

# Vaccinations



## Vaccinations: Saving One Life at a Time



### Why get recommended vaccines?

Vaccines protect adults and children against diseases that can make them very sick or even cause death, like polio and mumps. Thanks to vaccines, diseases like polio and mumps rarely occur in the United States. However, the germs that cause them do still exist. For this reason, people should get recommended vaccines.

### How do vaccines work?

Vaccines train the body to fight certain germs that cause disease. Because of this, vaccines can provide long-lasting protection against certain diseases, reducing the risk of serious illness, longer hospital stays and death.

### Why so many vaccines?

Vaccines are needed in all stages of life. Many are given to infants and young children who need them most. Vaccines protect against diseases such as:

- Diphtheria
- Hepatitis A, B
- HPV
- Influenza (flu)
- Measles, mumps, rubella
- Meningitis
- Pneumococcal
- Polio
- Rotavirus
- Shingles
- Tetanus
- Varicella (chicken pox)
- Pertussis (whooping cough)

If you are pregnant, getting the flu shot and T-dap vaccines might be recommended. Adults and children may need a booster shot to maintain the effectiveness of a vaccine. Ask your doctor what they recommend for your child.

### What are some side effects?

Like some medicines, vaccines may cause minor side effects such as:

- Soreness at site of injection
- Feeling tired and weak
- Low-grade fever
- Rash

If you have concerns, be sure to talk to your doctor.

### Get needed vaccines at no cost

With IEHP, you can get the vaccines you need at no cost. You can also find schedules for your shots and checkups in your Member Handbook. Ask your doctor for an Immunization Record Card, and bring it with you to each checkup.



### Often-asked questions

- Q** My child is sick. Should they still get vaccinated?
- A** A child with a mild illness, such as a cold, may still be able to get vaccines. Check with your doctor.
- Q** Can a vaccine lead to a disease?
- A** No. A vaccine will not give you a disease.
- Q** Do vaccines cause autism?
- A** No. Many studies have found no link between vaccines and autism.



**IEHP 24-Hour Nurse Advice Line:**  
**1-888-244-4347/711 for TTY users**

**Member Services:**  
**1-800-440-4347**

Monday-Friday, 7 a.m.-7 p.m.,  
and Saturday-Sunday, 8 a.m.-5 p.m.  
TTY users should call  
**1-800-440-4347**

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