

GOOD KIDS BAD HABITS

The RealAge® Guide to Raising Healthy Children

Immunization Checklist for Your Child

Use this checklist to keep track of the vaccinations your child receives. Simply fill in the date of each shot. Always check with your child's physician, pediatrician, or health-care provider for the most current information or if you have any questions or concerns.

Child's name: _____

Birth date: _____

Vaccine	Protects Against	Dates Given	Notes
HepB	Hepatitis B—a virus that causes chronic liver disease or cirrhosis	1. ____ (Birth–2 mos) 2. ____ (1–4 mos) 3. ____ (6–18 mos)	
DTaP	<ul style="list-style-type: none"> • Diphtheria, an infectious disease that may affect nose, throat, and skin • Tetanus (lockjaw), an infectious disease of the central nervous system • Pertussis (whooping cough), a contagious disease that causes violent coughing spasms 	1. ____ (2 mos) 2. ____ (4 mos) 3. ____ (6 mos) 4. ____ (15–18 mos) 5. ____ (4–6 years) 6. ____ (11–12 years) Every 10 years thereafter	
Hib (Haemophilus influenzae type b)	Bacterial meningitis (an infection of the brain/spinal cord), pneumonia, and blood infections	1. ____ (2 mos) 2. ____ (4 mos) 3. ____ (6 mos) 4. ____ (12–15 mos)	



GOOD KIDS BAD HABITS

The RealAge® Guide to Raising Healthy Children

Immunization Checklist for Your Child

Vaccine	Protects Against	Dates Given	Notes
IPV (Inactivated Poliovirus)	Polio, an infectious disease that affects the whole body, including muscles and nerves	1. ____ (2 mos) 2. ____ (4 mos) 3. ____ (6-18 mos) 4. ____ (4-6 years)	Final dose must be given after 4th birthday
PCV	Pneumococcal disease, common cause of bacterial meningitis, and bacterial pneumonia	1. ____ (2 mos) 2. ____ (4 mos) 3. ____ (6 mos) 4. ____ (12-15 mos)	
MMR	<ul style="list-style-type: none"> • Measles, a highly contagious illness marked by tiny red spots • Mumps, a contagious disease that causes painful swelling of the salivary glands • Rubella (German measles), a contagious disease marked by a rash 	1. ____ (12-15 mos) 2. ____ (4-6 years)	First dose must be given on or after 1st birthday
Varicella	Chickenpox, a classic childhood disease characterized by itchy, fluid-filled blisters	1. ____ (12-18 mos)	

GOOD KIDS BAD HABITS

The RealAge® Guide to Raising Healthy Children

Immunization Checklist for Your Child

Vaccine	Protects Against	Dates Given	Notes
HepA	Hepatitis A virus, a viral disease that causes inflammation of the liver; often from contaminated water or food, or poor hygiene	1. ____ (12+ mos) 2. ____ (18+ mos)	Second dose is given no sooner than six months after the first
Influenza	The flu, a contagious respiratory illness	Yearly between 6 months and 5 years: optimal but frequently recommended after age 5	Given yearly
HPV	Human papillomavirus, a sexually transmitted disease that causes genital warts and cervical cancer	1. ____ (9–12 years) 2. ____ (2 mos after 1st dose) 3. ____ (6 mos after 1st dose)	
Rotavirus	Highly contagious gastrointestinal infection; major cause of vomiting and diarrhea in young children	1. ____ (2 mos) 2. ____ (4 mos) 3. ____ (6 mos)	A series of 3 doses, given orally over 6 months

Based on the Centers for Disease Control and Prevention recommendations as of December 1, 2005.

