

## Immunizations, Will You Need Them?

**I**mmunizations help protect you or your child from disease. They also help reduce the spread of disease to others and prevent epidemics. Most are given as shots.

### What are immunizations?

They are sometimes called vaccines, or vaccinations. In many cases when you get a vaccine, you get a tiny amount of a weakened or dead form of the organism that causes the disease. This amount is not enough to give you the actual disease. But it is enough to cause your immune system to make antibodies that can recognize and attack the organism if you are ever exposed to it.

Sometimes a vaccine does not completely prevent the disease, but it will make the disease much less serious if you do get it.



Some immunizations are given only one time. Others require several doses over time.

### Why should you get immunized?

- Immunizations protect you or your child from dangerous diseases.
- They help reduce the spread of disease to others.
- Getting immunized costs less than getting treated for the diseases that the shots protect you from.
- Vaccines have very few serious side effects.
- They are often needed for entrance into school or day care. And they may be needed for employment or for travel to another country.

If you are a woman who is planning to get pregnant, talk to your doctor about what immunizations you have had and what you may need to protect your baby. And if you live with a pregnant woman, make sure your vaccines are up-to-date.

Immunizations start right after birth, and many are given throughout a baby's first 23 months. Booster shots (the later doses of any vaccines that need to be repeated over time) occur throughout life.

Fewer immunizations are needed after age 6. But older children and teens need shots too (such as those for bacterial meningitis and for tetanus, diphtheria, and whooping cough). Some shots are also given during adulthood (such as a tetanus shot).



## Immunizations, Will You Need Them? (Continued)

It is important to keep a good record, including a list of any reactions to the vaccines. When you enroll your child in day care or school, you may need to show proof of immunizations. Your child may also need the record later in life for college, employment, or travel.

Traveling to other countries may be another reason to get immunized. Talk with your doctor months before you leave, to see if you need any shots.

## Vaccines Recommended For Adults

- Chickenpox.
- Flu.
- Hepatitis A and/or B.
- Human papillomavirus (HPV).
- Measles, mumps, and rubella.
- Pneumococcal disease.
- Polio.
- Shingles.
- Tetanus, diphtheria, and pertussis.

## What are the side effects of vaccines?

Most side effects from vaccines are minor, if they occur at all. Ask your doctor or pharmacist about the reactions that could occur.

They may include:

- Redness, mild swelling, or soreness where the shot was given.
- A slight fever.
- Drowsiness, crankiness, and poor appetite.
- A mild rash 7 to 14 days after chickenpox or measles-

mumps-rubella shots.

- Temporary joint pain after a measles-mumps-rubella shot.

Serious reactions, such as trouble breathing or a fever of 104.5°F (40.3°C) or higher, are rare. If you or your child has an unusual reaction, call your doctor.

It is much more dangerous for a child to risk getting the diseases than it is to risk having a serious reaction to the vaccine.

Source: webmd.com

## Vaccines Recommended For Children and Adolescents

- Bacterial meningitis.
- Chickenpox.
- Diphtheria, tetanus, and pertussis (also known as whooping cough).
- Flu. This vaccine is not given to children younger than 6 months.
- Haemophilus influenzae type b disease, or Hib disease.
- Hepatitis A.
- Hepatitis B.
- Human papillomavirus (HPV).
- Measles, mumps, and rubella.
- Pneumococcal disease.
- Polio.
- Rotavirus.

## Benefits Corner

Due to PPACA/HealthCare Reform, CHP covers preventive wellness immunizations at 100%. For a list of recommended age specific immunizations that are covered at 100%, please go to:

<http://www.cdc.gov/vaccines/acip/index.html>

The following **FAQ** are highlighted this month;

### **Q.** *If I go to the health fair, what do I need to do to be reimbursed the \$40 benefit?*

**A.** You need a receipt from the health fair with the date and the amount you paid. You need to mail the receipt along with a health fair claim form to Anthem. The health fair claim form is available at [www.ctsi.org/pools/chp](http://www.ctsi.org/pools/chp) or contact your county contact. Make sure to keep copies for yourself.

### **Q.** *How do I file a claim for my CDL physical?*

**A.** Your doctor should be able to file it with Anthem for you. You will need to bring a CDL claim form with you for the doctor's office. The form is available at [www.ctsi.org/pools/chp](http://www.ctsi.org/pools/chp) or contact your county contact.