Child Care Provider Vaccinations

Immunizations are not just for children. Keeping up-to-date on your vaccinations help protect you and the children you work with from vaccine-preventable diseases that can be transmitted in a child care setting, including influenza, pertussis (whooping cough), and varicella.

As a child care provider you come into contact with many viruses and bacteria while working with children. Some diseases, such as pertussis, are more serious in children, while others, such as chicken pox, are worse for adults.

What vaccines should I consider?

**Yearly**  
**Flu vaccine** not only protects you from the flu each year but also helps make sure you do not spread the disease to children. The flu vaccine is recommended for everyone over the age of 6 months. Since the type of flu that sickens people every year changes, you should get a vaccination every year.

**Once**  
**Tdap vaccine** protects against pertussis, which affects the lungs and is spread from person to person through the air. Pertussis can be very serious, especially for infants who are too young to be vaccinated. An individual with a mild case of pertussis may have a bad, lingering cough and can still transmit the disease to young children. You likely received a series of vaccines as a child to prevent pertussis. However, the protection from those vaccines may have worn off. You can receive one Tdap vaccine as the best way to prevent pertussis as an adult.

**Varicella vaccine** protects against chickenpox. Many adults already have had chickenpox and are now immune to it. However, the disease can be serious for adults so adults who have never had chickenpox or been vaccinated should get two doses of the vaccine.

Resources

Talk to your doctor about getting the vaccines you need. Many places offer free or low-cost vaccines to people who do not have insurance or who cannot afford their copay. Call 2-1-1 to find out which clinics in your area offer immunizations.

The **Texas Department of State Health Services** provides Texas resources and you can also order posters and brochures. [www.dshs.state.tx.us/immunize](http://www.dshs.state.tx.us/immunize) or (800) 252-9152.

The **Centers for Disease Control and Prevention** offers reliable information about vaccines, vaccine-preventable diseases, and national recommendations. The website includes many resources, including a printable version of the adult immunization schedule [www.cdc.gov/vaccines/recs/schedules/default.htm](http://www.cdc.gov/vaccines/recs/schedules/default.htm). For more information on vaccine safety and frequently asked questions go to [www.cdc.gov/vaccinesafety/Concerns/Index.html](http://www.cdc.gov/vaccinesafety/Concerns/Index.html).

The **Immunization Action Coalition** offers educational materials on vaccines and diseases. [www.immunize.org](http://www.immunize.org).