

## Childhood Vaccination



Childhood vaccination is essential, as it helps provide immunity to minors before they are exposed to life-threatening diseases. The Centers for Disease Control and Prevention (CDC) and the American Academy of Pediatrics (AAP) have created an immunization schedule so that children are protected at the right time.

### Are vaccines safe?

Yes, vaccines are safe. In the United States, vaccine safety is led by two surveillance systems: the CDC and the Food and Drug Administration (FDA).

Before a new vaccine is approved, it must go through clinical trials where it analyzes safety, side effects, and efficacy. The FDA only authorizes a vaccine if it is safe, effective, and if its benefits outweigh any risks. After a vaccine is approved and recommended for use, the CDC and FDA continue to monitor the safety and effectiveness of the vaccine.

### Do vaccines work?

Most vaccines are 90% to 99% effective in preventing disease. Like any medication, there are potential risks and side effects associated with vaccines. These effects are usually mild and short-lived, such as swelling at the injection site. Side effects are rarely severe.



### Recommended Vaccines

#### Birth:

Babies get antibodies during pregnancy from vaccines their mothers received. However, it begins to disappear around the first year of life.

Vaccine	Dose
Hepatitis B	One dose is recommended for infants whose mothers have tested positive. For other babies, the decision will be up to the parents and their doctor.

#### From 2 months of age:

Vaccine	Dose
DTaP vaccine: It prevents three serious diseases: Diphtheria Tetanus Whooping cough	<u>First dose:</u> 2 months <u>Second dose:</u> 4 months <u>Third dose:</u> between 6 months <u>Fourth dose:</u> 15-18 months <u>Fifth dose:</u> between 4 and 6 years old
Haemophilus influenzae type b (Hib) vaccine,	<u>First dose:</u> 2 months <u>Second dose:</u> 4 months <u>Third dose:</u> 6 months <u>Fourth dose:</u> between 12 and 15 months

Continuation of 2-month-old vaccines:

Vaccine	Dose
Polio vaccine: prevents the Polio virus (IPV)	<u>First dose:</u> 2 months <u>Second dose:</u> 4 months <u>Third dose:</u> between 6 and 18 months <u>Fourth dose:</u> between 4 and 6 years old
Pneumococcal vaccine (PCV)	<u>First dose:</u> 2 months <u>Second dose:</u> 4 months <u>Third dose:</u> 6 months <u>Fourth dose:</u> between 12 and 15 months
Rotavirus (RV) vaccine	<u>First dose:</u> 2 months <u>Second dose:</u> 4 months <u>Third dose:</u> 6 months

From 12 to 18 months of age:

Vaccine	Dose
Measles, Mumps, and Rubella (MMR) vaccine.	<u>First dose:</u> from 12-15 months <u>Second dose:</u> 4 to 6 years
Chickenpox Vaccine	<u>First dose:</u> from 12-15 months <u>Second dose:</u> 4 to 6 years
Hepatitis A	<u>First dose:</u> from 12-23 months <u>Second dose:</u> administered 6 months apart from the first dose.

From 6 months:

Vaccine	Dose
COVID-19	Parents should talk with their pediatrician to decide if this vaccine is right for their child.
Flu	<u>First dose:</u> from 6 months. <u>Second dose:</u> If it is the first time and you are under 9 years of age, the second dose should be administered four weeks after the first dose. <u>Reinforcement:</u> annual

If you have questions about vaccines, contact your pediatrician. There are more vaccines than those mentioned above that help protect the health of the infant.

### Social and Emotional Aspect

For tips, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after medical treatment, please visit your primary care doctor or call the following phone lines:

**Medical Advice Line** 1-844-347-7801  
**TTY/TDD** 1-844-347-7804  
**APS Health** 787-641-9133

### References:

<https://www.cdc.gov/vaccines/imz-schedules/child-easyread-es.html>  
<https://www.salud.pr.gov/CMS/107>

Prepared by licensed Health Educators.  
 Revised December 2025.  
 ©First Medical Health Plan, Inc.