

# YOUR HEALTH & WELL BEING



CIGNA HealthCare  
A Business of Caring.



## Important Things You Need to Know About Immunizations

Children under five are especially susceptible to disease because their immune systems have not built up the necessary defenses to fight infection. By immunizing, on time (by two years old), you can help protect your child from disease and also protect others at school or day care.

### **As with any medicine, there may be minor side effects.**

Side effects can occur with any medicine, including vaccines. Depending on the vaccine, these can include a slight fever, rash or soreness at the site of injection. Slight discomfort is normal and should not be a cause for alarm. Your health care provider can give you additional information.

### **What to do if your child has a serious reaction.**

Serious reactions to vaccines are extremely rare. The risks of serious disease from not vaccinating are far greater than the risks of serious reaction to a vaccination.

If you think your child is experiencing a persistent or severe reaction, call your doctor or get the child to a doctor right away. Write down what happened and the date and time it happened.



Ask your doctor, nurse or health department to file a Vaccine Adverse Event Report form or call 1.800.338.2382 to file this form yourself.

### **Be sure to track your shots via a health record.**

A vaccination health record helps you and your health care provider keep your child's vaccinations on schedule. If you move or change providers, having an accurate record might prevent your child

from repeating vaccinations he or she has already had. A shot record should be started when your child receives his or her first vaccination and updated with each vaccination visit.

### **More information is available.**

Call the National Immunization Information Hotline.

**1.800.232.2522 (English)**

**1.800.232.0233 (Spanish)**

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