



## **A CUP OF HEALTH WITH CDC**

### *Staying Ahead of Childhood Diseases*

*National, State, and Selected Local Area Vaccination Coverage Among Children Aged 19-35 Months---United States, 2013*

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*[Announcer] This program is presented by the Centers for Disease Control and Prevention.*

[Dr. Gaynes] Welcome to *A Cup of Health with CDC*, a weekly feature of the *MMWR*, the Morbidity and Mortality Weekly Report. I'm your host, Dr. Robert Gaynes.

Many childhood diseases that used to cause epidemics in the United States are now rare thanks to vaccinations. Dr. Laurie Elam-Evans is a researcher with CDC's National Center for Immunization and Respiratory Diseases. She's joining us today to discuss the importance of keeping children up-to-date on recommended vaccinations. Welcome to the show, Laurie.

[Dr. Elam-Evans] Thank you, Bob. I'm glad to be here.

[Dr. Gaynes] Laurie, how many vaccinations are recommended for children?

[Dr. Elam-Evans] Ten vaccines are recommended for children that protect them from deadly and highly contagious diseases, such as diphtheria, tetanus, whooping cough, measles, mumps, and chickenpox.

[Dr. Gaynes] At what age do children need to begin getting vaccinations?

[Dr. Elam-Evans] Newborns receive the first dose of hepatitis B vaccine at birth. Then, at two months, children should begin receiving additional doses of several vaccines. Follow up with your child's healthcare provider for the vaccination schedule.

[Dr. Gaynes] Are most children up-to-date on their vaccinations?

[Dr. Elam-Evans] Most parents are choosing to vaccinate their children and we are at 80 to 90 percent for most vaccines. We need to be vigilant with vaccination coverage and some of the challenges are for doses during the second year of life. Use each visit with your child's doctor to keep your child up-to-date.

[Dr. Gaynes] Well, what should a parent do if their child's behind on their vaccines?

[Dr. Elam-Evans] There are always opportunities to catch up with vaccines. If your child misses a shot, follow up with your child's doctor and he or she can help your child get up to date.

[Dr. Gaynes] Laurie, what about the safety of these vaccines?

[Dr. Elam-Evans] Vaccines have proven to be safe and effective. The *real* risk is *not* getting vaccinated. As we've seen recently with measles, there are pockets of communities that are unvaccinated. This makes the community at risk for illness and disease outbreaks and even death.

[Dr. Gaynes] Where can listeners get more information about recommended childhood vaccines?

[Dr. Elam-Evans] Listeners can go to [cdc.gov/vaccines](http://cdc.gov/vaccines)

[Dr. Gaynes] Thanks, Laurie. I've been talking today with CDC's Dr. Laurie Elam-Evans about the importance of keeping kids up-to-date on their vaccinations. Parents: To protect your children from vaccine-preventable diseases, discuss their vaccine needs with a health care professional at each visit.

Until next time, be well. This is Dr. Robert Gaynes for *A Cup of Health with CDC*.

[Announcer] For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.