



SAN FRANCISCO  
HEALTH PLAN™

*Here for you*

# Childhood Immunizations

## Immunizations

Getting all the shots recommended by age 2 will protect your child from 14 dangerous diseases, including:

- Mumps
- Tetanus
- Chicken pox
- Hepatitis

Remember, your child needs *all* shots to be protected. Each vaccine protects your child from a different disease.

## When Does My Child Need Shots?

- Shots work best when children get them at certain ages. Medical providers follow a schedule of shots that begins at birth. Ask your provider for more information on the shots your child needs and when it is best to get them.
- If your child is late getting vaccinated, he or she may be able to get “catch-up” shots after age 6.



## How to Make Shots Easier for Your Child.

- Stay calm to help your child stay calm.
- Distract your child during the shot. Tell a joke, sing a song, or point to a picture on the wall.
- Praise your child after the shot is over.

## After Getting a Vaccine

- Some children will be fussy, have redness and swelling where the shot was given, or a fever. This is normal. In rare cases, shots can lead to things that need to be checked by a doctor. **Call your child’s provider right away** if your child has any of these problems:
  - A fever over 100° F
  - Seizures or muscle spasms
  - Trouble waking from sleep
  - Constant crying for more than 3 hours

For more information call Customer Service at **(415) 547-7800** or visit [www.sfhp.org](http://www.sfhp.org)

**Free 24/7 Nurse Help Line (877) 977-3397**