LET'S TALK ABOUT VACCINES

Edition 13 | OFFICE OF HEALTH EQUITY
A HEALTH EDUCATION NEWSLETTER

Vaccines help teach the immune system how to defend against germs and prevent life-threatening diseases. Vaccination protects you by helping build up your natural defenses. Vaccines are tested to ensure that they are safe and effective for children and adults to receive at the recommended ages.

THE IMPORTANCE OF VACCINES

Vaccines are medicines that protect against disease. Vaccination is one of the safest preventive care measures available. Vaccines are usually given as an injection or shot, but some can be given by mouth or sprayed into the nose. Vaccines are important because they provide **immunity**, the ability to fight off an illness, including potentially life-threatening diseases. **If you are immune to a disease, you can be exposed to it without becoming sick.** Different vaccines work in different ways, but every vaccine helps the body's immune system learn how to fight germs. It typically takes a few weeks for protection to develop after vaccination, but that protection can last months or even years. Vaccines can prevent common diseases that used to seriously harm or even

kill infants, children, and adults. Without vaccines, children are at risk of becoming seriously ill or dying from childhood diseases like measles and whooping cough. Adults need to keep vaccinations up to date because immunity from childhood vaccines can wear off over time. A few vaccines, such as those for tetanus or seasonal flu, require occasional booster doses to maintain the body's defenses. You are also at risk for different diseases at different stages of life.

IMPORTANT TERMS

VACCINATE
To protect against disease, usually by shot or injection with a needle.

IMMUNIZATION
Using vaccines to become protected against a disease. May also be called **vaccination** or **inoculation**.

BOOSTER SHOT OR BOOSTER DOSE
Shot you get months or years after your first vaccine shot to maintain your immunity.

CONTRAINDICATION
A specific situation where a medicine or procedure should not be used because it may be harmful to the person.

ANTIBODIES
Cells that help the body fight off infection.

IMMUNIZATION SCHEDULE
The list of common vaccines the Centers for Disease Control (CDC) recommends that most people should receive at specific ages.

CATCH UP SCHEDULE
An immunization schedule for anyone who has not received doses of vaccines they are eligible for or that are missing from their vaccination record.

MISINFORMATION
False information that is spread by people who think it is true. There is a lot of false information online, especially about vaccines.

NYSIIS (AN ACRONYM)
New York State Immunization Information System. Pronounced “nice-iss.”

CHILDREN NEED VACCINES AS THEY GROW

Vaccines can prevent common diseases that used to seriously harm or even kill infants, children and adults. Without vaccines, your child is at risk of becoming seriously ill or even dying from childhood diseases such as measles and whooping cough. It is important for your child to receive vaccines starting at birth and continuing through childhood. If you choose not to vaccinate your child, it may be difficult to find and maintain pediatric care. Talk with your provider and read trusted information about vaccines from sources like the CDC and New York State Department of Health to learn more about vaccines.

MAKE YOUR SCHOOL CHECK-UP APPOINTMENT EARLY EACH SUMMER!

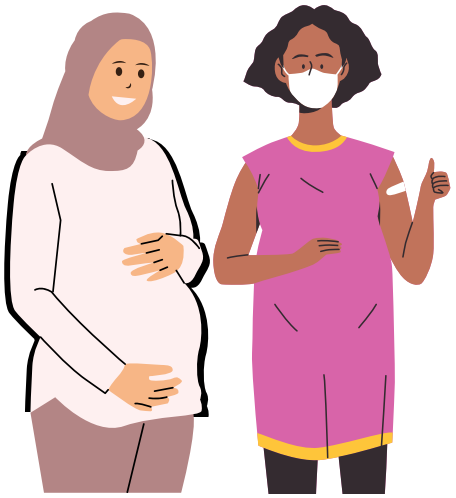
Children attending day care and pre-K through 12th grade in New York State must receive all required doses of vaccines on the recommended schedule in order to attend or remain in school. Check with your pediatrician to make sure your child has all required and recommended vaccinations. **Plan ahead: once school starts, all of the appointments get booked up!** Make your appointment early in the summer to make sure you get to see your provider before school begins.

No-cost vaccines are available through the CDC’s **Vaccines for Children (VFC) Program** for eligible childrenat pediatric care providers, pharmacies and health clinics **that are enrolled in the VFC Program**. To learn more, visit: bit.ly/vaccinesforchildrenCDC

SCHOOL VACCINE REQUIREMENTS

Caregivers must show proof of a child’s up-to-date vaccinations within 14 days of the first day of school or day care. To learn more, visit: https://on.ny.gov/3WIlzX8

VACCINES AND PREGNANCY



Influenza (flu), Tdap, RSV, and COVID-19 vaccinations during pregnancy can help keep you and your baby safe. The **Tdap** vaccine helps protect against whooping cough, which can be really dangerous for your baby. **RSV** is a common cause of severe respiratory illness in infants. Pregnant people and babies are more likely to get very sick from the flu and COVID-19.

Getting these vaccines while you're pregnant helps your body create protective antibodies, and you can pass on those antibodies to your baby. These antibodies can help protect your baby during the first few months of life when they are too young to receive these vaccines themselves. Timing of vaccinations is key! Ask your medical provider about when to get these vaccines during pregnancy. For more information about pregnancy and vaccination, visit: https://bit.ly/vaccinesforpregnancy

VACCINES FOR ADULTS

Adults need to keep their vaccinations up to date because immunity from childhood vaccines can wear off over time. You are also at risk for different diseases as an adult. Vaccination is one of the most convenient and safest preventive care measures available. By getting vaccinated, you can protect yourself and also avoid spreading preventable diseases to other people in your community. **All adults should get the influenza (flu) vaccine every year, the COVID-19 vaccine, and the Tdap vaccine.** You may need other vaccines based on your age, health conditions, job, lifestyle, or travel habits. Talk to your medical provider about what other vaccines are right for you.

Sometimes medical providers' offices don't accept Medicaid for vaccines, but pharmacies do. If you are uninsured or underinsured, learn more about Erie County's Vaccines for Adults (VFA) Program. For more information on immunization for adults, visit: https://bit.ly/vaccinesforadults

PRIMARY CARE IS IMPORTANT

One of the best ways to manage your health is to visit a primary care doctor regularly. At your physical exam, your doctor can give you advice and work with you to make a vaccination plan.

Find affordable primary care at a health care center near you: snapcapwny.org/#safety

PLACES TO GET VACCINES

- Your primary care provider or pediatrician
- Immunization clinics in WNY: erie.gov/immclinics
- Erie County Department of Health (ECDOH) Immunization Clinic (location information below)
- Federally Qualified Health Care Centers (FQHC): find one near you by visiting snapcapwny.org/#safety
- Your local pharmacy may carry limited amounts of common vaccines such as flu, Tdap and COVID-19.

CALL AHEAD TO MAKE AN APPOINTMENT

IMMUNIZATION ACTION PLAN (IAP)

The Erie County Department of Health Immunization Action Plan (IAP) Program works closely with health care providers, day care providers, schools, and others to help raise vaccination rates in Erie County. The IAP provides educational materials on immunizations to providers for their patients. The IAP Program can answer questions about immunizations that are needed for school or college.

For more information:

Call: 716-858-7687
Web: erie.gov/iap
Visit: Jesse E. Nash Health Center

Appointments are required
608 William St, Buffalo (across from the William-Emslie Family YMCA)
Located on NFTA Bus Route #1 William.
Walkable from #2 Clinton, #4 Broadway, #18 Jefferson, #23 Fillmore-Hertel

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This publication is available in 5 additional languages.

The Erie County Office of Health Equity's vision is for everyone in Erie County to achieve maximum health and wellness. The Office of Health Equity is located within the Erie County Department of Health.

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VACCINE REQUIREMENTS FOR DAY CARE, PRE-K AND GRADE SCHOOL ATTENDANCE

In New York State, caregivers must show proof of a child's up-to-date vaccinations within 14 days of the first day of school or day care. To learn more, visit: https://on.ny.gov/3WIIzX8

Within 14 days of the first day of school or day care, caregivers must:

- Show proof of their child's up-to-date vaccinations, OR
- Provide a valid medical exemption from vaccination.

In order to attend or remain in school or day care, children who are unvaccinated or overdue must receive at least the first dose of all required vaccines within the first 14 days. They also must receive subsequent vaccines in the series within a 14-day period of when they are due to complete the immunization series.

For support making vaccines less stressful for children, check out these tips from the CDC: **bit.ly/vaccineslessstressful**

MAKE YOUR BACK TO SCHOOL CHECK-UP APPOINTMENT EARLY EACH SUMMER!

Vaccines required for day care, pre-K, and school

Diphtheria and Tetanus toxoid-containing vaccine and Pertussis vaccine (DTaP or Tdap)

- Hepatitis B vaccine
- Measles, Mumps and Rubella vaccine (MMR)
- Polio vaccine
- Varicella (Chickenpox) vaccine

Additional vaccines required for day care and pre-K

- Haemophilus influenzae type b conjugate vaccine (HiB)
- Pneumococcal Conjugate vaccine (PCV)

Additional vaccines required for middle school and high school

- Tdap vaccine for Grades 6-12
- Meningococcal conjugate vaccine (MenACWY) for Grades 7-12
- Students in Grade 12 need an additional booster dose of MenACWY on or after their 16th birthday

NYSIIS

The New York State Immunization Information System is the central digital system where health care providers enter information about what vaccines you have received. This info is available to schools and hospitals as well as the Department of Health. Your NYSIIS profile should have the most accurate information about what vaccines you have received and which ones you still need or need boosters for.

FOR MORE INFORMATION ABOUT VACCINES IN NEW YORK STATE, VISIT: HEALTH.NY.GOV/PREVENTION/IMMUNIZATION

Rev. 09.2024

2024-25 School Year
New York State Immunization Requirements for School Entrance/Attendance[1]

NOTES:
All children must be age-appropriately immunized to attend school in New York State. The number of doses depends on the schedule recommended by the Advisory Committee on Immunization Practices (ACIP). Intervals between doses of vaccine must be in accordance with the "ACIP-Recommended Child and Adolescent Immunization Schedule." Doses received before the minimum age or intervals are not valid and do not count toward the number of doses listed below. See footnotes for specific information for each vaccine. Children who are enrolling in grade-less classes must meet the immunization requirements of the grades for which they are age equivalent.

Dose requirements MUST be read with the footnotes of this schedule

Vaccines	Pre-Kindergarten (Day Care, Head Start, Nursery or Pre-K)	Kindergarten and Grades 1, 2, 3, 4 and 5	Grades 6, 7, 8, 9, 10 and 11	Grade 12
Diphtheria and Tetanus toxoid-containing vaccine and Pertussis vaccine (DTaP/DTP/Tdap/Td)[2]	**4 doses**	**5 doses or 4 doses** if the 4th dose was received at 4 years or older or **3 doses** if 7 years or older and the series was started at 1 year or older	**3 doses**	
Tetanus and Diphtheria toxoid-containing vaccine and Pertussis vaccine adolescent booster (Tdap)[3]	**Not applicable**		**1 dose**	
Polio vaccine (IPV/OPV)[4]	**3 doses**	**4 doses or 3 doses** if the 3rd dose was received at 4 years or older		
Measles, Mumps and Rubella vaccine (MMR)[5]	**1 dose**	**2 doses**		
Hepatitis B vaccine[6]	**3 doses**	**3 doses or 2 doses** of **adult hepatitis B vaccine** (Recombivax) for children who received the doses at least 4 months apart between the ages of 11 through 15 years		
Varicella (Chickenpox) vaccine[7]	**1 dose**	**2 doses**		
Meningococcal conjugate vaccine (MenACWY)[8]	**Not applicable**		**Grades 7, 8, 9, 10 and 11: 1 dose**	**2 doses or 1 dose** if the dose was received at 16 years or older
Haemophilus influenzae type b conjugate vaccine (Hib)[9]	**1 to 4 doses**	**Not applicable**		
Pneumococcal Conjugate vaccine (PCV)[10]	**1 to 4 doses**	**Not applicable**		

VACCINE INFORMATION

VACCINE / PREVENTABLE DISEASE	DISEASE COMPLICATIONS
COVID-19: Contagious viral infection of the nose, throat, or lungs; may feel like a cold or flu. Spread through air and direct contact	Infection of the lungs (pneumonia); blood clots; liver, heart or kidney damage; long COVID; death
Chickenpox (Varicella): Contagious viral infection that causes fever, headache, and an itchy, blistering rash; spread through air and direct contact	Infected sores, brain swelling, infection of the lungs (pneumonia), death
Diphtheria: Contagious bacterial infection of the nose, throat, and sometimes lungs; spread through air and direct contact	Swelling of the heart muscle, heart failure, coma, paralysis, death
DTaP: Protects against tetanus, diphtheria, and pertussis	See information for individual diseases
Hepatitis A: Contagious viral infection of the liver; spread by contaminated food or drink or close contact with an infected person	Liver failure, death
Hepatitis B: Contagious viral infection of the liver; spread through contact with infected body fluids such as blood or semen	Chronic liver infection, liver failure, liver cancer, death.
Hib (Haemophilus influenzae type b): Contagious bacterial infection of the lungs, brain and spinal cord, or bloodstream; spread through air and direct contact	Depends on the part of the body infected, but can include brain damage, hearing loss, loss of arm or leg, death
Influenza (Flu): Contagious viral infection of the nose, throat, and sometimes lungs; spread through air and direct contact	Infection of the lungs (pneumonia), sinus and ear infections, worsening of underlying heart or lung conditions, death
Measles (Rubeola): Contagious viral infection that causes high fever, cough, red eyes, runny nose, and rash; spread through air and direct contact	Brain swelling, infection of the lungs (pneumonia), death

VACCINE INFORMATION

VACCINE / PREVENTABLE DISEASE	DISEASE COMPLICATIONS
MMR: Protects against measles, mumps, and rubella	See information for individual diseases
Mumps: Contagious viral infection that causes fever, tiredness, swollen cheeks, and tender swollen jaw; spread through air and direct contact	Brain swelling, painful and swollen testicles or ovaries, deafness, death
Pertussis (Whooping Cough): Contagious bacterial infection of the lungs and airway; spread through air and direct contact	Infection of the lungs (pneumonia), death; especially dangerous for babies
Pneumococcal: Bacterial infections of ears, sinuses, lungs, or bloodstream; spread through direct contact with respiratory droplets like saliva or mucus	Depends on the part of the body infected, but can include infection of the lungs (pneumonia), blood poisoning, infection of the lining of the brain and spinal cord, death
Polio: Contagious viral infection of nerves and brain; spread through the mouth from stool on contaminated hands, food or liquid, and by air and direct contact	Paralysis, death
Rotavirus: Contagious viral infection of the gut; spread through the mouth from hands and food contaminated with stool	Severe diarrhea, dehydration, death
RSV (Respiratory syncytial virus): Contagious viral infection of the nose, throat, and sometimes lungs; spread through air and direct contact	Infection of the lungs (pneumonia) and small airways of the lungs; especially dangerous for infants and young children
Rubella (German Measles): Contagious viral infection that causes low-grade fever, sore throat, and rash; spread through air and direct contact	Very dangerous in pregnant people; can cause miscarriage or stillbirth, premature delivery, severe birth defects
Tetanus (Lockjaw): Bacterial infection of brain and nerves caused by spores found in soil and dust everywhere; spores enter the body through wounds or broken skin	Seizures, broken bones, difficulty breathing, death