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Preventive Care

Our goal as pediatric primary care doctors is to prevent disease in children. Fortunately, we have vaccines to protect kids from many contagious diseases that took a terrible toll in the past. This section includes information on vaccinations, the well-child exam, the standard health care schedule for children, and over-the-counter medications.



Health Care Schedule

Birth to 18 months

THE FOLLOWING IS A GENERAL health care schedule from birth to 18 months that includes when we'll want to see your infant in the office for a well-child exam.

During many of these visits, we will give your baby vaccines. Please ask your child's pediatrician about the vaccine schedule that their office follows from birth to 18 years.

If you're looking for more detailed information, the Centers for Disease Control and Prevention (CDC) has charts that cover recommended immunizations by age for both children and adults.

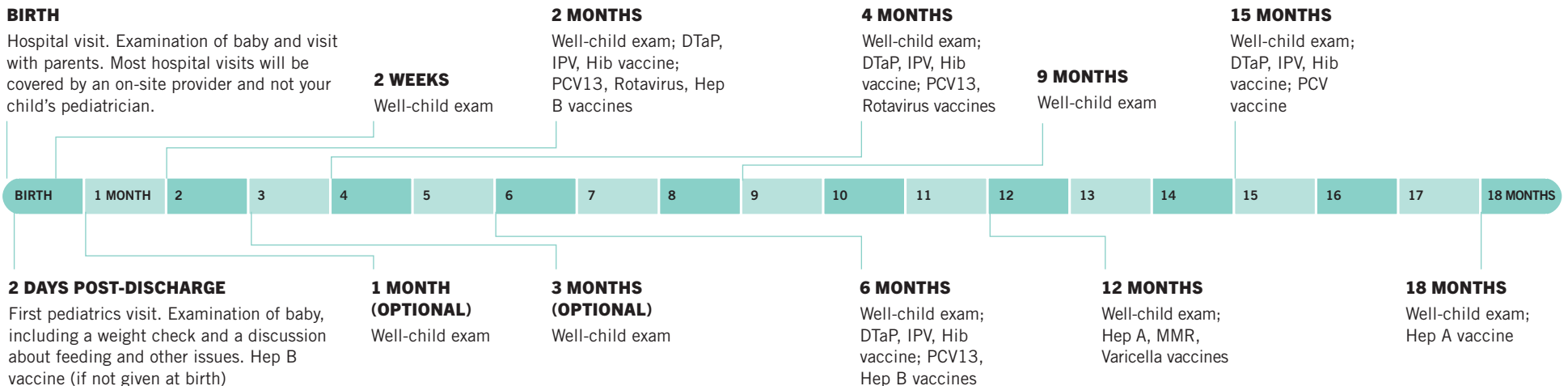
CDC website: [cdc.gov/vaccines/vpd/vaccines-age.html](https://www.cdc.gov/vaccines/vpd/vaccines-age.html)



The well-child exam

A well-child exam will always include a history of events since the last visit, a complete exam, a discussion of findings and suggested recommendations, and information on feeding and development. We will discuss more serious problems as needed in separate visits.

Regular well-child exams and vaccinations continue at regular intervals until age 18. Your doctor is always available for appointments related to acute illnesses and injuries, or to discuss your child's development, social-emotional growth or any other factor related to their health and wellness.



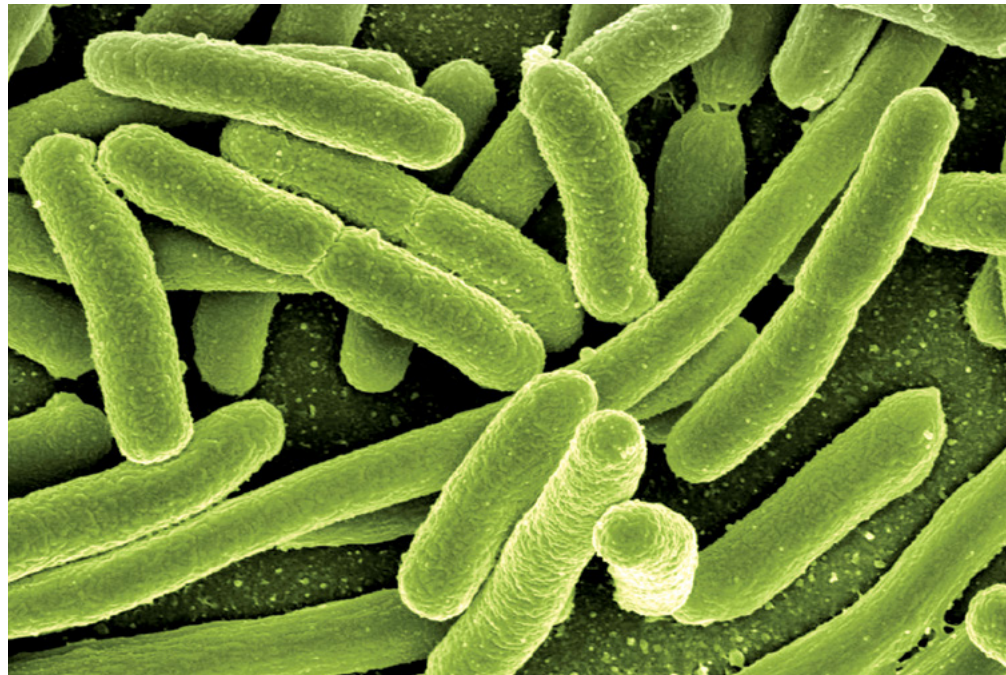
Vaccines

SIX ROUTINE VACCINES ARE recommended for children between birth and 6 months of age. These first vaccines protect your child from eight serious diseases that are caused by viruses and bacteria. These diseases include: diphtheria, tetanus (lock jaw), pertussis (whooping cough), Haemophilus influenzae type b, hepatitis B, polio, pneumococcus and rotavirus.

Before there were vaccines, these diseases injured and killed many children and adults. For instance, polio paralyzed 37,000 people and killed about 1,700 people per year in the 1950s; Haemophilus influenzae type b was the leading cause of bacterial meningitis in children under 5 in the 1980s; and about 15,000 people used to die each year from diphtheria. Without vaccinations, these diseases will come back, which has happened in other parts of the world.

FIRST-YEAR-OF-LIFE VACCINES

- **DTaP:** Diphtheria, tetanus and pertussis
- **IPV:** Polio
- **HIB:** Haemophilus influenzae type b
- **Pevnar:** Pneumococcal 13
- **Rotarix:** Rotavirus
- **MMR:** Measles, mumps and rubella
- **Varicella (VZV):** Chickenpox
- **Hepatitis A**
- **Hepatitis B**



Vaccine Risks

VACCINES CAN CAUSE SIDE effects, like any other medicine. These are mostly mild “local” reactions, such as tenderness, redness or swelling where the shot was given or a mild fever. Side effects typically occur in up to one in four children. They appear soon after the vaccine is administered and go away within a day or two.

More severe reactions can also occur, but this happens much less often. Some of these reactions are so uncommon that experts can’t tell whether they are caused by vaccines or not. Among the most serious reactions to vaccines are severe allergic reactions to a substance in a vaccine. These reactions happen in less than one in a

million shots and usually occur soon after the shot is given, when medical staff can deal with them.

The risk of any vaccine causing serious harm or death is extremely small. Getting a disease is much more likely to cause harm than getting a vaccine.

Vaccine Precautions

If your child is sick on the day they’re supposed to get a vaccine, we may want to put them off until he or she recovers. It’s usually OK for a child with a mild cold or a low fever to get a vaccine, but with a more serious illness, it may be better to wait.

How Vaccines Work

IMMUNITY FROM DISEASE

When a child gets sick with one of these diseases, their immune system keeps them from getting the same disease again, which is known as immunity. But getting sick is unpleasant and can be dangerous.

IMMUNITY FROM VACCINES

Vaccines are made with the same bacteria or viruses that cause a disease, but they have been weakened or killed to make them safe. A child’s immune system responds to a vaccine the same way it would if the child had the disease. This means he will develop immunity without having to get sick first.

Signs of a reaction to a vaccination include:

- High fever
- Weakness
- Paleness
- Unusual behavior
- Non-stop crying for three or more hours
- Difficulty breathing
- Hoarseness or wheezing
- Swelling of the throat
- Fast heartbeat
- Hives
- Dizziness
- A seizure or collapse

If any of these symptoms occur, call your doctor’s office or 911. Keep track of what happened, the date and time it happened, and when the shot was given. You can file a report online at vaers.hhs.gov or by calling 1-800-822-7967.

Other Reactions

THE FOLLOWING PROBLEMS HAVE been associated with routine childhood vaccines. By “associated,” we mean that they appear more often in children who have been recently vaccinated than in those who have not. An association doesn’t prove that a vaccine caused a reaction, but does mean it is probable.



DTaP Vaccine

MILD PROBLEMS

Fussiness (up to 1 in 3 children); tiredness or poor appetite (up to 1 in 10); vomiting (up to 1 in 50); swelling of the entire arm or leg for one to seven days, usually after the fourth or fifth dose (up to 1 in 30).

MODERATE PROBLEMS

Seizure (jerking or staring) (1 in 14,000); non-stop crying for three hours or more (up to 1 in 1,000); fever above 105 degrees Fahrenheit (1 in 16,000).

SERIOUS PROBLEMS

Long-term seizures, coma, lowered consciousness and permanent brain damage have been reported very rarely after the DTaP vaccination. These cases are so rare we can’t be sure they are caused by the vaccine.



Rotavirus Vaccine

MILD PROBLEMS

Children who get the rotavirus vaccine are slightly more likely than other children to be irritable or to have mild, temporary diarrhea or vomiting. This happens within the first week of getting a dose of the vaccine. Rotavirus vaccine does not appear to cause any serious side effects.



Pneumococcal Vaccine

MILD PROBLEMS

During studies of the vaccine, some children became fussy or drowsy or lost their appetite.



Polio, Hepatitis B, and Hib Vaccines

These vaccines have not been associated with any problems other than local reactions.

Fever and Pain-Reducing Medications

This chart lists safe dosing amounts for fever and pain-reducing medications for infants. Regardless of their weight, do not give children under 6 months old ibuprofen.

CHILD'S WEIGHT	ACETAMINOPHEN (160 MG/5 ML)	IBUPROFEN INFANT DROPS (50 MG/1.25 ML)	IBUPROFEN CHILDREN'S LIQUID (100 MG/5 ML)
	Give every 4 hours	Give every 6 hours	
6-11 lbs	1.25 mL	Not safe	Not safe
12-17 lbs	2.5 mL	1.25 mL	2.5 mL
18-23 lbs	3.75 mL	1.875 mL	4 mL
24-35 lbs	5 mL	2.5 mL	5 mL

Over-the-Counter Medications & Vitamins

DIPHENHYDRAMINE (BENADRYL OR GENERIC)

Medication for itching, allergies or hives that can be given every 6 hours. Follow dosing instructions on label.

COLD AND COUGH MEDICINE

Avoid in children under 6 years old.

NON-MEDICATED SALINE NASAL DROPS OR SPRAY

Use 2 to 3 drops in each nostril to treat nasal congestion, as needed. Use a suction bulb to clear mucus.

HYDROCORTISONE 1% CREAM

Use as directed by your physician to treat eczema or itchy skin.

EARWAX REMOVAL DROPS (DEBROX OR OTHER)

Use 3 drops to affected ear, or as recommended by your physician.

VITAMIN D (POLYVISOL, TRIVISOL, DVISOL)

The American Academy of Pediatrics recommends that all infants and children take at least 400 IU of vitamin D per day starting soon after birth.

CALIFORNIA POISON CONTROL
800-876-4766

NATIONAL POISON CONTROL
800-222-1222