



A MINUTE OF HEALTH WITH CDC

Vanishing Varicella

Monitoring Trends in Varicella Incidence — Selected States, 2000-2010

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This program is presented by the Centers for Disease Control and Prevention.

Varicella, or chicken pox, is a contagious and potentially severe disease. Since the varicella vaccine was introduced in the US in 1996, the disease *is* less common. However, a significant number of children are not fully vaccinated.

To get the *best* protection, CDC recommends two doses of the vaccine; the first at 12 to 15 months of age and again at 4 to 6 years.

If your child hasn't gotten both doses, talk to your health care provider. Adolescents and adults who have never received the vaccine and have never had chicken pox should also get two doses, at least 28 days apart.

Thank you for joining us on *A Minute of Health with CDC*.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.