



Preventive Health Guidelines

Lifelong Immunization Protection

These recommendations will help you achieve a healthy lifestyle and are intended as an educational reference. They do not replace the clinical judgment of your health care provider.

Before vaccines were available, parents lived with the constant fear that their children would be among the thousands who were left crippled or dead by common childhood diseases such as polio, measles or pertussis.

Fortunately, today most children are immunized and parents' fears have become a thing of the past.

Even though the actual number of reported cases has been greatly decreased, diseases preventable through immunization have not disappeared. If children are not immunized, they are unnecessarily at risk of contracting one of these childhood deadly diseases.

We care about you and your child's health. Immunizations play an important role in maintaining good health. Immunizing at the right time in life can protect children, adolescents and adults from serious diseases.

Vaccines have eradicated smallpox, eliminated poliovirus in the U.S, and significantly reduced the number of cases of measles, diphtheria, rubella, pertussis and other disease. But despite these efforts, today tens of thousands of people in the U.S. still die from these and other vaccine—preventable disease.

Vaccines offer safe and effective protection from infectious disease. By staying up-to-date on the recommended vaccines, individuals can protect themselves, their families and friends and their communities from serious, life-threatening infections.

Getting immunized is a lifelong, life-protecting community effort regardless of age, sex, race, ethnic background or country of origin. Recommended vaccinations begin soon after birth and continue throughout life:

- Most immunizations are given during the first five to six years of life
- Other immunizations are recommended during adolescent or adult years.

The following immunization schedules are recommended by the Centers for Disease Control (CDC).

Directions on how to read the grid follow:

- Find your or your child(ren)'s age(s).
- Follow the age column down.
- For any box that is shaded or has the immunization written in it, it is recommended that you or your child(ren) receive this vaccination.

CONNECT TO CDC: www.cdc.gov/nip/recs/child-schedule.htm
www.cdc.gov/nip/recs/adult-schedule.htm

Please see Recommended Up-to-Date Childhood and Adolescent Immunization Schedule

Please see Recommended Up-to-Date Adult Immunization Schedule by Vaccine and Age Group

Also available Recommended Up-to-Date Adult Immunization Schedule, by Vaccine, Medical and other Indications

The Advisory Committee on Immunization Practices (ACIP) periodically reviews the recommended child and adolescent immunization schedule to ensure that the schedule is current. Recommendations and format of the childhood and adolescent immunization schedule are reviewed and approved by ACIP, the American Academy of Family Physicians (AAFP), and the American Academy of Pediatrics (AAP), unless noted.

Vaccine Information Statements

The National Childhood Vaccine Injury Act requires that all health-care providers provide parents with copies of Vaccine Information Statements before administering each dose of the vaccine.

Vaccinations, screenings and counseling recommendations may not be covered benefits under all Blue Cross and Blue Shield Nebraska plans. Please consult your benefits materials.

References

United States Preventive Services Task Force 2007 www.ahrq.gov/clinic
Department of Health and Human Services, Centers for Disease Control and Prevention www.cdc.gov
National Partnership for Immunizations (NPI) www.cdc.gov/nip/recs/adult-schedule.htm
www.cdc.gov/nip/recs/child-schedule.htm
Advisory Committee on Immunization Practices (ACIP) www.cdc.gov/nip/ACIP/default.htm
American Academy of Family Physicians (AAFP) www.aafp.org
American Academy of Pediatrics (AAP) www.aap.org
National Partnership for Immunization www.partnersforimmunization.org
American Cancer Society www.cancer.org

All Preventive Health Guidelines were updated and approved by Blue Cross and Blue Shield of Nebraska's Quality Improvement Committee. Last Updated March 2008

