

Childhood immunizations have changed in the past few years. This schedule reflects these changes and may be different from what you or your children have received in the past. The immunizations shown on this schedule are those that are given *free of charge*. **High-risk children may be eligible for additional vaccines.**

Depending on where you live, your child may get needles from your doctor or from Public Health Services. You can get information on where to take your child and whether your child is eligible for additional vaccines from your local Public Health Services office or family doctor.

Adults and school-age children also need immunizations. To find out more about this, talk to your family doctor or a public health nurse in your local Public Health Services office. You'll find Immunization Schedules for adults and school-age children at www.gov.ns.ca/hpp/immunization

When should I have my child immunized?

VACCINES

	SCHEDULE					
	2 months	4 months	6 months	12 months	18 months	4-6 years
DaPTP + Hib <i>Diphtheria, acellular pertussis (whooping cough), tetanus, and Haemophilus influenzae type b vaccine</i>	✓	✓	✓		✓	
Pneumo Conj. <i>Pneumococcal conjugate vaccine</i>	✓	✓	✓		✓	
Men C Conj. <i>Meningococcal group C conjugate vaccine</i>				✓		
Varicella^{1,2} <i>Varicella (chickenpox) vaccine</i>				✓		
MMR² <i>Measles, mumps, and rubella vaccine</i>				✓		✓
DaPTP <i>Diphtheria, acellular pertussis (whooping cough), tetanus, and polio vaccine</i>						✓

Seasonal flu shots are free to all Nova Scotians. They are NOT recommended for babies under 6 months. Seasonal flu shots are strongly recommended for anyone who lives with or takes care of a child under 24 months, and for anyone living in a home where a newborn is expected during influenza season (October to April). This includes both adults and older children. Seasonal flu shots are also strongly recommended for children with a health condition that places them at high risk and for anyone who lives with or takes care of these children. Children under 9 years old getting their first flu shot need 2 doses. For more information about seasonal flu shots, see: www.gov.ns.ca/hpp/cdpc/influenza.asp

1 Children between 12 months and 12 years of age who have not had the vaccine or the disease (chickenpox) are eligible for the Varicella vaccine.

2 MMR and varicella vaccines must be given either on the same day or at least 4 weeks apart.

Immunization protects children



Immunization protects children against many diseases, such as:

- Diphtheria
- Whooping Cough
- Tetanus
- Polio
- Haemophilus Influenzae type b
- Pneumococcal pneumonia
- Meningococcal group C meningitis
- Chickenpox
- Measles
- Mumps
- Rubella
- Influenza

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Disclaimer: Each province has its own immunization schedule. The Nova Scotia schedule may vary slightly from the recommendations of the National Advisory Committee on Immunization (NACI): www.phac-aspc.gc.ca/naci-ccni

Immunization protects

Immunizing your children protects them against many serious diseases.

Immunization, vaccination, shots—these all mean getting a needle that contains a vaccine.

How do vaccines work?

Vaccines help our bodies to fight against diseases. Vaccines are made from small amounts of the germs that cause a disease. These germs are weakened or killed, so they can't harm us. We naturally fight off germs that enter our bodies, so we fight off what is in the vaccine. Later, if we encounter the whole, live germs, our bodies are ready to fight right away. This is called being immune. Our bodies can kill off these germs before they can make us sick.

At what ages should I have my child immunized?

The ages are shown in the chart on the back cover. The first vaccines are given at 2 months of age. Some immunizations need more than one dose of the vaccine. For example, the vaccines that your child gets at 2 months are given again at 4 months, 6 months, and 18 months. They need all four doses to be fully protected.

Are vaccines safe for my child?

Yes, they are very safe. Most children have no serious reaction. Some children get a sore arm or leg from the needle. Some get a slight fever. The risk of having a disease that the vaccine can prevent is far greater than the risk of a serious reaction.

Why should I have my child immunized?

Haven't most of these diseases been eliminated?

We see fewer cases of these diseases here in Nova Scotia, but they have not disappeared. Most people are immunized, so we don't get these diseases very often in Canada. But these diseases are still a big concern in some countries. We can catch these diseases when we travel. The germs are still around us. It is still important to be immunized.



Can vaccines weaken my child's immune system?

No. The human body naturally fights off germs. Germs are everywhere—in food, in the air, in water, on surfaces. Vaccines prepare our bodies to fight off the germs that cause serious diseases. Vaccines make your child's immune system stronger.

Can children taking antibiotics still be immunized?

Yes, as long as they have no fever. There are very few reasons for delaying immunization. Talk to your family doctor or public health nurse if you wonder if your child is well enough.

If my child is in good health and eats healthy food, will this protect them from the diseases listed on the front cover?

No. Healthy children can better fight off germs, but they can still catch diseases. They can still suffer complications from these diseases. Healthy eating—including breastfeeding—helps keep your child healthy, but it does not replace the need for immunization.



I have more questions. Where can I find more information?

Call your doctor or a Public Health Services office near you.

Amherst 667-3319 or
1-800-767-3319

Antigonish 867-4500 ext. 4800
Bridgewater 543-0850
Dartmouth 481-5800
New Glasgow 752-5151
Sydney 563-2400
Truro 893-5820
Wolfville 542-6310
Yarmouth 742-7141

For more information about immunization in Nova Scotia, visit the DHW Immunization page at www.gov.ns.ca/hpp/immunization

For more information on immunization visit the websites of the Canadian Coalition for Immunization Awareness, the Public Health Agency of Canada, and the Canadian Paediatric Society:

- www.immunize.cpha.ca
- www.phac-aspc.gc.ca
- www.cps.ca