



He looks into your eyes and smiles. She holds up her head and laughs when you call her name. He sits alone, teetering until your hand steadies him. She toddles into your protective arms.

These are precious times in your baby's life — not just because they're milestones, but because they're reminders that it's time to vaccinate your child against dangerous diseases. Your baby needs to be vaccinated at 2 months, 4 months, 6 months, 12 months, and 15 to 18 months, and she is counting on you every step of the way.

Two, four, six, twelve, fifteen - eighteen. They are more than just the times you will always want to remember. They are the times you never want to forget.

## Build your child's health

# These are the times you'll always want to remember.

### Always remember to vaccinate your baby on time.

No one else can do it for you. Protecting your child from childhood diseases by making sure vaccinations are on time is up to you. If you're not sure your child's vaccines are up to date, call your doctor's office or clinic today and find out.

You can get free or low-cost vaccines for your baby through the Texas Vaccines for Children Program (TVFC). Ask your doctor or clinic if they participate in the TVFC program.

For more information about the TVFC Program, about vaccines and childhood diseases, or about how to find a doctor or clinic where your child can get vaccinations, call (800) 252-9152.



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## Vaccinate your baby at 2, 4, 6, 12, and 15 - 18 months.

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## THE DANGERS YOUR BABY FACES

Childhood diseases can have lifelong effects and may be deadly to your baby.

**Measles** causes a rash, cough, and high fever. It can lead to pneumonia, seizures, brain damage, or death.

**Tetanus** is sometimes called lockjaw. The germ that causes tetanus enters the body through a cut or wound. It causes severe muscle spasms. Two out of ten people who get this disease die.

**Varicella** or Chickenpox, causes a fever, itching, tiredness and a blistering rash that lasts about a week. It can also cause pneumonia or death.

**Mumps** causes a fever, headaches, muscle aches, tiredness, loss of appetite, and swollen glands under the jaw. It can lead to hearing loss or meningitis.

**Rubella**, (German Measles) or three-day measles, causes a rash and mild fever. Most children who get it recover quickly. But a pregnant woman who gets rubella could lose her baby or give birth to a baby with brain damage, heart disease, or other serious problems.

**Diphtheria** causes a thick coating in the nose or throat. It can lead to breathing problems, heart failure, paralysis, or death.

**Pertussis**, or whooping cough, causes serious coughing spells that makes it hard for a baby or child to breathe.

**Polio** starts with a fever and muscle spasms. Some people who get it will never be able to move their arms or legs.

**Influenza**, also known as "the flu" causes high fever, chills, muscles aches, cough, runny or stuffy nose, sore throat, and sometimes death.

**Haemophilus influenzae tipo b (Hib)** is a germ that can cause meningitis. Meningitis is a dangerous swelling of the covering of the brain or spinal cord. Hib also can cause pneumonia or other infections.

**Meningococcal** diseases can lead to meningitis and blood infections. Death, brain damage, hearing loss, kidney failure, or loss of limbs can occur.

**Pneumococcal** diseases can lead to meningitis, blood infections, pneumonia, and ear infections. Hepatitis B causes severe liver disease, liver cancer, or death.

**Hepatitis A** causes severe jaundice, abdominal pain, loss of appetite, diarrhea, and fever.

**Rotavirus** causes severe diarrhea, fever, and vomiting. The vomiting and diarrhea can last for three to eight days and cause dehydration.

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At 6 months of age your baby can now get their first flu vaccine. The best way to protect your child from the flu is to get them vaccinated. The flu vaccine protects against three to four influenza viruses research believes will be most common during the season. Children 6 months through 8 years of age need 2 doses of flu vaccine given one month apart if it is their first time getting the flu vaccine. To help protect babies before 6 months of age, the mother should get her vaccine while pregnant.

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