



Immunizations Guide

Keep your little ones **healthy and happy.**



Complete Pediatric Care for the Ones you Love.

Childhood is a period of growth and development and it's important that you schedule exams on a regular basis to make sure they're developing and thriving.

At TrueCare, our pediatric providers are specially trained to diagnose and treat children's unique health issues and focus on guiding children on the path to good health. Our warmhearted team of healthcare professionals and dedicated pediatric providers help children and their families feel safe and cared for—wellness for the entire family.

Pediatric services include:

- Well-Child and Sick-Child exams
- Immunizations
- Asthma management
- Attention Deficit and Hyperactivity Disorder (ADHD and ADD)
- Child Health and Disability Prevention exams (CHDP)
- Academic Success Program (ASP)
- Childhood obesity screening, prevention and management
- Breastfeeding education and support
- Dental care
- Hearing and vision screenings
- School and sports physicals
- Behavioral health
- Chiropractic care





My Immunizations

Child's Name / _____

Birth Date / _____

Health Inside. Welcome In.

4 Convenient Locations Ready to Welcome You

TrueCare Carlsbad / (760) 736-6767

1295 Carlsbad Village Drive, Suite 100, Carlsbad, CA 92008

TrueCare Encinitas / (760) 736-6767

1130 2nd Street, Encinitas, CA 92024

TrueCare Mission Mesa Pediatrics / (760) 736-6767

2210 Mesa Drive, Suite #300, Oceanside, CA 92054

TrueCare San Marcos / (760) 736-6767

150 Valpreda Road, San Marcos, CA 92069

Call Center Hours

Monday – Friday: 7:30am – 6:00pm

Saturday: 8:00am – 5:00pm

If you need us after hours, your call will be directed to our answering service who will put you in touch with our on-call provider. If you are experiencing an emergency, please call 911.

A soft-focus background image of a woman with curly hair and a young child with short dark hair, both smiling and looking upwards. The child is in the foreground, slightly to the left, and the woman is behind them to the right. The overall tone is warm and positive.

Your Child's Well-Child Exams & Immunizations

Well-child exams and immunizations are very important for a newborn. Typically, you will return to TrueCare 1 to 3 days after your baby is born to get his or her first wellness exam. After the first exam, your baby will need follow-up exams and immunizations every 2 to 3 months for at least the first year. Talk with your child's pediatrician about the exams and vaccinations that are recommended for your child.

On the next few pages you'll find an overview of the various vaccines that your child should have from birth through 6 years of age. This immunization schedule was created to help provide information on the most important child immunizations through the first 6 years of the child's life.



What happens during a child wellness exam?

The pediatrician conducts a physical exam and provides vaccinations (if needed) to keep your child up to date. The doctor will also track growth and behavioral milestones, diagnose any health problems, and provide recommendations to improve fitness, nutrition and overall health.

Why Are Vaccines So Important?

Vaccines are a way of providing the body with immunity to diseases in order to prevent the infection, rather than treating it after exposure. There are many diseases that have been identified and proven so harmful to the general public that vaccines, also known as immunizations, were developed in order to help prevent future generations from catching the disease and suffering its ill effects. A vaccine for a particular disease or group of diseases helps encourage the body's immune system to resist these specific types of infections.

Everyone is born with an immune system that helps fight germs by producing natural antibodies to protect the body from these foreign invaders. However, everyone's bodies do not come equipped with naturally developed antibodies for all diseases without first being exposed to the disease itself. That is where the development and implementation of vaccines comes into play so that they can provide immunity to the greater population without everyone needing to be exposed to the germs first.

Vaccines are important to the overall health and well-being of the community. There are some people in your community who are not able to get vaccinations for health reasons, or they are undergoing certain health treatments that make them more susceptible to disease. Each healthy person who gets vaccinated will help protect others who are unable to do so. Advances in science and medicine have led to the development of vaccinations against harmful and even deadly diseases, and they help to protect current and future generations of people more than ever before. In fact, the more people who are vaccinated against a disease, the less chance a disease has of taking root in a community and harming people.

Immunizations and Developmental Milestones for Your Child from Birth Through 6 Years Old

		Birth	1 month
Recommended Immunizations	Hepatitis B (HepB)	HepB	HepB
	Rotavirus (RV)		
	Diphtheria, Tetanus, Pertussis (DTaP)		
	Haemophilus influenzae type b (Hib)		
	Pneumococcal (PCV)		
	Inactivated Poliovirus (IPV)		
	Influenza (Flu)		
Milestones *	Milestones should be achieved by the age indicated. Talk to your child's doctor about age-appropriate milestones if your child was born prematurely.	<div><input type="checkbox"/> Recognizes caregiver's voice</div> <div><input type="checkbox"/> Turns head toward breast or bottle</div> <div><input type="checkbox"/> Communicates through body language, fussing or crying, alert and engaged</div> <div><input type="checkbox"/> Startles to loud sounds</div>	<div><input type="checkbox"/> Starts to smile</div> <div><input type="checkbox"/> Raises head when on tummy</div> <div><input type="checkbox"/> Calms down when rocked, cradled or sung to</div> <div><input type="checkbox"/> Pays attention to faces</div>
Growth	At each well child visit, enter date, length, weight, and percentile information to keep track of your child's progress.	<div>WEIGHT / PERCENTILE</div> <div>LENGTH / PERCENTILE</div> <div>HEAD CIRCUMFERENCE</div>	<div>WEIGHT / PERCENTILE</div> <div>LENGTH / PERCENTILE</div> <div>HEAD CIRCUMFERENCE</div>



Shaded boxes indicate the vaccine can be given during shown age range.

VISIT DATE

VISIT DATE

* Milestones adapted from *Caring for your baby and young child: Birth to age 5, Fifth Edition*, edited by Steven Shelov and Tanya Remer Altmann © 1991, 1993, 1998, 2004, 2009 by the American Academy of Pediatrics and Bright Futures: Guidelines for health supervision of infants, children, and adolescents, Third Edition, edited by Joseph Hagan, Jr., Judith S. Shaw, and Paula M. Duncan, 2008, Elk Grove Village, IL: American Academy of Pediatrics.

This is not an exhaustive list of milestones from 0-6 years. See more at www.cdc.gov/milestones

If your child has any medical conditions that put him at risk for infections or is traveling outside the United States, talk to your child's doctor about additional vaccines that he may need.

Child's Name _____ Birth Date _____

Bring this to all
of your child's
medical visits!

2 months	4 months	6 months
		HepB
RV	RV	RV
DTaP	DTaP	DTaP
Hib	Hib	Hib
PCV	PCV	PCV
IPV	IPV	IPV
		Flu Shot
<div><input type="checkbox"/> Begins to smile at people</div> <div><input type="checkbox"/> Coos, makes gurgling sounds</div> <div><input type="checkbox"/> Begins to follow things with eyes</div> <div><input type="checkbox"/> Can hold head up</div>	<div><input type="checkbox"/> Babbles with expression</div> <div><input type="checkbox"/> Likes to play with people</div> <div><input type="checkbox"/> Reaches for toy with one hand</div> <div><input type="checkbox"/> Brings hands to mouth</div> <div><input type="checkbox"/> Responds to affection</div> <div><input type="checkbox"/> Holds head steady, unsupported</div>	<div><input type="checkbox"/> Knows familiar faces</div> <div><input type="checkbox"/> Responds to own name</div> <div><input type="checkbox"/> Brings things to mouth</div> <div><input type="checkbox"/> Rolls over in both directions</div> <div><input type="checkbox"/> Strings vowels together when babbling ("ah", "eh", "oh")</div>
<div>_____</div> <div>WEIGHT / PERCENTILE</div>	<div>_____</div> <div>WEIGHT / PERCENTILE</div>	<div>_____</div> <div>WEIGHT / PERCENTILE</div>
<div>_____</div> <div>LENGTH / PERCENTILE</div>	<div>_____</div> <div>LENGTH / PERCENTILE</div>	<div>_____</div> <div>LENGTH / PERCENTILE</div>
<div>_____</div> <div>HEAD CIRCUMFERENCE</div>	<div>_____</div> <div>HEAD CIRCUMFERENCE</div>	<div>_____</div> <div>HEAD CIRCUMFERENCE</div>

12 months - 6 years continued on next page.

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U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention



American Academy
of Pediatrics
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Immunizations and Developmental Milestones for Your Child from Birth Through 6 Years Old

		12 months	15 months
Recommended Immunizations	Hepatitis B (HepB)	HepB (Final dose administered between 6 and 18 months)	
	Diphtheria, Tetanus, Pertussis (DTaP)		DTaP
	Haemophilus influenzae type b (Hib)	Hib	
	Pneumococcal (PCV)	PCV	
	Inactivated Poliovirus (IPV)	IPV (Third dose administered between 6 and 18 months)	
	Influenza (Flu)	Flu Shot	
	Measles, Mumps, Rubella (MMR)	MMR	
	Varicella	Varicella	
	Hepatitis A	Hep A	
Milestones*	Milestones should be achieved by the age indicated. Talk to your child's doctor about age-appropriate milestones if your child was born prematurely.	<input type="checkbox"/> Cries when mom or dad leaves <input type="checkbox"/> Says "mama" and "dada" <input type="checkbox"/> Copies gestures (for example, waves "bye bye") <input type="checkbox"/> May stand alone <input type="checkbox"/> Looks at right picture or thing when named	<input type="checkbox"/> Imitates what you are doing <input type="checkbox"/> Drinks from a cup <input type="checkbox"/> Scribbles on his own <input type="checkbox"/> Walks well <input type="checkbox"/> Says a couple of words other than "mama" and "dada"
Growth	At each well child visit, enter date, length, weight, and percentile information to keep track of your child's progress.	<div>WEIGHT / PERCENTILE</div> <div>LENGTH / PERCENTILE</div> <div>HEAD CIRCUMFERENCE</div>	<div>WEIGHT / PERCENTILE</div> <div>LENGTH / PERCENTILE</div> <div>HEAD CIRCUMFERENCE</div>

Shaded boxes indicate the vaccine can be given during shown age range.

VISIT DATE

VISIT DATE

Child's Name _____ Birth Date _____

18 months	19-23 months	2-3 years	4-6 years
			DTaP
			IPV
		Flu Shot (Age 2 & 3)	Flu Shot (Age 4, 5 & 6)
			MMR
			Varicella
<div><input type="checkbox"/> Points to show others something interesting</div> <div><input type="checkbox"/> Says several single words</div> <div><input type="checkbox"/> Points to one body part</div> <div><input type="checkbox"/> May walk up steps and run</div>	<div><input type="checkbox"/> Plays mainly beside other children</div> <div><input type="checkbox"/> Follows two-step commands</div> <div><input type="checkbox"/> Plays simple make-believe games</div> <div><input type="checkbox"/> Throws ball overhand</div>	<div><input type="checkbox"/> Can name most familiar things</div> <div><input type="checkbox"/> Shows affection for friends without prompting</div> <div><input type="checkbox"/> Turns book pages one at a time</div> <div><input type="checkbox"/> Kicks a ball</div>	<div><input type="checkbox"/> Speaks very clearly</div> <div><input type="checkbox"/> Tells stories</div> <div><input type="checkbox"/> Can print some letters or numbers</div> <div><input type="checkbox"/> Hops; may be able to skip</div> <div><input type="checkbox"/> Enjoys playing with other children</div>
<div>WEIGHT / PERCENTILE</div> <div>LENGTH / PERCENTILE</div> <div>HEAD CIRCUMFERENCE</div>	<div>WEIGHT / PERCENTILE</div> <div>LENGTH / PERCENTILE</div> <div>HEAD CIRCUMFERENCE</div>	<div>WEIGHT</div> <div>HEIGHT</div> <div>BMI</div>	<div>WEIGHT</div> <div>HEIGHT</div> <div>BMI</div>

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Frequently Asked Questions About Immunizations

Are vaccines safe?

Vaccines are very safe. The United States has systems in place to ensure our vaccine supply is safe. The side effects are going to be very mild and are mainly caused by the injection. There may be a little pain and swelling where the immunization was given. Some infants will get fussy and others may get a very low fever. But these side effects do not last long, and you'll have peace of mind knowing your children are being protected from disease.

Why should I vaccinate my child if most of the diseases are gone from the U.S.?

While it may seem silly to vaccinate for a disease that hasn't been around in decades, trust that it's still important to vaccinate. Often, there are still a few rare cases a year in the US or other countries still suffer from the diseases and they could resurface here from international travelers. It's much better to continue the immunization schedule versus face a wide outbreak due to dropping the vaccine from the schedule.

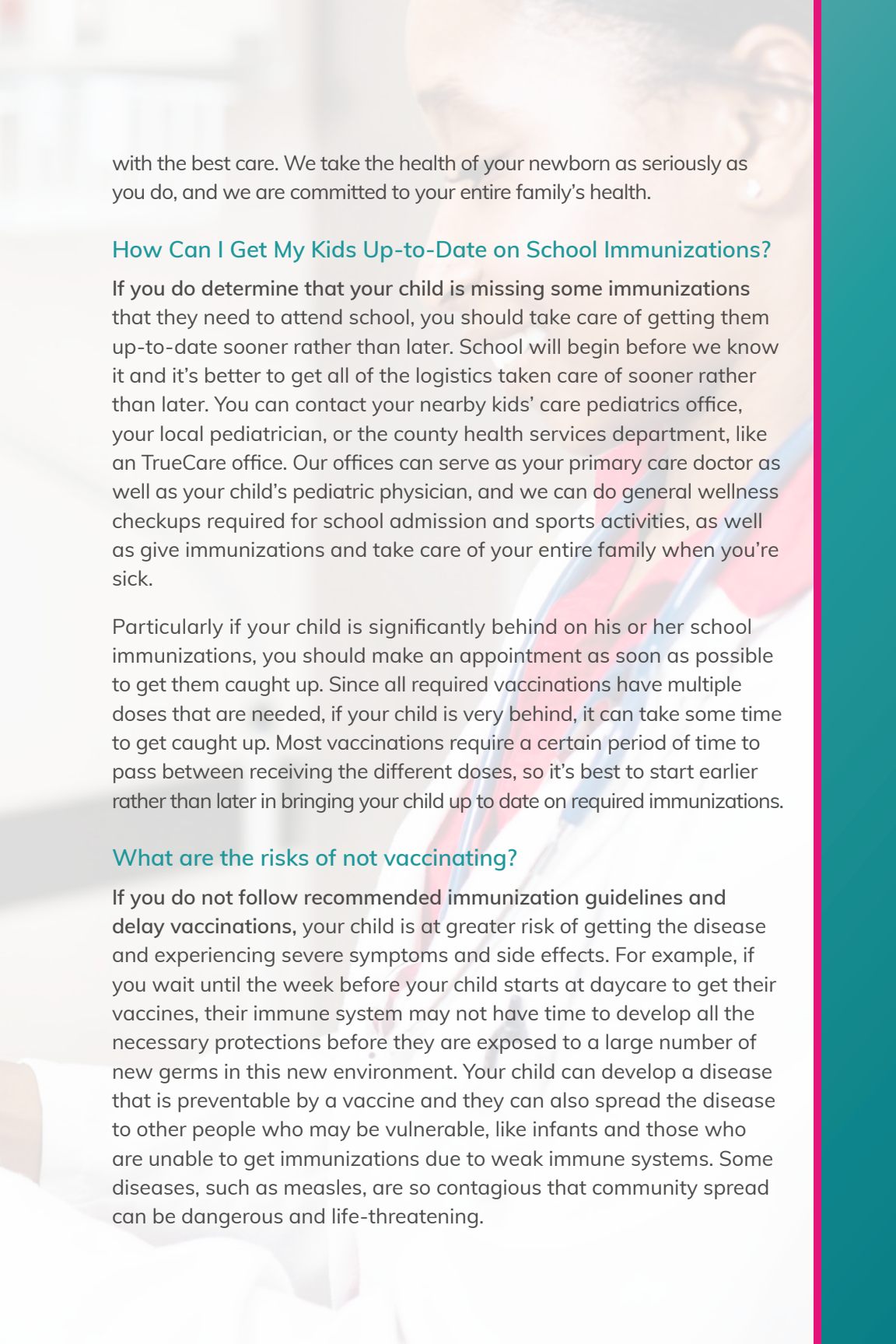
Can I delay infant immunizations until they are older?

You shouldn't delay infant immunizations because the schedule is designed to protect the newborn from disease before they have the chance to come in contact with it. There are no known benefits to delaying your child's vaccinations. However, if you have already delayed the immunization, then you can still schedule an appointment to catch-up. The primary reason to begin giving vaccines early is to reduce the risk that infants especially are susceptible to.

Does it matter where I go for newborn immunizations?

To ensure the safest and most sanitary experience for your infant, make sure you go to an established health center that offers pediatric care services. At TrueCare, our pediatric center professionals understand the importance of newborn immunizations and we provide our customers





with the best care. We take the health of your newborn as seriously as you do, and we are committed to your entire family's health.

How Can I Get My Kids Up-to-Date on School Immunizations?

If you do determine that your child is missing some immunizations that they need to attend school, you should take care of getting them up-to-date sooner rather than later. School will begin before we know it and it's better to get all of the logistics taken care of sooner rather than later. You can contact your nearby kids' care pediatrics office, your local pediatrician, or the county health services department, like an TrueCare office. Our offices can serve as your primary care doctor as well as your child's pediatric physician, and we can do general wellness checkups required for school admission and sports activities, as well as give immunizations and take care of your entire family when you're sick.

Particularly if your child is significantly behind on his or her school immunizations, you should make an appointment as soon as possible to get them caught up. Since all required vaccinations have multiple doses that are needed, if your child is very behind, it can take some time to get caught up. Most vaccinations require a certain period of time to pass between receiving the different doses, so it's best to start earlier rather than later in bringing your child up to date on required immunizations.

What are the risks of not vaccinating?

If you do not follow recommended immunization guidelines and delay vaccinations, your child is at greater risk of getting the disease and experiencing severe symptoms and side effects. For example, if you wait until the week before your child starts at daycare to get their vaccines, their immune system may not have time to develop all the necessary protections before they are exposed to a large number of new germs in this new environment. Your child can develop a disease that is preventable by a vaccine and they can also spread the disease to other people who may be vulnerable, like infants and those who are unable to get immunizations due to weak immune systems. Some diseases, such as measles, are so contagious that community spread can be dangerous and life-threatening.

All the services your child needs to **thrive.**

Pediatric Dental

Great oral health is an important part of your child's overall health and wellbeing. At TrueCare, our experienced dentists and dental hygienists have the knowledge and compassion to keep your little ones smiling for years to come. We proudly offer dental services at 5 of our health center locations including San Marcos, Oceanside Dental, Oceanside Specialty, Ramona and Perris.

- Children should visit the dentist as soon as their **first tooth** breaks the surface.
- Decay in baby teeth can cause decay and disease in permanent adult teeth.
- Kids should see a dentist every **6 months**.
- Children with oral health problems miss school **3 TIMES** more than the average kid due to dental pain.

Behavioral Health

Our behavioral health services provide a welcoming place where you and your family can feel safe, respected and valued while receiving the treatment you need.

TrueCare has compassionate behavioral health specialists integrated into our Pediatrics department to help expertly guide you and your child on a journey towards a happier and more confident life. Please don't delay getting the care you need—we're here to help.





Academic Success Program

TrueCare's Academic Success Program (ASP) provides solutions to the challenges underachieving students face. ASP refers struggling students for testing at a TrueCare location to identify and diagnose the cause of academic underachievement. Diagnosis through the school system can take months, often leaving a child to suffer longer than they should. ASP expedites the process of diagnosing a learning disorder or other issues that may impact learning so the child can receive intervention sooner. Once a child enrolls in ASP, TrueCare providers use state-of-the-art assessments to identify the issue and recommend an action plan for improvement.

Nutrition Services (WIC)

WIC helps families by providing nutrition education, breastfeeding support, vouchers for healthy foods, and referrals to healthcare and other community services.

WIC serves babies and children up to age 5, pregnant women, and new mothers that have low-moderate income. Dads, grandparents, foster parents of young children, and working families are welcome at WIC too!

If you need more information or would like to schedule a WIC appointment, call (888) 477-6333.

Talk with your child's provider about any of these services or call (760) 736-6767.

Help and Guidance

Care you can trust.

Being a parent comes with a lot of questions and concerns. It's always best to consult with your child's provider with any questions or concerns you may have, but here is a list of trusted provider approved websites with pediatrics resources and information:

www.truecare.org

www.aap.org

www.healthychildren.org

www.kidshealth.org

Need a Ride?

We offer rides to and from your appointment at TrueCare for free.

Call (760) 736-6791 to schedule your ride!

Insurance Assistance

TrueCare can help you find an affordable health care coverage option and assist you in filling out the application for FREE.

Call (760) 736-6734 to schedule an appointment.





Health inside. Welcome in. Salud adentro. Bienvenido.



(760) 736-6767



11 convenient locations throughout
north San Diego and Riverside counties



truecare.org