

## HEALTHY FACTS AT A GLANCE

Tips to help kids grow up healthy!

# Kids don't come with instruction manuals.



## Here's the next best thing.

From the days they're in diapers to the time they're ready to drive, your children count on you to get them the health care they need.

Here is some important information to help your kids get a good start and keep them on the road to good health.

### VACCINATIONS (Shots)

Proper immunizations is the safest, most effective way to protect your children against dangerous childhood diseases.

Birth to under 1 year

- Hepatitis B: 1st and 2nd shots
- Diphtheria, Tetanus & Whooping Cough (DTaP): 1st, 2nd and 3rd shots
- Haemophilus-b (Hib): 1st, 2nd and 3rd shots
- Polio: 1st and 2nd shots
- Pneumococcal Conjugate: 1st, 2nd and 3rd shots
- Influenza vaccine: 1st and 2nd shots
- Rotavirus vaccine: 1st, 2nd and 3rd oral doses

1 to 2 Years

- Hepatitis A: 1st and 2nd shots
- Hepatitis B: 3rd shot
- Diphtheria, Tetanus and Whooping Cough (DTaP): 4th shot
- Haemophilus-b (Hib): 3rd or 4th shot
- Polio: 3rd shot
- Pneumococcal Conjugate: 4th shot
- Measles, Mumps & Rubella (MMR): 1st shot
- Chickenpox (Varicella): 1st shot
- Influenza vaccine: yearly

3 to 6 Years

- Diphtheria, Tetanus and Whooping Cough (DTaP): 5th shot
- Polio: 4th shot
- Measles, Mumps and Rubella (MMR): 2nd shot
- Chickenpox (Varicella): 2nd shot
- Influenza vaccine: yearly

11 to 18 Years

- Meningococcal vaccine (MCV4): 1st and 2nd shots
- Tetanus, diphtheria and whooping cough (Tdap)
- Human Papillomavirus vaccine (HPV) for males and females: 1st, 2nd and 3rd shots
- Influenza vaccine: yearly

\* Please note: Some children require different vaccinations.  
Please ask your health care provider about your child's vaccination needs.

### DENTAL VISITS

Experts recommend that children make their first dental visit by their first birthday. As your child grows, routine dental checkups should take place every six months.

### "WELL-CHILD" CHECKUPS

Regular childhood medical checkups enable physicians to monitor your child's health and help prevent any future problems.

In addition to checking your child's height, weight and blood pressure, a "well-child" visit may also include:

- Comprehensive health and developmental history
- Physical and mental health development assessment
- Head-to-toe physical exam
- Lead screenings
- Health education and anticipatory guidance
- Lab tests or other diagnostic tests, such as tuberculosis
- Vision, hearing and dental screenings
- Nutritional assessment

### "WELL-CHILD" CHECKUP SCHEDULE

Within 1 week • 1 month • 2 months • 4 months • 6 months  
9 months • 12 months • 15 months • 18 months • 24 months\*

\*After 24 months, your child should have one exam annually.



### Does Your Family Have Health Insurance?

If anyone in your family is uninsured, please call NJ FamilyCare or visit us online. We'll help you find out if you qualify for free or low-cost health insurance.

### LEAD SCREENING

Small amounts of lead in your child's body can cause behavior, learning and speech problems. A blood test is the only way to find out if your child has too much lead in his/her body.

Children should be tested:

- 12 months of age
- 24 months of age
- Any child up to six years of age who has never been tested for lead



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