



Enrollee Newsletter

August 2019

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August is National Immunization Awareness Month (NIAM)

Community Care Plan, 'the health plan with a heart'

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.

Are Vaccines Safe?

In the United States, there is a safety system to make sure all shots are as safe as possible.

1. The Food and Drug Administration (FDA) doctors and scientists test and study to make sure the shot works and is safe.
2. The FDA inspects the sites where the shots are made to make sure they are following the rules.
3. The FDA approves the shot to be used in the public.
4. The FDA continues to look at side effects that may have not been shown in the testing. When millions of people receive a shot, less common side effects may happen.

Source: <https://www.cdc.gov/vaccines/parents/vaccine-decision/index.html>

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: <https://www.cdc.gov/vaccines/parents/visit/less-stressful.html>

Need help scheduling an appointment? CCP can help. Please call 1-866-899-4828.

Always consult your physician before making changes to your lifestyle or healthcare routine. This information is available for free in other languages. Please contact our customer service number at 1-866-899-4828 /TTY/TDD, 1-855-655-5303, Monday through Friday from 8:00 a.m. to 7:00 p.m. ET. Esta información está disponible gratis en otras lenguas. Por favor, contacte a nuestro departamento de servicio al cliente al 1-866-899-4828 TTY/TDD 1-855-655-5303 de Lunes a Viernes desde las 8:00 a.m. a 7:00 p.m. Si ou vie resevwa enfomeseyon sa en Kreyol rele nimewo telefon sa 1-866-899-4828 TTY/TDD 1-855-655-5303 Lendi jiska Vandredi de 8:00am a 7:00pm EST.

Vaccines While Pregnant

The CDC recommends vaccines before, after, and during pregnancy to make sure you and your baby have the best chance of staying healthy.

Before pregnancy: The CDC recommends you receive the MMR vaccine, if you did not previously receive it.

During pregnancy: The CDC recommends you receive 2 vaccines

1. **Tdap** to protect against whooping cough. The shot is recommended during the third trimester.
2. **Flu** to protect against the flu. The shot is recommended before the end of October, so you are protected during Flu Season.

Other vaccines you might need during pregnancy: If you plan to travel during pregnancy, or have certain health conditions, you may need to get vaccines such as Hepatitis A, Hepatitis B, and meningococcal. Talk to your doctor 4 to 6 weeks before you travel to make sure you have all the vaccines you need to keep you safe.

Source: <https://www.cdc.gov/vaccines/parents/by-age/pregnancy.html>



Pregnancy and Whooping Cough

The CDC recommends that all pregnancy women receive the Tdap vaccine each time they are pregnant. The shot should be given between 27 and 36 weeks of pregnancy. Once you receive the whooping cough vaccine, your body will be able to better fight the whooping cough disease. Your body will pass some of these fighting antibodies to your baby. You can also pass these antibodies to your baby while breastfeeding.



It takes about two weeks for your body to create these antibodies. This protects your baby for a short period of time once they are born. The number of antibodies in your body to fight whooping cough decreases overtime. The CDC recommends you get a new Tdap shot every time you are pregnant.

Source: <https://www.cdc.gov/pertussis/pregnant/mom/get-vaccinated.html>

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