

Get Your Child the Right Shots at the Right Time*

Your child will need vaccines (shots) at different times to stay healthy. These shots protect your child from serious diseases. Use the guide below to find out about the shots needed. Your doctor can help you understand what each shot does.

Age	Your child should get these shots	Diseases Prevented
Birth	<input type="checkbox"/> Hepatitis B** (Some infants may get their first shot at birth)	Hepatitis B – a bad disease that hurts the liver (3 shots)
2 Months	<input type="checkbox"/> Hepatitis B***	Diphtheria – causes a thick covering in the back of the throat (5 shots)
	<input type="checkbox"/> DTaP #1 Diphtheria, Tetanus, and Pertussis	Tetanus <i>Lockjaw</i> – causes tightening of the jaw muscle (4 shots)
	<input type="checkbox"/> Hib #1 <i>Haemophilus influenzae</i> type b	Pertussis <i>Whooping Cough</i> – causes bad coughing spells (4 shots)
	<input type="checkbox"/> PCV #1 Pneumococcal disease	Hib <i>Meningitis</i> – an infection of the brain and spinal cord (4 shots)
	<input type="checkbox"/> Polio #1 <input type="checkbox"/> Rotavirus #1	PCV <i>Pneumococcal disease</i> – causes blood infection, pneumonia, and infection of the brain (4 shots)
4 Months	<input type="checkbox"/> Hepatitis B*** <input type="checkbox"/> PCV #2	Polio – can cause paralysis, can't move arms or legs (4 doses)
	<input type="checkbox"/> DTaP #2 <input type="checkbox"/> Polio #2	Rotavirus – causes bad diarrhea (3 doses by mouth)
	<input type="checkbox"/> Hib #2 <input type="checkbox"/> Rotavirus #2	Measles – causes rash, cough, runny nose, eye irritation, and fever (2 shots)
6 Months	<input type="checkbox"/> Hepatitis B*** <input type="checkbox"/> PCV #3	Mumps – causes fever, headache, and swollen glands (2 shots)
	<input type="checkbox"/> DTaP #3 <input type="checkbox"/> Polio #3	Rubella <i>German Measles</i> – causes rash, mild fever (2 shots)
	<input type="checkbox"/> Hib #3 <input type="checkbox"/> Rotavirus #3	Varicella <i>Chickenpox</i> – causes rash, skin blisters, itching, and fever (2 shots)
12 Months*	<input type="checkbox"/> Hepatitis A #1 <input type="checkbox"/> PCV #4	Hepatitis A – causes a bad liver disease (2 shots)
	<input type="checkbox"/> Hib #4 <input type="checkbox"/> Varicella #1	MCV <i>Meningococcal disease Meningitis</i> – an infection of the brain and spinal cord (2 shots)
	<input type="checkbox"/> MMR #1 Measles, Mumps, and Rubella	HPV <i>Human Papilloma Virus</i> – can cause cervical cancer and genital warts (3 shots)
15 Months*	<input type="checkbox"/> DTaP #4	Flu – a disease that spread to others and can cause fever, headache, sore throat, and chills
18 Months*	<input type="checkbox"/> Hepatitis A #2	
Age 4 to 6 (Before Kindergarten)	<input type="checkbox"/> DTaP #5 <input type="checkbox"/> Polio #4	
	<input type="checkbox"/> MMR #2 <input type="checkbox"/> Varicella #2	
	Get these shots if they were missed before: <i>Hep B – Hep A – Hib</i>	
Age 7 to 10	Time to "catch-up" if behind on shots*	
Age 11 to 12 (Before 7 th Grade)	<input type="checkbox"/> MCV #1 Meningococcal (Meningitis)	
	<input type="checkbox"/> Tdap Tetanus, Diphtheria, Pertussis	
	<input type="checkbox"/> HPV #1 Human Papilloma Virus –	
	Get these shots if they were missed before: <i>Hep B – Hep A – Polio series</i> <i>MMR #2 – Pneumococcal series – Varicella</i>	
Age 13 to 18	If shots not received at ages 11 to 12:	
	<input type="checkbox"/> MCV #2 (at age 16) <input type="checkbox"/> HPV #2 & #3 <input type="checkbox"/> Tdap****	
	<input type="checkbox"/> Flu shot each year, 6 months to 19	

DTaP
Tdap

MMR

Keep a record of
all of your shots!



How to Keep Your Child or Teen Healthy

Preventive Health Guidelines

* Check with your doctor to see if your child needs any "catch-up" shots.

** Your child may get a total of 4 Hepatitis B shots if your doctor uses both single and combination vaccines.

*** Hepatitis B shot is usually given at 2, 4, and 6–18 months (3 shots).

**** California requires children entering 7th through 12th grade to have a booster shot of Tdap before starting school.

Sources for all information in this document: American Academy of Pediatrics (AAP); California Department of Health Services, Children's Medical Services Branch, Child Health and Disability Prevention Program (CHDP); Advisory Committee on Immunization Practices, Department of Health and Human Services, Centers for Disease Control and Prevention (CDC). Updated 04/14.

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Developed by L.A. Care Health Plan working with Anthem Blue Cross and Care1st Health Plan. Together, we provide Medi-Cal managed care services in Los Angeles County.

Keep Your Child or Teen Healthy!

Use this guide to:

- Know when to go to the doctor
- Know what needs to be done at each visit

Remember:

- If your child or teen is a new member, take them to the doctor right away for their first checkup
- Regular checkups help them stay healthy!



Well Care Guidelines for Infants and Young Children*

Tests/Exams /Counseling	When to go to the doctor	
	Birth to 2 years	3 to 10 years
<input type="checkbox"/> Well Care Visit: Health history, physical exam, height, weight, Body Mass Index (BMI, a measure for healthy weight), healthy eating habits, vision (eye) and hearing** screenings, screenings for growth, development, autism screening, sickle cell screening, risky behaviors, health education, advice on what to expect at your child's age	Newborns 1-2 days after hospital discharge, at 1 month, then at 2, 4, 6, 9, 12, 15, 18, 24 and 30 months	Every Year
<input type="checkbox"/> Anemia Test	At 9 to 12 months and as recommended by your doctor	
<input type="checkbox"/> Oral Health*** Look at teeth and gums	Screening at each visit Get a referral to dentist by age 12 months	Screening at each visit
<input type="checkbox"/> Lead Screening	At 12 months and at 2 years	As recommended by your doctor
<input type="checkbox"/> Blood Pressure	No recommendation	Every year starting at age 3
<input type="checkbox"/> Urine Test	As recommended by your doctor	
<input type="checkbox"/> Tuberculosis (TB) Risk Screening	Ask your doctor if your child is at risk, TB test as recommended by your doctor	
<input type="checkbox"/> Skin Cancer Risk Counseling	Ask your doctor if your child is at high risk	

* Your doctor may order these tests more or less often as needed.

**Hearing test using a machine called audiometer. This starts at age 3.

***California law requires children to have a dental checkup by a dentist or dental hygienist by May 31 of their first school year (public school kindergarten or first grade level).

Well Care Guidelines for Older Children and Teens*

Tests/Exams /Counseling	When to go to the doctor
	11 to 19 years
<input type="checkbox"/> Well Care Visit: Health history, physical exam, height, weight, Body Mass Index (BMI, a measure for healthy weight), healthy eating habits, vision (eye) and hearing** screenings, screenings for growth, development, risky behaviors, health education, advice on what to expect at your child's age	Every Year
<input type="checkbox"/> Blood Test	Every 5-10 years for all non-pregnant females who have started their periods
<input type="checkbox"/> Urine Test	As your doctor recommends
<input type="checkbox"/> Cholesterol Screening	As your doctor recommends
<input type="checkbox"/> Cervical Cancer Screening (Pap Smear)	Starting at age 21 for all women and then every 3 years
<input type="checkbox"/> Sexually Transmitted Disease (STD) Counseling (including Chlamydia, Human Papilloma Virus****)	Counseling for all sexually active persons and screening if at risk
<input type="checkbox"/> Human Immunodeficiency Virus*** (HIV) Screening	At least once for teens ages 15-19 and as recommended by your doctor
<input type="checkbox"/> Tuberculosis (TB) Risk Screening	Ask your doctor if your child is at high risk. TB test as recommended by your doctor

*Your doctor may order these tests more or less often as needed.

**Hearing test using a machine called audiometer, the test is given every few years.

***Human Immunodeficiency Virus (HIV) can cause acquired immune deficiency syndrome (AIDS).

****Human Papilloma Virus (HPV) can cause cervical cancer and genital warts.

You may also talk with your child's doctor about:

(check the ones you want to talk with your doctor about)

- | | | |
|--|---|---|
| <input type="checkbox"/> Abuse and Violence | <input type="checkbox"/> Exercise | <input type="checkbox"/> Prenatal Health (for pregnant women) |
| <input type="checkbox"/> Asthma | <input type="checkbox"/> Family Planning/Birth Control/Breast Feeding | <input type="checkbox"/> Safety |
| <input type="checkbox"/> Dental Health | <input type="checkbox"/> Healthy Foods | <input type="checkbox"/> STDs and HIV |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> High Blood Pressure | <input type="checkbox"/> Weight Concerns |
| <input type="checkbox"/> Depression | <input type="checkbox"/> How to Quit Smoking | <input type="checkbox"/> Any other concerns you may have |
| <input type="checkbox"/> Drug and Alcohol Problems | <input type="checkbox"/> Parenting | |



Member Services

1-888-285-7801
TTY 1-888-757-6034

1-800-605-2556
TTY 1-800-735-2929

1-888-839-9909
TTY 1-866-522-2731

Nurse Advice Line 24/7 for health questions

1-800-224-0336
TTY 1-800-368-4424

1-800-605-2556
TTY 1-800-735-2929

1-800-249-3619
TTY 1-866-735-2929

Website

www.anthem.com/ca

www.care1st.com

www.lacare.org