# Keeping Your Baby Healthy

## Shots

Shots will protect your baby from many diseases

<table>
<thead>
<tr>
<th>Disease</th>
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</thead>
<tbody>
<tr>
<td>Polio</td>
<td>Measles</td>
<td>Tetanus</td>
</tr>
<tr>
<td>Whooping cough</td>
<td>Rubella</td>
<td>Chicken Pox</td>
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<tr>
<td>Meningitis</td>
<td>Hepatitis B</td>
<td></td>
</tr>
<tr>
<td>Mumps</td>
<td>Diphtheria</td>
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</tbody>
</table>

These diseases can make your baby very ill and many can cause brain damage or death

*Immunizations are also called:*

- Baby shots
- Boosters
- Shots
- Vaccinations
- Vaccines

## Immunize on Time!

- 2 months
- 4 months
- 6 months
- 12 months
- 15 months

You doctor or clinic will give you a record of your child’s shots, it is called the California Immunization Record.

- Keep it updated until your child grows up
- Take it with you to doctor visits
  - The doctor or nurse will write in the shots they gave
  - The doctor or nurse will also mark when the shots are due

### Make sure your baby gets all the shots s/he needs

- Start your baby’s shots on time
- Make sure your child stays on schedule
- Read all the information you get about the shots

### When your child gets a shot, you can help.

- Stay calm yourself
- Talk in a soothing voice or sing
- Hold your child
- Bring a toy or blanket your child likes
- Let your child cry, it is ok for your child to cry when s/he is scared or hurt

### Shots can sometimes make your child:

- Have a fever
- Be cranky
- Have a sore arm or leg