

ARKids 1st Growing Healthy ARKids!

Vaccines Save Multiple Lives

Vaccines are the safest way to protect your children and the people around them from serious – even deadly – preventable diseases.

Did you know?

Measles is such a contagious disease that 90% of people who come in contact with it get the measles if they are not vaccinated.

Sadly, some of the most contagious preventable diseases are most dangerous to:

- Pregnant women and their developing baby
- Babies and children less than 2 years old
- People over 65 years old
- Chronically ill people
- People on certain long-term medications

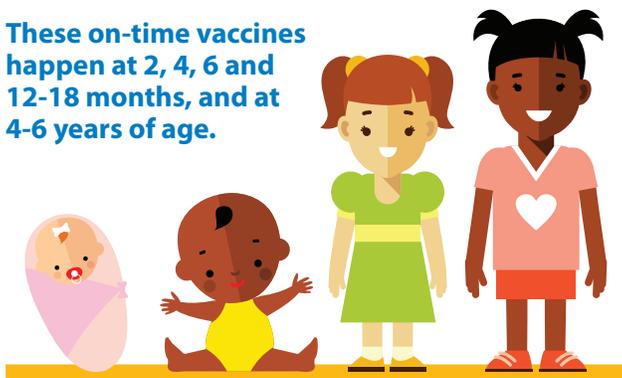
Talk to your child's doctor about the risks of not getting all your child's vaccines. The danger is for your child and at-risk people in your community.

MMR prevents measles, mumps, and rubella.

DTaP prevents pertussis (whooping cough), diphtheria, and tetanus.

Yearly influenza vaccine prevents the flu for people from 6 months of age.

These on-time vaccines happen at 2, 4, 6 and 12-18 months, and at 4-6 years of age.



Flu Prevention

Everyday ways to stop the spread of germs



- While sick, limit contact with others as much as possible to keep from infecting them.



- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other needs that can't wait. (Your fever should be gone for 24 hours without using medicine to bring down your fever.)



Flu-like symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue.



- Cover your nose and mouth with a tissue when you cough or sneeze. After using a tissue, throw it in the trash, and wash your hands.



- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.



- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may have been exposed to germs like the flu.

The best defense against the flu is an annual flu shot for you and your kids. ARKids covers your kids' shots.

For more ways to beat the flu, look online at cdc.gov/flu/consumer/prevention

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