



Broward County Government Newsletter

August 2019

Volume 2, Issue 8

Community Care Plan, “the health plan with a heart”

August is National Immunization Awareness Month

Should I vaccinate my child or adolescent?

Giving your child the recommended vaccines (shots) from birth to age 2 protects them from 14 diseases. As an adolescent, your child will need to get shots that extend the protection. They will also need different shots to protect them against other diseases.

The diseases these shots protect your child or adolescent against could be harmful, or cause death. When given a shot, the body fights an imitation of the real infection. Once the body fights the imitation infection, it has the cells ready to fight the real infection in the future. These cells are called antibodies. As your child gets older, they may need more doses of the shot to give them the best protection.

Your Vaccine Visit

The Center for Disease Control and Prevention (CDC) recommends these 9 tips to make your shot visit less stressful.

1. **Research:** Talk to your child’s doctor for materials on vaccines to read before the visit.
2. **Sweets:** Sugar 1 to 2 minutes before a shot can soothe a child.
3. **Breastfeed:** Breastfeeding can help distract the baby from the shot.
4. **Pain relievers:** Pain relieving ointment blocks pain signals to the skin. Ask about it prior to the visit because it takes a little time to start working. You could also ask for a cooling spray before the shot to relieve pain.
5. **Honesty and Calmness:** Explain to your child what they are going to feel. Use words like “poke” rather than “pain.” Being calm before, during, and after the shot will also soothe your child.
6. **Toys:** blankets, and stuffed animals can help soothe your child.
7. **Distract:** your child by talking, singing, or telling a story during a shot.
8. **Blow out pain:** an older child could imagine “blowing out” the pain at they breathe to distract them from a shot.
9. **After a shot:** swaddling, hugging, or cuddles, can soothe a child after a shot.

Source: www.cdc.gov/vaccines/parents/visit/less-stressful.html

Need help scheduling an appointment? CCP can help. Please call 1-866-224-5701

Always consult your physician before making changes to your lifestyle or healthcare routine. This information is available for free in other languages. Please call Member Services at 1-866-224-5701 Monday – Friday 8:00am – 7:00 pm EST. For hearing impaired assistance call: TTY/TDD 1-855-655-5303. Si usted necesita esta información en Español llame al 1-866-224-5701 TTY/TDD 1-855-655-5303 de Lunes a Viernes desde las 8:00am a 7:00pm EST. Si ou vie resevwa enfomeseyon sa en Kreyol rele nimewo telefon sa 1-866-224-5701 TTY/TDD 1-855-655-5303 Lendi jiska Vandredi de 8:00am a 7:00pm EST.