

WHERE to get immunized?

Call your doctor to make an appointment. If you or your child don't have a health card, call the **Immunization Information Line** at **416-392-1250**.

WHEN to get your child immunized:


The Immunization Schedule chart on the back of this flyer shows when children can get the shots that are paid for by the government. If your child was not immunized in infancy, talk to your doctor about a recommended catch-up schedule.

KEEP an Immunization Record. It's important!

Get a yellow Immunization Record from your doctor to keep track of the shots. This will prevent receiving unnecessary shots. It is the responsibility of the parent/guardian to give this immunization information about their school-aged children to Toronto Public Health. Your doctor's office does not update Toronto Public Health about your child's immunizations.

Immunization Records are needed when:

- Starting day nursery or kindergarten
- Transferring to a school in another area
- Going to camp
- Enrolling in certain health-related college/university programs or working in a health-related field
- Going for emergency health care
- Travelling to other countries

 Ministry of Health Ministère de la Santé Ontario	
Immunization Record	
Fiche d'immunisation	
Name Nom	_____
Date of Birth Date de naissance	_____
	<small>(yyyy/mm/dd) (aaaa/mm/jj)</small>
Ontario Health Card Number Numéro de carte Santé de l'Ontario	_____
2373-64 (94/02)	7530-4708

Get this Immunization Record from your doctor.

Every time your child gets a shot, call the Immunization Information Line at 416-392-1250

Thinking of

Be sure you have an up-to-date rubella shot before pregnancy to protect your baby from serious problems during its development.

getting pregnant?



Don't forget:

Adults need a tetanus and diphtheria shot every 10 years and one shot of pneumococcal vaccine after 65 years of age. Everyone over six months of age is encouraged to get a flu shot every year in the fall, free of charge.

Keep an Immunization Record.



Learn More

Toronto Public Health
www.toronto.ca/health

Ontario Ministry of Health and Long-Term Care
www.gov.on.ca/health
Type "immunize" in the search box.

Public Health Agency of Canada
www.phac-aspc.gc.ca

Canadian Paediatric Society
www.caringforkids.cps.ca

The Canadian Coalition for Immunization Awareness and Promotion (CCIAP)
www.immunize.cpha.ca

Your Child's Best Shot:
A Parent's Guide to Vaccination, (2002),
Ronald Gold MD and the Canadian Paediatric Society



Questions?

See your doctor or call the

Immunization Information Line
416-392-1250

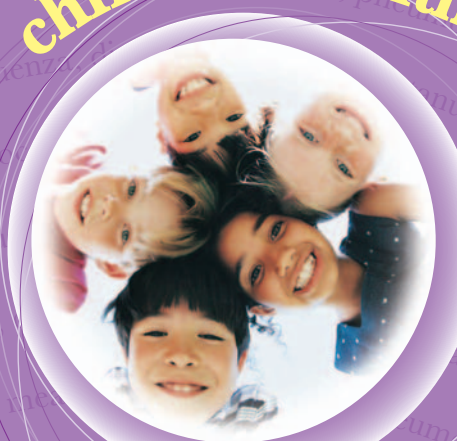
Translators are available

Visit us at
www.toronto.ca/health

 **TORONTO Public Health**

PH0505HW024

Keep your children healthy!



Protect them!
Immunize them!

 **TORONTO Public Health**

Diseases that can be prevented with immunization

All of these shots are paid for by the government.

DIPHTHERIA is a very serious bacterial infection. It can cause breathing problems, heart failure, paralysis (loss of control over muscles in the body) and death.



PERTUSSIS (*Whooping Cough*) causes severe coughing spells for weeks or months. It can also cause pneumonia (lung infection), middle ear infection, convulsions (seizures), inflammation of the brain and death. The risk of complications is greatest in children younger than one year.

TETANUS (*Lockjaw*) causes painful muscle spasms, breathing failure and death. It is caused by bacteria and spores in the soil which can infect wounds.

POLIO can cause paralysis (loss of control over muscles in the body), inflammation of the brain and death. People get polio from drinking water or eating food with the polio virus in it. It is no longer common in Canada because of high immunization rates, but cases do occur in other countries.

HAEMOPHILUS B (*Hib*) is a bacteria that can infect any part of the body. It can cause middle ear infections, breathing problems, damage to joints, pneumonia (lung infection), and inflammation of the brain leading to brain damage and death.



MEASLES (*Red Measles*) causes rash, high fever, cough, runny nose and watery eyes. It can cause middle ear infection, pneumonia (lung infection), inflammation of the brain, hearing loss, brain damage and death.

MUMPS causes fever, headache, earache, painful swelling of the glands in the mouth and neck, and can cause inflammation of the brain. It can also cause temporary or permanent deafness, as well as swelling of the ovaries in women and testes in men, possibly leading to sterility.

RUBELLA (*German Measles*) causes fever, rash, swelling of the neck glands and swelling and pain in the joints. It can cause bruising and bleeding. If a pregnant woman gets rubella, it is very dangerous for the unborn baby.

PNEUMOCOCCAL DISEASE* is a bacterial infection which causes middle ear infections, pneumonia (lung infection), sepsis (blood infection), and an infection of the lining of the brain and spinal cord. The number of vaccine doses depends on the age of the child at first dose. It is offered free of charge for infants up to two years of age born on or after January 1, 2004 or to individuals with special health needs.

MENINGOCOCCAL MENINGITIS* is an infection of the lining of the brain and spinal cord caused by a bacteria. It can cause a serious infection in the blood and/or inflammation of the brain leading to brain damage and death. It is carried in the nose and throat of approximately 30 out of every 100 healthy people. Offered free of charge for one year-old or 12 year-old children (grade 7) or 15 to 19 year-old youth.



CHICKENPOX* (*Varicella*) is a virus that can cause scarring of the skin, skin infections, pneumonia (lung infection), inflammation of the brain and death. It can also cause “shingles”, a painful rash later in life. Offered free of charge for one year-old children, five year-olds who have not had chickenpox or individuals with special health needs.

HEPATITIS B is a virus that can cause serious liver problems including liver failure, liver cancer and death. The vaccine is free to grade 7 students and anyone at increased risk for this disease.

INFLUENZA (*Flu*) is a viral infection of the nose, throat and lungs and causes cough, high fever, chills, headache and muscle pain. It can cause pneumonia (lung infection), middle ear infections, infection of the breathing tubes, heart failure and death. The danger of this infection varies from year to year depending on the strain, and can be mild to life-threatening. Everyone over six months of age is encouraged to get the vaccine every year in the fall, free of charge.



*Please see your doctor for more information.

WHAT is immunization?

Immunization means vaccination or “needle shots”. When children are immunized, they receive an injection that will protect them from serious childhood diseases.

HOW does it work?

Vaccines trigger your child’s immune system to produce antibodies to fight diseases. For immunization to work best, children should have all their vaccinations on schedule.

IS it safe?

Immunization is very safe. A very thorough health protection process is in place to ensure the safety of all vaccines. Once a vaccine is in use, its safety is continually monitored.

ARE there any side effects?

For most people, there are no side effects from immunization. However, some people may experience mild pain, swelling and/or redness where the shot was given. Talk to your doctor about how reactions can be prevented or minimized. Serious side effects are rare. For more information ask your doctor, or call the **Immunization Information Line at 416-392-1250.**

Immunization Schedule

Vaccine	Diphtheria	Pertussis	Tetanus	Polio	Haemophilus B	Measles*	Mumps*	Rubella*	Pneumococcal ¹	Meningococcal ²	Chickenpox ³	Hepatitis B ⁴	Influenza ⁵
Age at Vaccination													
2 months	✓	✓	✓	✓	✓				✓				
4 months	✓	✓	✓	✓	✓				✓				
6 months	✓	✓	✓	✓	✓				✓				
1 year of age					✓	✓	✓		✓				
15 months ¹								✓	↑	✓			
18 months	✓	✓	✓	✓	✓	✓	✓	✓	OR				
4 – 6 years	✓	✓	✓	✓					↓				
12 years old (grade 7)									✓		✓		
14 – 16 years	✓	✓	✓										
Every autumn													✓

* Measles, Mumps and Rubella (MMR) must be given after the first birthday.
¹ Pneumococcal vaccine is available for infants up to 2 years of age born on or after January 1, 2004.
² Meningococcal vaccine is available for 1 year old or 12 year old children (grade 7) or 15 to 19 year old youth.
³ Chickenpox vaccine is available for 1 year old children or 5 year olds who have not had chickenpox.
⁴ Hepatitis B vaccine is offered to students in grade 7 at school immunization clinics.
⁵ Influenza (flu) vaccine is available for all Ontario residents aged 6 months and older.
⁶ The pneumococcal booster and the chickenpox vaccine can be given as early as 12 months of age.

cut and post as a reminder

Every time your child gets a shot, remember to call Toronto Public Health Immunization Information Line at 416-392-1250.