

Children's Health

What are immunizations?

To be immune means to be protected. The body's immune system fights off sickness. Immunizations or vaccines strengthen your resistance to serious disease. They contain a dead or a weakened germ that causes a certain disease. Your body practices fighting by making antibodies that recognize that germ. As a result, your antibodies are in place and you don't get sick if you are exposed to the disease. Vaccines normally are given in multiple doses (shots) over time.

Risks of immunizations and not being immunized

Without a vaccine, you must contract a disease to become immune to the germ that causes it. Misinformation leads some parents to not immunize their children, putting them and others at greater risk for illness and even death. As more people choose to not vaccinate their children, outbreaks become more common. Yes, children sometimes have a reaction, like a mild fever or rash, after receiving a vaccine. But the risk of serious reactions is small compared with the risks of the diseases vaccines prevent.

When should you get immunizations?

Vaccines work best when given at certain ages. The first doses of immunizations are from birth through 18 months. The remaining shots occur between ages 4 and 6. The last vaccinations are given to children 11-12 years old and at 16. [Click here](#) for the Centers for Disease Control and Prevention immunization schedule.

Did you know?

Today, children in the United States get vaccines that protect them from more than a dozen diseases like measles, polio, tetanus, diphtheria and pertussis (whooping cough). Thanks to years of immunization, most of these illnesses rarely happen. Immunizations have protected millions of children from dangerous diseases and saved thousands of lives. Although some vaccines received in childhood provide years or protection, **adults need immunizations, too.**

Call to action

Talk with your doctor about which immunizations your children need. Most insurances cover immunizations for no extra cost. You can also can receive low-cost or free vaccines through many health clinics and vaccination campaigns.

Resources

- <http://kidshealth.org/en/kids/immune.html>
- <https://medlineplus.gov/childhoodimmunization.html>
- <https://www.cdc.gov/vaccines/schedules/hcp/child-adolescent.html>

This page was compiled by the FBCG Health Ministry. For more information, visit their tables between services on Sunday, March 26. "Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers" 3 John 1:2.