



# Immunization Is Basic

*Developed and produced by*

*Michigan State University Extension, 2000*

*Michigan Department of Community Health*

# Lesson Overview

*Immunization is Basic* can be used as a supplemental lesson to the *Eating Right Is Basic (Third Edition)* curriculum.

## Learner Objectives

Participants will be able to:

1. State why children need to be fully immunized.
2. Keep immunization records in a secure place and carry them to medical appointments.
3. Describe any barriers they experience that keep their children from being fully immunized.
4. Identify where and when they will get their children immunized.

## Materials Needed

- "Immunization Is Basic" flip chart.
- Blank paper (optional).
- *Immunization Train* from Michigan State University Extension (optional).
- Worksheet: "Immunization Assessment for Children Under Six Years Old" from Michigan State University Extension (optional).
- Handouts for participant: "Talking to Your Child About Shots" and "Local Immunization Resources."

## Before the Lesson

- Review the lesson and handouts.
- Contact your local health department to:
  - discuss this lesson and coordination of immunization education between agencies.
  - become familiar with local immunization resources.
  - develop a handout on local immunization resources for participants.
- Make enough copies of the handouts for participants.

## Doing the Lesson

1. Greet the participants.
2. Present the lesson, choosing appropriate activities and handouts.
3. Take time to answer questions and share your experience related to the lesson.
4. Summarize the lesson information. Ask participants to state any plans they have made to immunize their children.

## After the Lesson

At your next contact, follow up with participants about their plans to immunize their children.



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You care about your child's health. There are many ways you can protect your child from getting hurt or sick.

Getting immunizations (pronounce im-you-ni-ZA-shuns), or shots, is one way you can protect your baby from harmful diseases.

Going further: Can you think of other ways to keep your child healthy and safe?

Ideas might include:

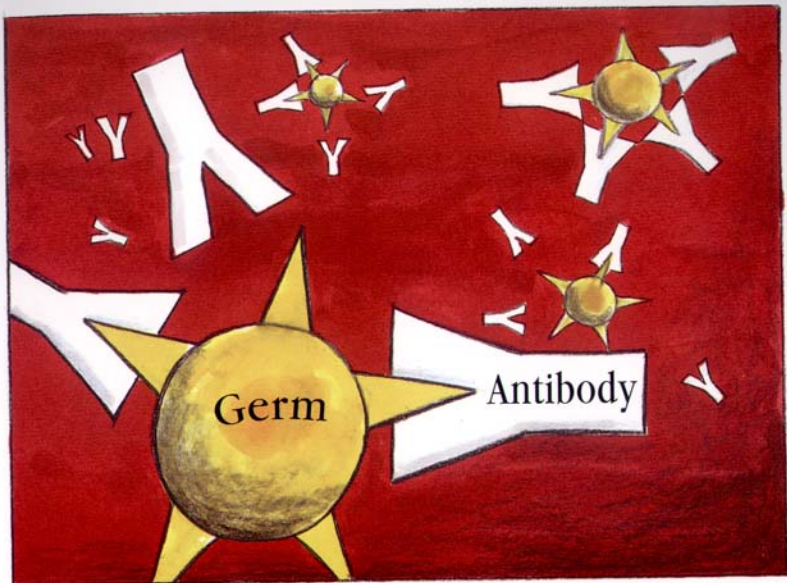
- Using seat belts/car seats.
- Washing hands.
- Finding responsible child care.
- Using sunscreen.
- Providing good nutrition.
- Wearing bicycle helmets.
- Providing a clean and safe environment.
- Keeping household chemicals and medicine out of reach.

Information for instructor: There are many words for immunizations. You might hear "vaccines", "vaccination", "inoculations" or "shots." It can be confusing when all these words can be used to describe the same thing. In this lesson, we will often use the term "shots" to describe all childhood immunizations.



Use whatever appropriate term best suits the participant's situation:

- baby, child or children
- parent, grandparent, guardian
- his or her

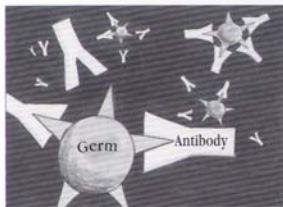


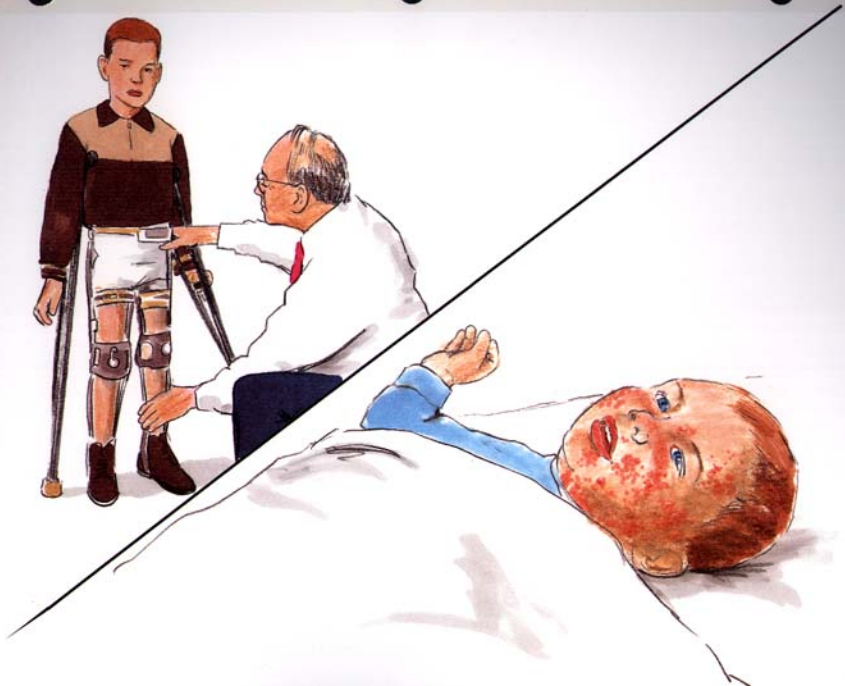
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Have you ever wondered how shots work?

Germs can get in a person's body and cause diseases and sometimes death. Today we protect ourselves and our children from certain diseases with shots. When a shot is given, it helps produce a germ-fighting substance called *antibodies* (pronounce AN-ti-bod-ees). These *antibodies* stay in your body. The next time you come in contact with these disease germs, the *antibodies* are ready to attack the germs and help protect you against that disease.

Going further (if the mother is breastfeeding): You care enough to breastfeed. You care enough to immunize. Breast milk provides an early source of antibodies for a short amount of time. Then the protection wears off. It is important to start shots on time when your baby is about two months old to give full protection from diseases.





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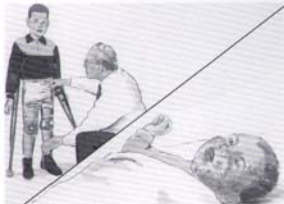
Do you know anyone who had polio? Your parents or grandparents probably know someone. Diseases like polio crippled and killed children because there were no vaccines years ago. Thanks to the polio vaccine, the disease is rare in the U.S. today.

Even if some diseases are rarely seen nowadays, children still need their shots. If children don't get shots on time, these diseases can come back and cause outbreaks or epidemics. For example, in 1989-1991, a lot of children got measles because they hadn't gotten their shots on time. Some children died.

Information for instructor:

1) In the measles epidemic of 1989-91, more than 55,000 cases of measles were reported. More than 11,000 people were hospitalized and 130 died. Half of these deaths occurred among young children.

2) One of the national goals is to have 90% of all children under the age of two fully immunized against all preventable childhood diseases.







**HBV**

**Hepatitis B**

**DTaP**

**Diphtheria**

**Tetanus**  
(Lock Jaw)

**Pertussis**  
(Whooping Cough)

**Copy**

Many diseases can be prevented by getting shots. The shots are given in a certain order and some shots need to be given several times to completely protect your child.

At birth, all babies should get a shot called **Hep B** (or **HBV**). **Hep B** prevents a disease called **hepatitis** (pronounce hep-a-TI-tis bee), which can cause liver cancer.

Four other shots are given starting at two months. One of these shots is called **DTaP** (pronounce letters D-T-a-P).

**DTaP** protects against **diphtheria** (pronounce dip-THEER-ee-ya), **tetanus** (pronounce TET-nus), and **pertussis** (pronounce pur-TUS-sis) combined in one shot. Serious cases of diphtheria can lead to heart failure or paralysis. Tetanus, or **lockjaw**, can cause spasms in the jaw muscle. Lockjaw can even lead to death. You may know another name for pertussis — **whooping cough**. Whooping cough hurts young children. It causes heavy mucus and coughing, making it hard to breathe, eat and drink. It can even lead to pneumonia (pronounce new-MOAN-yuh) and infection of the brain.



**Polio**

**HIB**

*Haemophilus  
influenzae type b*

**Pneumococcal  
Conjugate**

**MMR**

Measles  
Mumps  
Rubella  
(German Measles)

**Varicella**

Chicken Pox

Other vaccines given at two months are **Polio**, **Hib**, and **Pneumococcal Conjugate**.

**Polio** is a disease that can cripple children.

The **Hib** shot helps prevent a disease called *Haemophilus* (pronounce ha-MOF-i-lus) *influenzae* (pronounce in-flu-EN-zuh) *type b*. This disease can cause pneumonia, infections and brain damage.

**Pneumococcal Conjugate** vaccine prevents a disease that causes meningitis — an infection of the covering of the brain.

Another important shot is called **MMR** (pronounce letters M-M-R).

This shot is usually given around 12 to 15 months of age and prevents three diseases called **measles** (pronounce MEE-zulls), **mumps** and **rubella** (pronounce roo-BELL-uh). Measles can cause pneumonia and an inflammation of the brain that could leave a child deaf or mentally retarded. Mumps can cause deafness and meningitis (pronounce men-in-JI-tus), which is an infection of the lining of the spinal cord.



Rubella is also known as **German measles**. If a pregnant woman gets this disease, it can cripple her unborn child. The baby might be born deaf, or with heart damage or a small brain, or be mentally retarded.

Another shot for children is for **chicken pox**, or **varicella** (pronounce var-i-cel-la). Chicken pox causes some fever and a blistering rash in most children, but it can also cause pneumonia or brain infection.

Going further: Show separate pictures of effects of each childhood disease. These could be obtained from your local health department.

CLINIC



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Sometimes parents are worried that shots might cause their baby to get sick or have a bad reaction. Most side effects that occur are mild . . . maybe a sore arm or a slight rash or fever. Some side effects can be more serious, but these are rare. Your doctor or clinic will tell you when you need to call them. Remember, the benefits of immunization *far* outweigh the risks.

What worries or concerns do you have about getting your child's shots?

Activity ideas:

- 1) With participant, review vaccine information sheets from the Centers for Disease Control and Prevention (CDC).
- 2) Provide some blank paper, and have the participants write "Ask the Doctor or Nurse" across the top. Encourage participants to write concerns and questions to discuss with their health professional at their next visit.



Information for instructor:

- 1) Parents are sometimes more afraid of the shots than the diseases themselves. Listen and let them know you hear they are worried. If you can not answer certain questions, obtain the information for your next visit or refer participants to their health care provider.
- 2) If a pregnant or breastfeeding woman asks about her own immunizations, encourage her to talk with her health care provider. Encourage all adults to ask questions about their own immunizations. Add these questions to the "Ask the Doctor or Nurse" page.



Checkbook

DATE	AMOUNT	DESCRIPTION	INITIALS
1/15	100.00	DEPOSIT	ABC
1/16	50.00	PAYROLL	DEF
1/17	200.00	SALES	GHI
1/18	75.00	RENT	JKL
1/19	150.00	COMMISSION	MNO
1/20	30.00	UTILITIES	PQR
1/21	120.00	INVESTMENT	STU
1/22	40.00	SALES	VWX
1/23	60.00	RENT	YZA
1/24	80.00	COMMISSION	BCD
1/25	100.00	SALES	EFG
1/26	50.00	RENT	HJK
1/27	70.00	COMMISSION	LMN
1/28	90.00	SALES	OPQ
1/29	60.00	RENT	RST
1/30	80.00	COMMISSION	UVW

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

EMBER

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It's important to get shots on time. This gives a child's body the best protection to fight off germs. Most of the shots are given during the first two years of a child's life. This means about five visits to the doctor or clinic. Your doctor or clinic can tell you the exact number of visits needed for your child.

Going further: Here is an immunization schedule that shows which shots children need and when they are due.

Information for instructor: In many states, an immunization schedule is printed on the child's shot record. However, schedules continue to be revised. Be sure you are using the most current immunization schedule, available from your local health department.







**Copy**

When your baby is immunized, you will be given a record showing when and what kinds of shots your baby has received. The record might be a piece of paper or a card. Keep your child's important records in a safe place where you can easily find them. Be sure to take this record with you whenever your child goes to the doctor or clinic. Where do you keep your child's shot record?

If you move, show this record at the next place you go to get shots. In most states, children are not allowed to go to school or into child care unless they have records that show they have had all of their shots. Lost records can mean more clinic visits and more shots.

Going further: The new Michigan Childhood Immunization Registry (called MCIR) is making it easier for doctors and parents to keep track of children's immunization records. Ask your doctor if your child's shot records are in the MCIR. When records are in the MCIR, you never have to worry about lost records.

**Activity Ideas:**

- 1) Discuss safe places to keep the records, such as in a purse, jewelry box or file folder.
- 2) Have participants show their child's immunization record. Determine if the child is up to date or behind schedule.



- 3) Provide and complete, if available, the Immunization Train.

- 4) Have participants write on a calendar...
  - a reminder to call about getting their child caught up on shots, or
  - when their child's next shots are due.

Information for instructor: In some states, a wallet-size record is available that can easily fit in a purse or wallet. A purse or wallet may be the best place to keep the record during the child's first two years of life, when most shots are given, or if the child is getting shots in more than one place.

Most clinics allow caregivers other than parents to bring children in for shots. Check in your community to see if any prior authorization is required.



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When you take your child to be immunized, health professionals will ask to see your child's shot record or card, if you have one. They will need to know your child's age, when the last shots were given, and how your child is feeling that day. They will explain possible side effects to shots and get your consent to give shots to your baby.

Your child will usually get more than one shot during the visit. You might be asked to hold your child while the shots are given. This is often hard for parents. But remember, you're protecting your child's health!

Going further: Parents can help deal with fears of medical procedures such as shots. I have a handout on how to talk to your child about immunizations.



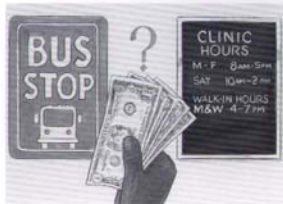


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Sometimes it may seem hard to get to the doctor or clinic. The hours they are open might not be convenient for you. Transportation may be a problem. You might be worried about the cost. Like you, health professionals want your child to be protected from disease. They may be able to suggest ways to make it easier to get your child immunized.

If your child has a runny nose or a fever, or is taking antibiotics, don't just cancel his/her shot appointment. Your health professional will advise you if your child is too sick for shots on that day.

Have you found it difficult to get your child's shots on time?



Activity idea: Have participants write barriers on the "Ask the Doctor or Nurse" page. Discuss ideas to overcome barriers. Encourage participants to talk to a health professional.



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Where do (will) you go to get your child's shots?

Your doctor or local health department can give your child shots and give you up-to-date information on immunizations. Vaccines are available at your health department at little or no cost. Health professionals are available to answer any questions you might have about immunizations.

*Activity idea:* Check to see if participants have the phone number of the local health department or immunization clinic. Provide a handout of community resources (locations, hours, phone numbers, fees). Discuss the place where the child will be immunized.

*Information for instructor:* Sometimes mobile vans, special clinics or health fairs provide shots at hours or places that are convenient for busy parents. Check with your local immunization clinic to see what is available in your area.





# Immunization Is Basic



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Immunization is basic -- as basic as wanting your children to grow up happy and healthy. By getting your children the shots they need, you are taking an important step to protect them from harmful diseases. You play a very important role in protecting your children *and* your community.

