* If the medical exemption is temporary, check box B and box D; this child must be followed up.*
 - E. If a child is to be exempted for reasons of personal beliefs, a parent or guardian must sign and date the affidavit below. No other parents should sign this affidavit. All requirements are met; check box A and box C.

PERSONAL BELIEFS AFFIDAVIT TO BE SIGNED BY PARENT OR GUARDIAN—IMMUNIZATION

I hereby request exemption of the child, named on the front of this immunization record, from the immunization requirements for school/child care entry because all or some immunizations are contrary to my beliefs. I understand that in case of an outbreak of any one of these diseases, the child may be temporarily excluded from attending for his/her protection.

CREENCIAS PERSONALES: ESTA DECLARACIÓN JURADA DEBE SER FIRMADA POR EL PADRE O LA MADRE O EL GUARDIÁN

Solicito por la presente la dispensa de mi hijo, nombrado en el reverso, de los requisitos para la evaluación de la tuberculosis (tisis) de la entrada a la escuela/guardería ya que algunas o todas de las vacunas son opuestas a mis creencias. Comprendo que en caso de un brote en la comunidad de alguna de estas enfermedades, mi hijo puede ser excluido temporalmente de la escuela/guardería por su propia protección.

Signature (Firma) _____ Date (Fecha) _____

Applicable only in those jurisdictions where the Tuberculosis Assessment is required for school entry

Personal Beliefs Affidavit to be Signed by Parent or Guardian—Tuberculosis

I hereby request exemption of the child named on the front of the tuberculosis assessment requirement for school/child care center entry because this procedure(s) is contrary to my belief. I understand that should there be cause to believe that my child is infected with active tuberculosis or should there be a tuberculosis outbreak, my child may be temporarily excluded from school.

Creencias Personales: Declaración Jurada Debe ser Firmada por el Padre o la Madre o el Guardián

Solicito por la presente la dispensa de mi hijo, nombrado en el reverso, de los requisitos para la evaluación de la tuberculosis (tisis) de la entrada a la escuela ya que esta evaluación es opuesta a mis creencias. Comprendo que si hay razón para sospechar que mi hijo sufre de la tuberculosis activa o si hay un brote de la tuberculosis, mi hijo puede ser excluido de la escuela.

Signature (Firma) _____ Date (Fecha) _____

* Names of all children who are exempt should be maintained on an exempt roster for immediate identification in case of disease outbreak in the community.

• Recycle (Form 8261)
IMM-101PBE

• Stop using page 2 of
Blue Card.

Find PBE forms, FAQs, etc at...



Shots for School



Home

7TH Grade
Tdap Law

Tools for Schools

Child Care/School
Reporting

Provider Info

Parent Info

Immunization
Laws

Información
para padres



Welcome!

Find all the info you need to know about immunizations required for school entry in California.



Flu Strikes Again. Make Sure your Family and Students are Protected.

Flu is widespread in California. Flu has already caused several deaths, and there have been more hospitalizations reported than expected. The predominant virus so far this season is H1N1. All flu vaccines are designed to protect against the H1N1 virus. [Read more](#)

Childcare and School Immunization Reporting Login and Guidance/Instructions

[Child Care/Preschool](#) | [Kindergarten](#) | [7th Grade](#)

Ongoing Tdap Requirement for 7th Graders:

[7th graders](#) need a [whooping cough \(pertussis\)](#) shot before



[akson Urges Parents to](#)

[Personal Belief Exemption Information and Resources](#)

[\(AB 2109\)](#):

[FAQs](#) | [Form \(other languages\)](#) | [Resources](#) | [Press Release](#) | [Archived Webinar](#)
[PBE Form Signature Calculator](#) | [Search PBE Rates by School](#)

Featured Question:

Eroding Immunity = **Outbreaks!**

Community Immunity

The role of vaccines in keeping our communities healthy



We recycle, support local businesses, and help our neighbors. That's part of building a healthy community. But what can families do to prevent infectious diseases?

What is Community Immunity?

Community Immunity is when the vaccinated community helps protect those who are unvaccinated (against diseases like whooping cough, measles, flu and more!). When most people are immunized, diseases can't spread as easily. This protects the few among us who are not immune.

How does Community Immunity keep us safe?

It protects unvaccinated people we pass in the supermarket, at the playground, and those we know and love:

- Babies too young to be immunized (whooping cough can be life-threatening)
- People with weak immune systems (due to disease or medical treatments—like asthma, cancer, or chemotherapy)
- Unvaccinated pregnant women (chickenpox and other diseases can harm the baby)
- Seniors (flu can be deadly)
- Anyone allergic to a vaccine

About 80% to 94% community of people in your community need to be vaccinated to shield people most at risk.

California's overall vaccination rate is high—but not everywhere. Some schools have as many as 40% to 80% unvaccinated kids. Your child or community could be at risk.

Community Immunity helps prevent disease outbreaks. Once exposed to a disease, it's too late to vaccinate. Unvaccinated kids have a high risk of getting sick or sent home from school— for days or weeks— to keep a contagious disease from spreading.

Los Angeles Times

April 4 2014

O.C. measles outbreak spurs officials to call for immunizations

The campaign to have parents immunize their children has run up against a 'vigorous anti-vaccine movement' that has taken root across the country.

MEASLES:

Just a plane ride away...

- **15,683** suspected measles cases
 - **23 deaths** reported in the **Philippines**
- Jan 1 -Feb 15, 2014.

Disease spread tracked to:
Australia, Canada, Japan, New Zealand, United Kingdom, and USA.

HEALTH ADVISORY – **April 2, 2014**

Measles Update: 49 Measles Cases in the State of California in 2014

Look for Signs of this Highly Contagious Disease

Measles activity continues to be high in California this year. As of March 27, 2014, 49 confirmed measles cases with onset in 2014 had been reported to California Department of Public Health. **In 2013, four measles cases had been reported by this date.**

Measles Resources

For Providers

Fever and Rash?.....Consider Measles

Measles cases continue to be identified in California in returning international travelers. Measles is highly contagious. Please protect patients, visitors, and staff!

✓ Keep an eye out for measles symptoms:

Suspect measles in patients with

- fever and rash
- history of international travel or contact with international visitors in the prior 3 weeks.

Note: A history of 2 doses of MMR vaccine does not exclude a measles diagnosis.

Prodrome

- Mild to moderate fever
- Cough
- Coryza
- Conjunctivitis

Rash onset

- Fever spikes, often as high as 104° to 105° F
- Red, maculopapular rash that may become confluent—typically starts at hairline, then face, and spreads rapidly down body
- Koplik's spots (tiny blue/white spots on the bright red background of the buccal mucosa) may be present



✓ Act immediately if you suspect measles:

- Implement airborne infection control precautions immediately, mask and isolate patient—negative pressure room, if available.
- Permit only staff immune to measles to be near the patient.
- Notify your local health department immediately.
- Expedite measles serologic testing (IgM and IgG) at a public health lab; use of commercial labs may delay diagnosis.
- Safeguard other facilities: assure airborne infection control precautions before referring patients.
- Do not use any regular exam room for at least 1 hour after a suspected measles patient has left the room.



Visit www.GetImmunizedCA.org for more information

A message from California Department of Public Health, Immunization Branch

IMM-908 (4/14)

For the Community

VISITING ANOTHER COUNTRY? PROTECT YOUR FAMILY.

THINK MEASLES.

Measles is widespread in places like Europe, Africa, Asia, India, and the Philippines.



BEFORE YOU TRAVEL

Tell your doctor where you are traveling. Babies and children may need measles protection at a younger age than usual.

AFTER YOU TRAVEL

Call your doctor if anyone gets a fever and rash within 3 weeks of returning from your trip. Describe where you traveled.

✈ Talk with your doctor if you are planning an international trip.



California Department of Public Health, Immunization Branch

IMM-1046 (5/11)

IZ Informing Challenges

Who do
we turn
to? trust?



What we hear parents say

- “Toxic” ingredients (e.g., aluminum)
- “Too many vaccines, too soon”
- Vaccines overwhelm baby’s system
- VPDs gone anyway—why bother?
- Doctors influenced by Big Pharma
- Can’t trust gov’t safety testing
- *Certain* children can’t handle vaccines (e.g., allergies)
- IZ schedule is too rigid
- Autism!!! Why more now?

Aim for the Fence-Sitters

Happy to vaccinate

Not so happy to
vaccinate

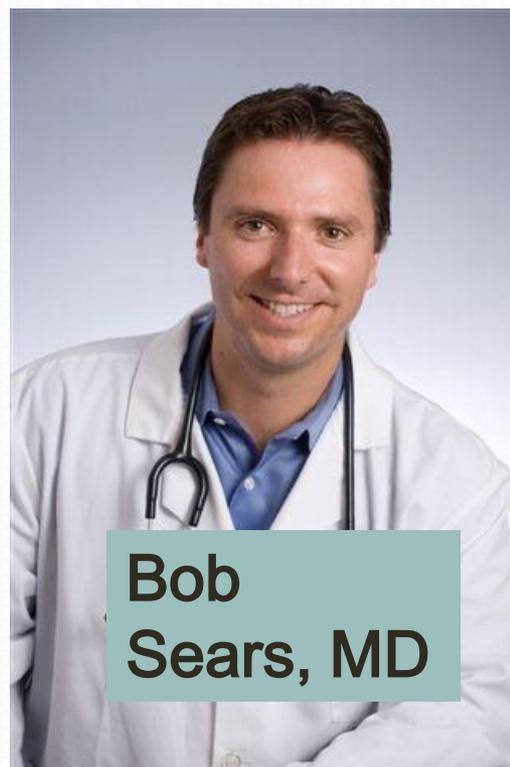
Paradox of Empowerment

- Parents still likely to trust the doctor BUT...
- Want to do their own research

Trust me!



Make your own choices!



Where do Moms Turn?

Dr. Google!



THE DOUGLASS REPORT

Real Health News from Medicine's Most Notorious Myth-Buster

Immunizations are downright dangerous...



National Vaccine Information Center... very useful information about state vaccination laws and exemptions...



MOMS AGAINST MERCURY

Fighting For Truth & Justice For Our ChildrenAnd Yours

Who's Providing Reassurance?

You've got 10
minutes



Read & share
24/7



What we have here is a
Challenge to communicate....



Communicating Effectively with Vaccine-Hesitant Parents

Vaccine Hesitancy in general

- Common phenomenon
- Mistrust of “govt” and “big pharma”
- Listen to friends and family
- Trust doctors more—when they feel heard and respected

California PBE Law

- No specific educational intervention
- Benefits and risks of required immunizations.
- Health risks of the specific VPDs to the child and the community.
- VIS plus ----
- **Your relatable, personal recommendation**

IZ Communication Challenges

- **Counter anti-vax messages in media, online**
- **Present science on vaccine safety**
- **Active listening-- build trust**
- **Strong MD recommendation counts!**



Materials for Clinicians

Talking with Parents About Vaccine Safety



Vaccine Safety: Responding to Parents' Top 10 Concerns



A few tips on how to respond to parents' questions about vaccine safety. Parents and patients are entitled to a safe, clear answer. Here are guidelines from discussion groups. It's up to the clinician.

- 1. Take time to listen.**
Don't rush to give an answer to a question. Try to address their specific concern to give you more time.
- 2. Validate their concerns.**
It's a good idea to let parents know that you understand their concerns regarding vaccine safety. Acknowledge their concerns and let them know you're taking them seriously.
- 3. Use a "heart and head" approach.**
Parents are worried about their children's health. Use a "heart and head" approach to address their concerns. The "heart" part is about their feelings and the "head" part is about their concerns.
- 4. Address risks and benefits.**
Help parents understand the risks and benefits of vaccines. Explain that the benefits of vaccines far outweigh the risks.

1. Are vaccines safe?

Yes, vaccines are safe. Millions of children and adults have been vaccinated safely. While any medication can cause a health problem, the risk of getting a disease if you do not get vaccinated is much greater. The most common vaccine side effects are mild and include feeling sore, redness, and fever. Serious reactions are extremely rare. For example, anaphylaxis is a severe allergic reaction that can be fatal. It occurs in about 1 in 1 million people after each shot.

Extensive and ongoing safety monitoring systems help us feel safe and confident. We have received our shot safe. That's because we have had thousands of people participate in safety studies. In fact, we have had more than 100 million people get vaccinated in the United States. The more people who get vaccinated, the safer we are. The CDC's Vaccine Safety Datalink (VSD) is a large study that monitors vaccine safety. It has been monitoring the safety of vaccines since 1991. The VSD is a large study that monitors vaccine safety. It has been monitoring the safety of vaccines since 1991. The VSD is a large study that monitors vaccine safety. It has been monitoring the safety of vaccines since 1991.

2. Why do children today seem so many illnesses?

It's not that children are getting more sick. It's that we're better at recognizing and treating illnesses. Today's children seem to get sick more often because we're better at recognizing and treating illnesses. Today's children seem to get sick more often because we're better at recognizing and treating illnesses. Today's children seem to get sick more often because we're better at recognizing and treating illnesses.

3. Are diseases of the "old days" really still something to worry about?

Many preventable diseases still exist, though many young people haven't seen them. This is due to the success of our country's immunization program. But some people think that old diseases are still a concern. However, the CDC's Vaccine Safety Datalink (VSD) is a large study that monitors vaccine safety. It has been monitoring the safety of vaccines since 1991. The VSD is a large study that monitors vaccine safety. It has been monitoring the safety of vaccines since 1991.

Vaccine Safety: 10 Facts for Medical Assistants



One of the most important ways that you keep children healthy is by giving their vaccines. Some parents have questions about vaccines. They may worry about what is safe for their child. Doctors should always answer parents' medical questions—including worries about vaccines. But it's a good idea for you to know about the questions that parents may have. Doctors have reviewed the facts sheet. You can use it to better understand the scientific facts about vaccines.

1. Are vaccines safe?
Yes, vaccines are safe. Millions of children and adults are vaccinated every year. However, any medicine can cause reactions in some people. The most common [side effects](#) are swelling or tenderness at the injection site and fever. Serious reactions are very rare, happening in 1-2 people out of a million shots given. Many steps are taken to make sure that a vaccine is safe. After years of research, thousands of people volunteer to test it. Then, the [Food and Drug Administration \(FDA\)](#) decides if it's safe. If it is, they will license it. After that, the [Vaccine Safety Datalink \(VSD\)](#) tracks any side effects that happen hours, days, weeks, or even months later. Anyone can report a possible side effect.

Scientists study [VAERS](#) reports carefully to help make sure that vaccines are safe.

2. Why do children today get so many immunizations?
To save lives! Today's vaccines protect us against more than 15 dangerous diseases. Who benefits most? Babies! Their tiny bodies may be too weak to fight off a serious disease. Vaccine-preventable diseases like measles, chickenpox, mumps, whooping cough, and meningitis can cause seizures, brain damage, blindness, and even death.

3. Are diseases of the "old days" really still something to worry about?
Yes! Diseases are still here, but are not as common. As most young parents haven't seen them, this is the success of immunization. But kids without their shots can still get very sick from diseases like [chickenpox](#), [measles](#), [mumps](#), [whooping cough](#), and [meningitis](#). Not too many kids get chickenpox these days. But before there was a vaccine, 11,000 Americans went to the hospital for chickenpox every year. Dangerous diseases like [measles](#), [mumps](#), and [whooping cough](#) can spread quickly to other people. Some diseases are just a pain, like ear infections. Other diseases without all their shots can bring a disease back home and infect other people.

Materials for Parents

Vaccine Safety:

10 Facts for Parents



As a parent, you want to make the best decisions to protect your child. Being informed helps you talk with your doctor—and keep your family healthy. Your questions are important and you deserve reliable information to support your decisions. This fact sheet has been reviewed by medical experts. If you want to learn more, ask your doctor for a “consultation visit,” or check out the websites at the end.

1. Are Vaccines safe?

Yes. Vaccines are safe. Millions of children and adults are vaccinated every year. However, any medicine can cause reactions in some people. The most common [side effects](#) are swelling or tenderness at the injection site and fever. Serious reactions are very rare, happening in 1- 2 people out of a million shots given.

Thousands of people take part in clinical trials to test a vaccine before it is licensed by the [Food and Drug Administration \(FDA\)](#). After it's licensed, the [Vaccine Adverse Events Reporting System \(VAERS\)](#) helps track any health effect that happens hours, days, weeks, or even months later. Anyone can report a possible side-effect so that it can be studied. This [monitoring](#) helps ensure vaccines are safe.



Community Immunity

The role of vaccines in keeping our communities healthy



We recycle, support local businesses, and help our neighborhood healthy community. But what can families do to prevent

What is Community Immunity?

Community Immunity is when the vaccinated community helps protect (against diseases like whooping cough, measles, flu and mumps), diseases can't spread as easily. This protects the few

How does Community Immunity keep us safe?

It protects unvaccinated people we pass in the supermarket, know and love:

- **Babies too young to be immunized** (whooping cough)
- **People with weak immune systems** (due to disease, asthma, cancer, or chemotherapy)
- **Unvaccinated pregnant women** (chickenpox and others)
- **Seniors** (flu can be deadly)
- **Anyone allergic to a vaccine**

About 80% to 94% community of people in your community people most at risk.

California's overall vaccination rate is high—but not everywhere as 40% to 80% unvaccinated kids. Your child or community

Community Immunity helps prevent disease outbreaks. Once exposed to a disease, it's too late to vaccinate. Unvaccinated kids have a high risk of getting sick or sent home from school— for days or weeks— to keep a contagious disease from spreading.

Vaccines for Teens and Preteens: Answers to Your Top Questions



Wondering about shots for your preteen or teen?

You're not alone! This fact sheet has been reviewed by pediatricians and infectious disease experts. Use it to help you protect your child's health.

1. What shots does my child need?

- Tdap protects against 3 diseases: tetanus, diphtheria, and pertussis (“whooping cough”)
- Meningococcal
- Human Papillomavirus (or HPV) 3 shots over 6 months
- Flu (shot or nasal spray) each year
- Catch-up booster shots: your child may be behind on a 2nd dose of chickenpox or MMR vaccine (measles, mumps, and rubella).

2. At what age should my child be vaccinated?

Most shots are due at ages 11-12. Teens also need a meningococcal booster shot at 16. The whole family needs flu shots or the flu nasal spray every year.

3. Why at these ages?

Doctors recommend shots to protect preteens and teens against diseases they may face sooner or later. Getting shots now will protect them for many years to come. In some cases, booster shots are needed because protection from earlier shots fades overtime.

4. Is it okay to get multiple shots in one visit?

Yes. Your child's healthy immune system can handle several shots with no problem. The Institute of Medicine has reviewed all solid scientific studies and agrees that getting several shots in one visit is safe—for teens and babies. If your child can't get all needed shots in one visit, you may need to come back soon. Check with the doctor.

5. Can all shots be taken care of at one visit?

Your child can get all recommended shots in one visit. However, it takes 6 months to complete the 3-dose HPV series. So you'll have to schedule follow-up shot visits to finish the HPV series.

6. My child is nervous about shots. What can I do to help?

It's normal to get a little nervous. Suggest deep breaths or listening to music to help relax. Offer praise for the courage of getting through the appointment.

7. What kind of side-effects might I see?

The most common side effects are redness, swelling and a sore arm where the shot was given. If your child plays sports, you might not want to schedule a shot visit right before a game.

Teens faint more easily after shots or events that may be stressful. To help protect them, it's a good idea to sit or lay down for 15 minutes after getting shots.

Worried about safety?

Have questions about the vaccines and the diseases they prevent?

See next page for safety facts.



Print Materials Available from....

- **Your local Health Department**
- **California Immunization Coalition**
download at: **GetImmunizedCA.org**
(under “For Health Care Professionals”)



Shots for School



Google™ Custom Search



A one-stop shop for immunization training and resources.

Home

EZIZ Training

VFC Program

Storage & Handling

Resources

Contact VFC

Phone: 1-877-243-8832

Business hours: 9-5

Fax: 1-877-329-9832

▶ Find a VFC field representative in your area

▶ Find other VFC provider offices in your area

▶ Send us your comments at eziz@cdph.ca.gov

Sign up to receive
EZIZ news and
VFC letters
via email!



Parent Education

Are you a school nurse? Please take our [survey](#).

For Health Care Providers

General Handouts

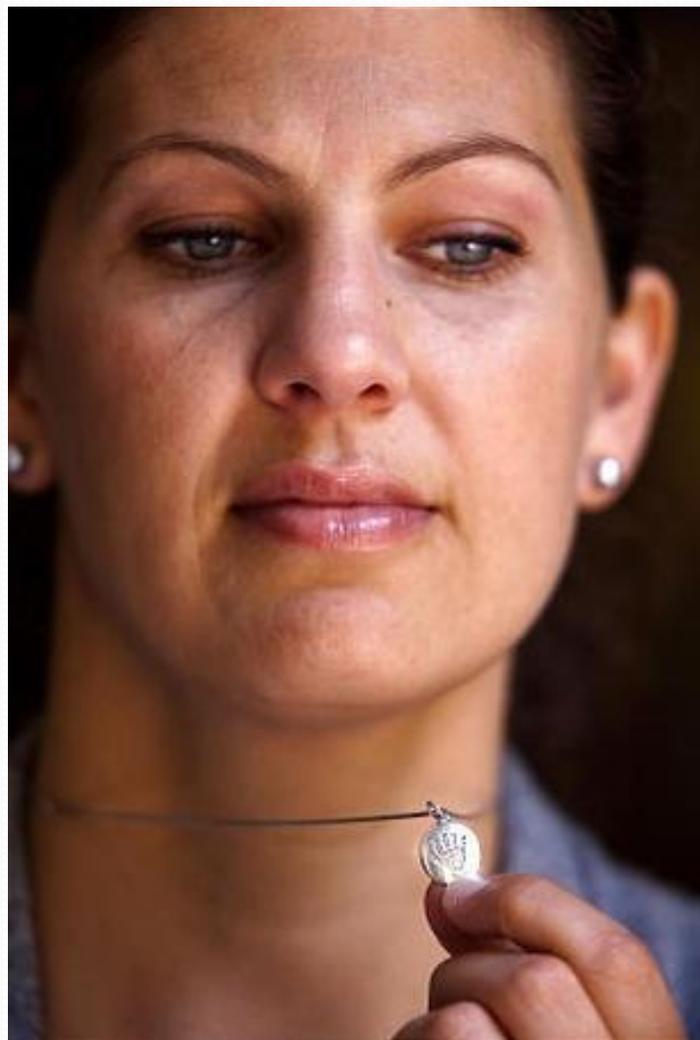
- [Vaccine Information Statements \(VIS\)](#) (Centers for Disease Control and Prevention)
- [Vaccine Safety: Talking with Parents | Top 10 Parent Concerns](#)
- [Helping Parents Separate Fact From Fear](#)
- [Vaccine Safety: For Medical Assistants | Spanish](#)
- [Vaccine Conversations with Parents](#) (Centers for Disease Control and Prevention website)

For Parents

General Handouts

- [Vaccine Information Statements \(VIS\) | Versions for Mobile Devices](#) (Centers for Disease Control and Prevention)
- [Community Immunity | Spanish](#) (California Immunization Coalition)
- [Vaccine Safety: Parent Info | Spanish](#)
- [Clear Answers & Smart Advice About Your Baby's Shots](#) (Ari Brown, MD, FAAP)
- [If You Choose Not to Vaccinate Your Child, Understand the Risks and Responsibilities](#) (Centers for Disease Control and Prevention)

Using Personal Stories



Natalie's Story



ShotbyShot.org



ShotByShot.org

Stories of vaccine-preventable diseases

[Home](#)

[Story Gallery](#)

[Share A Story](#)

[Use A Story](#)

[About Us](#)

[Resources](#)



[The Story of Ian](#)



[Gavin's Story](#)



[Protect Tomorrow](#)



[A Rotavirus Story](#)

Spotlight

April 2013

For Public Health Week (April 1-7), share [Dr Offit's Story](#) or [Sandra Jo's Story](#) and honor those who devote their lives to protecting others from vaccine-preventable diseases.

During National Infant Immunization Week (April 20-27) the nation focuses on preventing infants from 14 diseases! Support the effort, [share a story](#).

SHARE A
STORY

USE A
STORY

Find us on
Facebook



Pertussis: Ramona's Story



**Viewed over
1,100 times**

“I hope no one has to feel the frustration, sadness, or guilt of bringing such a horrible thing to their child or grandchild.”

Using a Mom's Pertussis Story

YouTube

YouTube channel of the LA County Department of Public Health

La Historia de Dylan

Whoooping Cough Protect Your Family

Tos Ferina - Protege Su Familia



SCHOOL OF PUBLIC HEALTH
UNIVERSITY AT ALBANY State University of New York

Nurse Training on Immunization Program Presents

Immunization Training for Nurses*

Disc 1:
Program 1—Addressing Parents' Concerns about Vaccines (53 min.)

Speaker: Gary Marshall, MD, Professor of Pediatrics; Chief, Division of Pediatric Infectious Diseases; Director, Pediatric Clinical Trials Unit, University of Louisville School of Medicine

Chapter 1. History of vaccines 00:00:00
Chapter 2. Wakefield is discredited 00:14:50
Chapter 3. Vaccine safety v. risk 00:23:11
Chapter 4. Antigens & alternative schedules 00:30:41
Chapter 5. Preservatives/adjuvants 00:37:28
Chapter 6. Vaccine exemptions 00:49:37

Program 2—Teens, Tweens, & Vaccines (53 min.)

Speakers: Cynthia Rand, MD, MPH, Assistant Professor, Pediatrics, University of Rochester Medical Center, Alson Montary Daley, MSN, APRN, FNP-BC, Yale University School of Nursing; Stephen DeWaal Malsky, MD, Albany Medical Center Pediatric Group

Chapter 1. Adolescent vaccine schedule 00:00:00
Chapter 2. Pertussis vaccine 00:04:18
Chapter 3. Meningococcal vaccine 00:07:18
Chapter 4. HPV vaccine 00:16:00
Chapter 5. Influenza vaccine 00:18:38
Chapter 6. Attitudes, barriers & solutions 00:19:26

Disc 2:
Program 3—Vaccinology 101 (56 min.)

Speaker: Gary Marshall, MD, Professor of Pediatrics; Chief, Division of Pediatric Infectious Diseases; Director, Pediatric Clinical Trials Unit, University of Louisville School of Medicine

Chapter 1. Names and vaccines 00:00:00
Chapter 2. Basic vaccine immunology 00:01:58
Chapter 3. Adjuvants 00:17:27
Chapter 4. Types of vaccines 00:26:54
Chapter 5. Herd (community) immunity 00:41:00
Chapter 6. Dylan's story 00:49:40

Nurse TIP
Immunization Training for Nurses
Volume 2 Disc 1:
Addressing Parents' Concerns about Vaccines
Teens, Tweens, Parents & Vaccines

Running time: 106 minutes
Produced with funds provided through a cooperative agreement with CDC.

Stop Pertussis. Pregnant Women Rely on You.

Infants Can Prevent Pertussis

Newborns can die from pertussis. Infants most often contract pertussis from family members. Women of childbearing age should get a pertussis booster shot (Tdap) if they do not have documentation of prior Tdap vaccination.

Tdap can be given:

- Before pregnancy (ideal)
- During pregnancy (2nd and 3rd trimester preferred)
- After giving birth (even while breastfeeding)

Immunize postpartum women who have not received a Tdap shot, before hospital discharge.

- To other family members and close contacts of infants anytime before delivery.

Think Pertussis

- Pertussis is often misdiagnosed. It starts with mild, cold-like respiratory symptoms.
- Typically, after 1-2 weeks, symptoms in adults progress to severe coughing attacks that may include:
 - Prolonged vomiting
 - A high-pitched "whoop"
 - Sweating episodes, gagging, choking sensation
- Complications, such as broken ribs or pneumonia
- Pertussis immunity wanes, so it is possible to get pertussis even with a history of vaccination or disease.

WHOOPIING COUGH is on the Rise in California Protect Your Baby

Babies Are Most At Risk

Whooping cough disease (also called pertussis) causes coughing fits so bad that it is hard to breathe.

Each year in California, hundreds of babies are hospitalized for whooping cough and some die.

Circle Your Baby with Protection

Whooping cough shots safely prevent the disease. But, your new baby is too young to get the shot. To protect your baby, make sure that these people are up-to-date on their whooping cough shots:

- Anyone who lives with your baby, or
- Anyone who takes care of your baby.

Protection from the disease and the shots wears off. Make sure anyone 10 years of age or older gets a booster shot, called Tdap, at least two weeks before they have contact with your baby.

- Keep your baby away from sick people.

New Moms Need Tdap Protection

Babies most often catch whooping cough from a family member. By protecting yourself from the disease, you also protect your baby.

Ask your doctor for a Tdap shot. You can get it:

- During pregnancy, or
- After giving birth.

If you have not gotten your Tdap shot yet, get one before leaving the hospital with your new baby.

It's safe to get a Tdap shot while breastfeeding.

Treat Whooping Cough Early

Call your doctor or your baby's doctor if:

- You or your baby are sick.
- Early signs of whooping cough are mild, and like a cold but can get worse fast, or
- You or your baby are around someone with whooping cough or a bad cough.

Dylan's Story

Before Dylan was born, I was sick and had a bad cough I coughed so hard that it caused contractions to start early. Dylan was born a healthy, beautiful baby. But, I continued to cough and it was hard to keep Dylan awake during feedings—the only sign of pertussis he ever had.

Two weeks later, my son Dylan, died of pertussis that he caught from me. He was 17 days old. It is possible to prevent babies like Dylan from catching pertussis. Now I urge parents to vaccinate their children, and adults to get a Tdap booster (I don't want to see any family suffer the way mine has).

For more personal stories, go to www.kalshot.org

Dylan's Story

I caught pertussis in my 9th month of pregnancy. Two weeks after giving birth, my son Dylan died of pertussis that he caught from me. My doctor thought it was just a cold. — Mariah, Dylan's Mom (Watch her full story on www.DylanShot.org)

For more information, visit www.preganancyshotsca.org

California Department of Public Health • Immunization Branch

facebook

News Feed

Top News • Most Recent

Suzi Bouveron via Amanda Roth
Heartbreaking story.

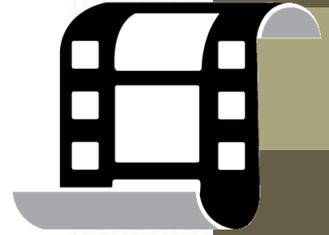
Dylan's Story | Shot by Shot
shotbyshot.org

Mariah had a cough when Dylan was born. She did not know that her cough was due to pertussis (whooping cough).

3 hours ago • Like • Comment • Share

Jimmie Colon Sad story...another example that western medicine is not infallible.
about an hour ago • Like

Write a comment...



ShotbyShot Story Gallery

Spanish/Latino Story Gallery



Brandon G's Story
(written)



Cervical Cancer
Spanish



Susie's Story



Maggie's



School
Immunization
Requirement PSA



La Histor
Jonatha



Pablo Sandoval
Fights Pertussis



La Histor
Samantha (



Home Story Gallery Share A Story Use A Story About Us Resources

Preteen and Teen Story Gallery



Madison's Story
(written)



Austin's Story
(written)



Martin's Story
(written)



Jacob's Story
(written)



Maya C's Story
(written)



R U Ready?*



Tdap Vac & Friends
Visit the Classroom



Kaliah's Story
(written)



Brittney's Story



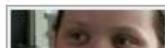
The Whooping Cough
Song



Chelsea's Story
(written)



Choose You Over
the Flu



Browse Stories by:

Disease

All Diseases
Cervical Cancer and HPV
Chickenpox
Hepatitis B
Hib
Influenza
Japanese Encephalitis
Measles
Meningitis
Pertussis
Pneumococcal Disease
Polio
Rotavirus
Rubella
Shingles
Story Collections and PSAs

Age

Infant and Toddler
Early Childhood
Preteen and Teen
Young Adult
Adult

Spanish/Latino
Spanish/Latino

Written
Written

PSAs



Emily Barra's Flu Story (Skeetchestn Indian Reserve)

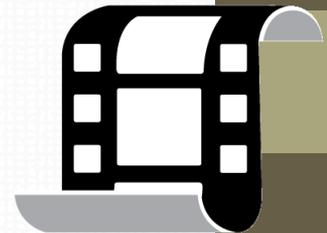
ShotbyShot.org



ShotbyShot's on FaceBook Too!



ShotByShot.org
4,557 likes · 7 talking about this



Reaching Out to the Community



**parent
forum
model**

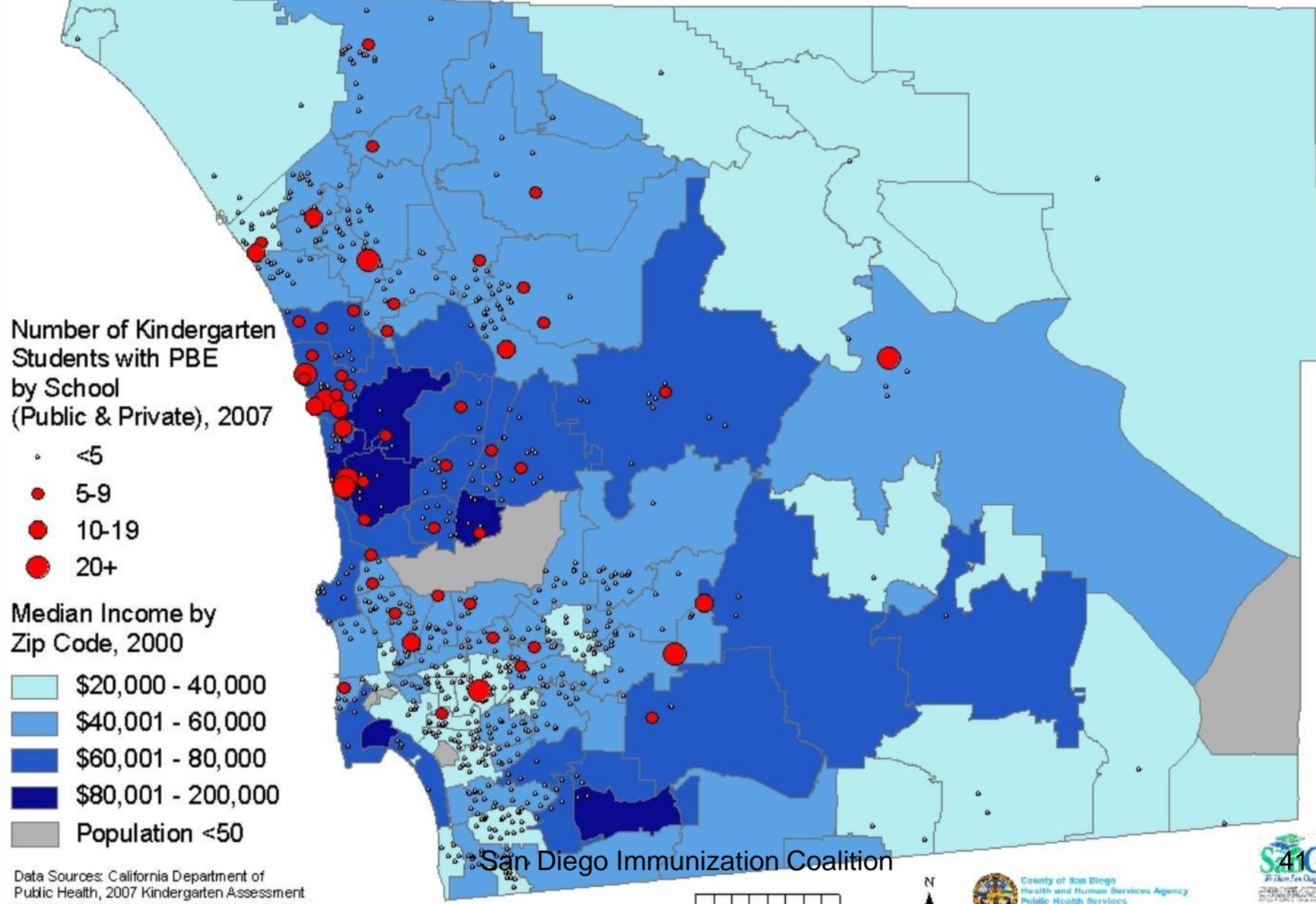


Step 1: Go Where Parents Are!

- Identify pockets of under-vaccinated kids
- Accessible, free venue (community partners helpful!)
- Timing (evening/weekend)

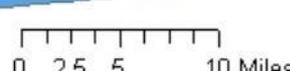


San Diego County Personal Belief Exemptions (PBE) among Kindergarten Students by School and Median Income by Zip Code



Data Sources: California Department of Public Health, 2007 Kindergarten Assessment
 SANDAG Data Warehouse, 2000 Census Data
 Map Date: June 4, 2008

San Diego Immunization Coalition



Some Free Locations

- **YMCA**
- **Library**
- **Community wellness Ctr**
- **Hospital Conf. Room**
- **Public health center**



Step 2: Line-up Experts

- Mark Sawyer, MD
- Eric Courchesne, PhD

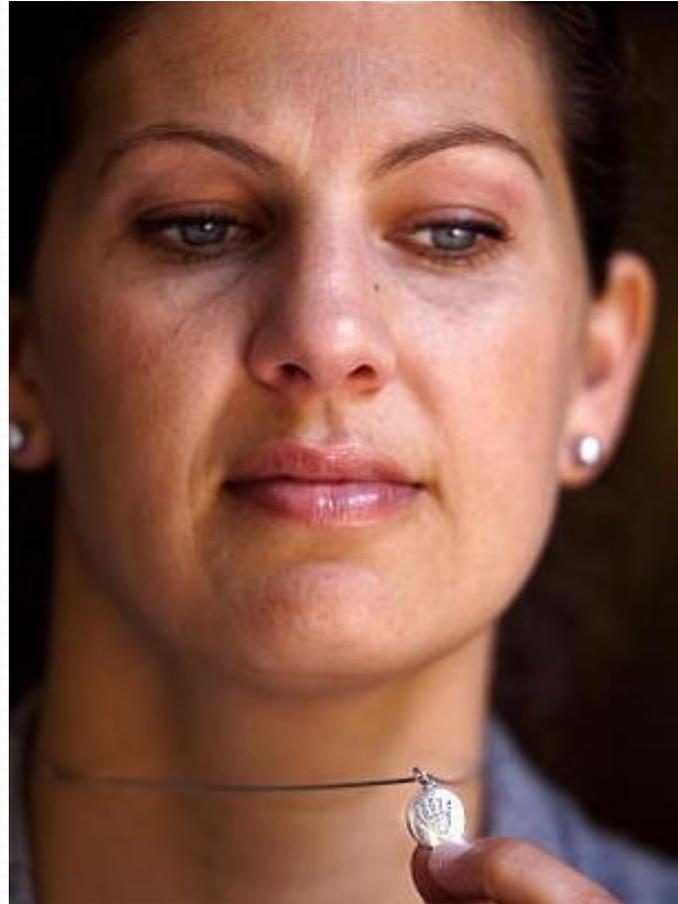


Expertise to Provide

- **Vaccine science;** safety and importance for individual & public health
- **Infectious disease;** real life stories
- **Autism science**
- **Patients/Parents:** real life stories
- MD, PHN, infectious disease expert
- Primary care MD
- RN (school nurse)
- Autism researcher
- Immunologist

Parent/Patient Testimonials

- Parent whose child had a VPD
- high-risk child (e.g., asthma)
- Adult who had severe flu



Baby died of pertussis

Step 3: Promote!

- Distribute via partners
- Physician Offices
- Local venues (prenatal classes/yoga)
- Newspaper & online calendars
- Press Release
- Radio/TV interviews with speakers

Everything You Want to Know about the Safety of Childhood Vaccines but are Afraid to Ask!
A Free Community Event On

Childhood Vaccines

Featured Presenters:

Mark Sawyer, M.D., Professor of Clinical Pediatrics and a Pediatric Infectious Disease Specialist at the UCSD School of Medicine and Rady Children's Hospital in San Diego

Eric Courchesne, Ph.D., Professor of Neurosciences and Director of the UCSD, Autism Center of Excellence

PALOMAR POMERADO HEALTH
SPECIALIZING IN YOU

welcomes home BABY
A Division of Palomar Pomerado Health

DATE :
Tuesday, February 16, 2010

TIME :
5 - 7 p.m.

LOCATION :
Palomar Medical Center
First Floor, Graybill Auditorium
555 East Valley Parkway
Escondido, CA 92025

Light refreshments will be provided. Registration is required. Please call **The HealthSource** at 800.628.2880 or visit www.pph.org and click on "Classes & Events."

This forum is sponsored by the San Diego Immunization Coalition (SDIC) and the following agencies:

Step 4: Hold Event!



Parent Forum # 2

Encinitas Public Library



Spanish media interviews a mom

Core Curriculum

Answers to common concerns

Current research on autism causes

Vaccine safety systems

Parent's VPD story (or short video)

Audience Q&A –the most important part!

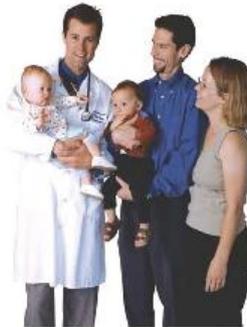


Evaluation Findings

- **5 events in SD county N = 201 (approx. 40/per event)**
- **1 in 5 parents attending had skipped or delayed vaccines. Others were considering these options. (registration questionnaire)**
- **3 in 4 attendees changed opinion of vaccines after forum (post-event survey).**
- **Most would recommend event to a friend.**

Replicable Model, Start Your Own!

Answering Vaccine Questions at
Community Parent Forums
A How-To Guide



CALIFORNIA
IMMUNIZATION
COALITION

California Immunization Coalition
October 2010

**Curriculum,
talking points,
sample slides,
resources,
flyer & eval
templates....**

**Download
from
immunizeCA.org
under
"resources" tab**

CDPH Immunization Branch: We're Here to Help!

- We'd Love to hear what would help your IZ practice!
- Contact me: Tammy.Pilisuk@cdph.ca.gov