



## Vaccinations & Immunization

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Immunization has saved the lives of more babies and children than any other medical intervention in the last 50 years. Canada had more than 61,000 reported cases of measles in a single five-year period before vaccines were introduced, and between the years 2000 and 2004, that number dropped to under 200 cases. Rubella (German measles) dropped from nearly 38,000 cases to just 29 during that same time period.

**"Vaccines are among the safest tools of modern medicine. In Canada, serious side effects occur very rarely — less than one in every one million doses of vaccine. If they do happen — they can be treated quickly and effectively.**

**The dangers of vaccine-preventable diseases are much greater than the risks of a serious reaction to a vaccine."**

Public Health Agency of Canada,  
2011

Even though the number of cases has dropped significantly, these diseases have not completely disappeared. If parents do not immunize their children, these diseases will become more common again. When you immunize your child, you help to keep these diseases under control for good. There was an outbreak of mumps in Nova Scotia in 2007, and measles in Toronto in 2008. Immunizing your children is an important step in safeguarding their health.

Health Canada states, "The continued success of immunization programs depends on a high level of public

participation and confidence in the [safety of vaccines](#). Unfortunately, misconceptions about the safety of vaccines exist. A small minority of people actively oppose immunization practices and spread these misconceptions. Their messages can be dramatic and cause confusion for people who want to make responsible, informed decisions about immunization for their children and themselves."

It can be difficult to convince parents that their children require vaccinations especially when the disease in question is not visible and therefore not a part of their daily lives. Diseases that were once common have almost disappeared steering parents to the misguided conclusion that their children do not require vaccinations.

On May 12, 2012 it was reported in the New York Times that, "Whooping Cough, or pertussis, a highly infectious respiratory disease once considered doomed by science, has struck Washington State this spring with a severity that health officials say could surpass the toll of any year since the 1940's, before a vaccine went into wide use."

Washington State has the highest percentage of parents in the nation who voluntarily exempted their children from one or more vaccines out of fear of side effects or for philosophical reasons. During the period of 1920 to 1940 Whooping Cough, then considered the dreaded disease of childhood, killed 5,000 to 10,000 children every year.

**Babies that are too young to receive vaccinations or haven't built up enough immunity often get the disease from a family member that was not vaccinated or failed to stay current with booster shots.**

As a parent, you know your child deserves the best our Canadian Health Services has to offer and one of the most important things you can do, is ensure your child is immunized against the following 13 vaccine-preventable diseases.



**Diphtheria** can cause serious breathing problems, damage your child's heart and nervous system, and cause paralysis.

**Tetanus** is a disease that most people think of if they step on a rusty nail. Tetanus is also found in dirt, manure and human stool. If tetanus gets into your baby's open cut, it can cause muscle spasms, convulsions and death.

**Pertussis** (whooping cough) can turn into severe coughing (whooping sound), choking, and vomiting. It can last for weeks or months, and may even cause death. It is most dangerous when your baby is under the age of six months.

**Polio** attacks your child's nervous system and can paralyze muscles or even cause death.

**Haemophilus influenzae type b (Hib)** can cause meningitis, an infection of the lining around your child's spinal cord and brain. It can also cause pneumonia, swelling in the back of the throat, deafness, and death.

**Measles** can cause a rash, high fever, cough, runny nose, and watery eyes that could last from 1–2 weeks. Measles can also cause pneumonia, convulsions, deafness, brain damage, and death.

**Mumps** can cause a fever, headache, and swollen, painful cheeks and neck. It could make your child deaf and cause meningitis. In rare cases, mumps can affect the future ability to have children.

**Rubella (German measles)** causes a fever and rash, which usually lasts for less than a week. If a pregnant woman who has no protection against rubella is exposed to this disease early in her pregnancy, she could have a miscarriage. After exposure to rubella, the baby could be born deaf, blind, or with heart or brain damage. Before you become pregnant, ask your doctor if you need rubella shot.

**Varicella (chicken pox)** causes a low fever and an itchy rash of blisters that form scabs. In some cases, chickenpox causes severe skin infections (like flesh-eating disease), scars, pneumonia, brain damage, or death.

**Hepatitis B** affects the liver and can sometimes cause liver cancer or other serious liver problems for your child.

**Pneumococcal disease** can cause pneumococcal meningitis, pneumonia, ear, and blood infections. It could make your child deaf or cause brain damage.

**Meningococcal disease** can cause meningitis, an infection of the lining around your child's spinal cord and brain or a blood infection. Children can die from meningitis.

**Influenza (flu)** is a common respiratory infection that begins in your child's nose and throat. Influenza can be serious - especially for infants and young children. If your child has influenza complications, she may have difficulty breathing or might develop pneumonia.



Parents are very concerned about the safety of vaccinations but be assured that vaccinations in Canada are incredibly safe. You might be interested to know that:

- ▶ Serious adverse reactions are rare. If they do happen, they can be treated quickly and effectively.
  - ▶ The dangers of vaccine-preventable diseases are many times greater than the risks of a serious adverse reaction to the vaccine.
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- ▶ Health authorities around the world take vaccine safety very seriously.
  - ▶ Expert committees in Canada investigate reports of serious adverse events.
  - ▶ There is **no evidence** that vaccines cause chronic diseases, autism, or sudden infant death syndrome.

## Baby's First Immunization

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- ▶ If your baby is sick or has a fever at the time of his/her appointment for immunization, talk to your doctor or nurse, and they will decide whether your baby can receive the vaccine, or if it's better to wait.
- ▶ Take your baby's immunization record with you to the doctor's office or public health office. The doctor will ask you questions about your baby's general health, allergies, and health problems.
- ▶ If you are relaxed, chances are your baby will be too. Cuddle your baby while the needle is being administered. Studies have shown that babies cry less when they are held during immunization. If you're breastfeeding, try feeding your baby just before or during the needle for their comfort. Letting your baby hear your gentle, soothing voice and feeling the soft touch of your hands can help comfort your baby.
- ▶ New research led by a physician at the Eastern Virginia Medical School was published in the journal 'Paediatrics' (April 2012), which shows that utilizing the five (5) S's right after immunization helped to not only reduce your baby's pain but also the time spent crying.
  1. Swaddling
  2. Putting the baby on his/her side or stomach
  3. Swinging or (rocking)
  4. Shushing
  5. Sucking a soother
- ▶ You'll be asked to stay in your doctor's or public health office for 15 minutes after your baby's immunization to check for allergic reactions. If you know your baby has allergies, be sure to tell your doctor or nurse before a vaccine is administered. Signs of serious allergic reaction include breathing problems (wheezing), swelling, and blotchy skin or hives on the body or around the mouth. If you see any of these symptoms or are concerned about your child's health, talk to the doctor or nurse immediately.
- ▶ Most babies are fine after immunization but some could become cranky, fussy, or sleepier than usual, have a low fever, a sore red spot, or a small swelling where the needle was injected. These reactions are normal and last for a few days at the most. Consult with your doctor, nurse, or pharmacist about medicine for pain and lowering the fever.



## When to Call Your Doctor

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Call your doctor immediately if your baby has any of the following symptoms after immunization:

- ▶ A fever above 40 °C or 104 °F
- ▶ A seizure or convulsions - often related to a very high fever
- ▶ Crying or fussing for more than 24 hours
- ▶ Worsening of swelling where the needle was injected
- ▶ Unusual sleepiness or unresponsiveness

You know your baby best. If you notice anything that is not normal or unusual after an immunization, we recommend that you contact your doctor or health professional.

## Timing of Immunizations



Immunization has saved the lives of more babies and children than any other medical intervention in the last 50 years. It is the safest and easiest way to protect your children from a wide range of preventable diseases. The timing of immunizations is very important. Children need to be immunized when they are very young because during the first two years of their lives they are most vulnerable to vaccine-preventable diseases such as pertussis (whooping cough) and meningitis. Immunization starts at two months of age to give your baby the most protection as early as possible. Vaccinations help your baby's body recognize diseases and stay healthy. To be fully protected, your baby will be immunized at the following ages:

- ✓ 2 months
- ✓ 4 months
- ✓ 6 months
- ✓ Between 12–18 months
- ✓ Between 4–6 years
- ✓ Additional immunizations are also provided to school-aged children between Grades 4 to 8. Some vaccines need to be given more than once to build your baby's immune system. Your children may also need a booster shot when they are older to keep their immunity strong.

If you've missed one or more of your child's vaccines, book an appointment with your doctor's office or public health office as soon as possible. They can tell you which vaccines your child has already had and which ones are needed.

## Immunization Schedules

If you need more information about your baby's immunization schedule, please visit [www.publichealth.gc.ca/immunization](http://www.publichealth.gc.ca/immunization). When your child receives her/his first vaccination, you'll get a card or booklet with the schedule for the rest of his/her immunizations. It's a good idea at each visit to make an appointment for the next. In some parts of Canada, children are required to have all of their immunizations up-to-date before starting school. Laws vary in different provinces and territories.

## Are your immunizations up to date?

When you immunize your baby, it's a good idea to check that your own immunizations are up-to-date.

## Myths vs. Facts

1. In 1916, 1931, and 1946 there was a major epidemic of polio (every fifteen years). The polio vaccine was introduced in 1955, which prevented an epidemic that was expected to occur in 1961.
2. Proof of immunization is required in some Canadian provinces before children are admitted to public school - Ontario and New Brunswick for diphtheria, tetanus, polio, measles, mumps and rubella immunization; and Manitoba for measles.
3. Vaccinations are among the safest medical products available. Prior to approval, they are extensively tested and continue to undergo rigorous and ongoing evaluations.
4. Polio, diphtheria, measles and pertussis (whooping cough) can lead to paralysis, pneumonia, choking, brain damage, heart problems and even death. The dangers of vaccine-preventable diseases are many times greater than the risk of a serious adverse reaction to the vaccine.
5. Vaccinations strengthen the immune system and protect children and adults from specific diseases. Scientists estimate that the immune system can recognize and respond to hundreds of thousands, if not millions, of different organisms. The vaccines recommended for Canadian children and adults use only a small portion of the immune system's overall capacity.
6. The first time a child encounters a vaccine-preventable disease it takes time for the immune system to respond – from days to weeks. Until that immunity develops, the disease can take hold, and in severe cases, can cause irreparable damage and even death.
7. The vaccine stimulates the immune system's memory so that there is an immediate response, eliminating germs before they can establish a significant infection.
8. The vast majority of vaccine-related side effects are minor and temporary, i.e. sore arm, slight fever, and a mild rash at the injection site, which can be controlled by acetaminophen.
9. Some people cannot have vaccines because of special medical conditions. When you are vaccinated, you help protect those people that cannot be immunized.



# MYTHS

## **1. *Receiving too many vaccinations will overwhelm my child's immune system.***

Your children can receive up to 23 shots by the time they are two years old and as many as 6 shots on a single visit at the doctor, so it's not surprising that many parents have concerns about how vaccines might affect a child's developing immunity.



A baby's body is barraged with immunologic challenges -- from bacteria in food to the dust that they breathe but compared to what they typically encounter during the course of a day, vaccines are literally a drop in the ocean.

It's safe to give your child simultaneous vaccines or vaccine combinations, such as the 5-in-1 vaccine called Pediarix, which protects against hepatitis B, polio, tetanus, diphtheria and pertussis (whooping cough). Vaccines are as effective in combination as they are individually.

## **2. *As long as other children are vaccinated, my children don't need to be vaccinated.***

Skipping vaccinations puts your baby at greater risk for potentially life-threatening diseases. To prevent the spread of infection within your family all your children need to be immunized.

## **3. *Now that major diseases have (for the most) disappeared, we don't need vaccines anymore.***

Many Canadian communities still have outbreaks of diseases like measles and pertussis, a respiratory illness characterized by spasms of coughing that can last for weeks or even months. Unvaccinated children can spread infections to vulnerable family members who don't have the immunity to fight it off, such as a six-month-old baby or a grandparent living at home.

You are not safe from a vaccine-preventable disease just because it is uncommon in Canada. Recent outbreaks of measles in Canada have been spread by people from foreign countries who travel here. Air travel has extended the range of diseases from countries where people aren't immunized.

## **4. *Vaccines cause autism and other disorders.***

Concerns about a link between a combination vaccine for measles, mumps, and rubella (MMR vaccine) and [autism](#), a developmental disorder, received a lot of hype from a single case reported in England, which was discredited time and time again. The notion that a link exists has persisted because autism tends to emerge around the same time that vaccinations are given to children – at one year of age. Not only is there no evidence that vaccinations cause autism, there's evidence compiled from fourteen (14) specific studies around the world that prove it doesn't cause autism.

Parents have also expressed similar fears about vaccines and the incidence of [Sudden Infant Death Syndrome \(SIDS\)](#). Numerous vaccines are given to babies during their first year when many developmental changes are simultaneously occurring, therefore, it is easy to see how parents would link the two together.

### **5. My baby might get the disease even though she received the vaccination.**

Since 1994, children have received polio vaccine made from killed virus so there's no risk of contracting the disease from the shot. A few vaccines that are on the schedule do, however, contain live weakened virus to provoke an immune response. These include the MMR and chickenpox immunizations wherein these vaccines have the potential to cause a little fever and rash but the illnesses are much less severe than if a child naturally contracted measles or chicken pox.



### **6. Vaccines contain dangerous preservatives.**

Until recently, many vaccination concerns centred on the safety of [thimerosal](#), a compound that prevents the vaccine from being contaminated by bacteria and contains a form of mercury called ethylmercury.

Mercury in large quantities is known to be harmful to a child's developing brain. Worries about thimerosal's effect on children prompted its removal from nearly all childhood vaccines in 1999. Ethylmercury does not pose the same health hazard as its cousin, methylmercury, a metal found in the environment that's known to accumulate in the body and cause harm to developing children. Children are exposed to mercury from many environmental sources such as the air we breathe, the water we drink, and the type of fish we eat.

Canada's 'National Advisory Committee on Immunization' is comprised of recognized experts in the field of paediatrics, infectious disease, immunology, medical microbiology, internal medicine and public health. They reviewed the latest scientific evidence and concluded: "...there is no legitimate safety reason to avoid the use of thimerosal-containing products for children or older individuals."

Vaccines do not contain anti-freeze and formaldehyde. Formaldehyde is used to inactivate or weaken the virus or bacteria used to make the vaccine but it is removed during the manufacturing process. Any trace amount that may remain is safe – in fact, our bodies produce more formaldehyde naturally than what is contained in the vaccine.

Vaccines contain 'adjuvant', which help stimulate the immune response and ensure that the vaccine is safe. Every batch of vaccine in Canada is tested before it is released for public use to ensure it meets rigorous standards.

### **7. Children with colds should not receive a vaccination.**

It's logical to assume that children would be more likely to have a bad reaction to a vaccine or that it might present an added burden to their immune system if they are fighting off a cold and yet studies show that having a mild illness doesn't affect children's ability to react appropriately

to the vaccine. If your child has a fever of 102° and an ear infection, it's not the best time to receive a vaccination but a low-grade fever, mild respiratory infection, or a little diarrhea shouldn't be reasons to delay a vaccination, especially if your child's illness is on the way out.

Vaccinations can trigger side effects including fever and rash as well as soreness at the site of the injection, but they are rarely cause for alarm. The 5-in-1 Pediarix is more likely to cause a low fever than the individual shots. In any event, contact your paediatrician and voice your concerns.

### **8. *I had chicken pox when I was a kid and it wasn't a big deal.***

Like several common childhood diseases, chicken pox isn't a big deal for most kids but on rare occasions, children have died from it. Before the chicken pox vaccine was introduced, many children were hospitalized each year with serious complications, including pneumonia and dangerous skin infections where chicken pox lesions became infected with staph, including necrotizing fasciitis (flesh-eating bacteria).

Getting the vaccine is especially important now because less of the chicken pox virus is in circulation. Children who don't get chicken pox or the vaccine are at risk of getting it as an adult, which is a much more serious illness.

### **9. *Vaccines provide 100% disease protection.***

The best vaccines are those made with a live weakened virus, such as MMR and chicken pox, which are about 95% effective. The effectiveness of vaccines made with killed, or inactivated virus is between 75-80%, which means there's a chance you could be vaccinated against a disease and still get it. Almost 100% of people that are *not* immunized will get sick. If all children are vaccinated against an organism, it's less likely to be present, which is why vaccinating an entire population is so important.



### **10. *It's best to wait until children are older before giving them vaccines.***

Immunization schedules are designed to protect the most vulnerable patients from disease and suffering. If you wait to give your children the vaccinations, you may miss the window of opportunity when they are most vulnerable and place them at greater risk.

### **11. *Some vaccines aren't safe because they are released too soon.***

Canada exercises tight scrutiny and strict criteria over the manufacturing of vaccines. All vaccines intended for use in Canada are subject to the provisions of the ['Food and Drug Act'](#) and the ['Food and Drug Regulations'](#). Before a new vaccine is authorized for use within the Canadian market, the manufacturer must submit scientific and clinical evidence that

demonstrates the safety and effectiveness of the vaccine and that the manufacturing process meets high standards of quality for all Canadians.

## The Vaccination Checklist

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- Make an appointment. The first vaccination starts at the age of 2 months.
- Bring your baby's 'Immunization Record', which you will receive at your first appointment.
- Make an appointment for your baby's next immunization before you leave your doctor's office or public health office.
- Mark the next date on your calendar as soon as you get home so you won't forget!
- Keep your baby's immunization record in a safe place.

## What is the Difference between Vaccination & Immunization?

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These terms are often used interchangeably but there is a difference.

- ➔ **Immunization** is the process of rendering a subject immune, or of becoming immune. Immunization can occur naturally, as your own body creates immunities to fight off a disease, or through the administration of a vaccine.
- ➔ **Vaccination** is the use of vaccines to help prevent certain diseases. The vaccine is the actual suspension (in a liquid form given orally or by injection) of weakened or non-live organisms.
- ➔ An **inoculation** is the introduction of live organisms to produce a mild form of the illness, thereby giving the body immunity. This differs from the vaccine, which generally uses weakened or non-live forms of the disease.

## Proof of Immunization Required

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Currently, students in Ontario and New Brunswick must be immunized against [measles](#), [mumps](#), [rubella](#), [tetanus](#), [diphtheria](#) and [polio](#), unless they obtain an exemption for religious, medical or philosophical reasons, and it is



signed by a notary. Failing to provide proof of immunization students will be placed on suspension. Students from Manitoba must provide proof of immunization for measles only.

Before attending school in **September 2014**, Ontario primary and secondary students will also have to prove they were immunized for three (3) more mandatory vaccinations: whooping cough, chickenpox and meningococcal disease. The requirement for the chickenpox vaccination is only for children born in 2010 or later.

Ontario health insurance now funds 21 vaccines to protect against 16 diseases. We recommend that all parents check with their doctor or local public health unit to make sure their children's immunization records are up to date.

Please click [Online Tool Helps Parents Report Kids' Vaccines](#) or [online vaccine reporting system](#) to update your children's vaccination records.

## Mobile Vaccine App Launched in Canada

"A hundred years ago, infectious diseases were the leading cause of deaths worldwide," says Ian Cuthbert, Executive Director of the Canadian Public Health Association (CPHA).

"Since the introduction of publicly funded immunization programs, they now cause less than 5% of all deaths in Canada," But recent outbreaks of influenza and measles across Canada show us that infectious diseases can still be a threat if your vaccinations aren't up to date. It is imperative that we all maintain our vaccinations, from infancy to your senior years, and the ImmunizeCA app helps us, right at our fingertips."



'[ImmunizeCA](#)', is an innovative mobile vaccine application that will enable people to manage their vaccination records, access their provincial or territorial vaccination schedule, and procure accurate information on the benefits of vaccinations. It also provides local outbreak alert notifications, vaccination resources and tools for children, adults and travellers.

[ImmunizeCA](#) is available **FREE** at the iTunes app store and Google Play.

### ImmunizeCA App will:

- ✓ allow you to keep track of your children's immunizations
- ✓ provide up-to-date evidence-based and expert-reviewed, bilingual health information about routine vaccinations for children, adults and travellers
- ✓ provide customized schedules based on date of birth, gender and place of residence

- ✓ provide you and each member of your family with information regarding vaccination status, including any that are overdue, flu vaccine status and the date of your last tetanus shot
- ✓ provide 'appointment reminders' for your entire family, and other information specific to your home province or territory
- ✓ provide you with alerts about disease outbreaks in your area
- ✓ The ImmunizeCA app is a secure, free download and is compatible with all devices running iOS and Android operating systems.
- ✓ Through this initiative, the Government of Canada is investing in innovative technology that helps families make informed health decisions.

ImmunizeCA was developed collaboratively with funding from the Public Health Agency of Canada, Immunize Canada, and the Ottawa Hospital Research Institute.

## Global Polio Eradication Initiative

"Canada remains a world leader in supporting immunization and is committed to joining the final global push to eradicate polio once and for all," said Mr. Fantino, Minister of International Cooperation during the Global Vaccine Summit held in Abu Dhabi, UAE. "By helping to eradicate polio, Canada will help children and their families lead healthy and productive lives, reducing poverty worldwide."

Canada is allocating \$250 million between 2013 and 2018 to the 'Global Polio Eradication Initiative', which will address both immediate and long-term needs particularly in the three countries where polio remains an ongoing problem – Afghanistan, Nigeria and Pakistan. This dollar value represents a 41% increase compared to the average amount contributed per year to polio since 2006. This financial commitment will advance Canada's development priority in securing the future of children and youth and improving maternal, newborn, and child health.

**In 1988, polio was endemic in more than 125 countries on five continents and paralyzed more than 1,000 children every day. Since then, the number of polio cases has declined by over 99% - from approximately 350,000 cases in 1988 to 233 cases in 2012.**



In 1988, polio was endemic in more than 125 countries on five continents and paralyzed more than 1,000 children every day. It was at this time the Global Polio Eradication Initiative was launched by national governments, the World Health Organization, Rotary International, the United States Centers for Disease Control and Prevention, and UNICEF wherein it is estimated that 2.5 billion children throughout the world were immunized against the disease. The number of polio cases has declined by over 99% - from approximately 350,000 cases in 1988 to 233 cases in 2012.



## Immunization Program at Local Pharmacies in BC

British Columbia has a publicly funded immunization program accessible from local pharmacists that includes 16 vaccines to prevent illness and disease, and save countless lives. Since 2009, pharmacists have played a key role in providing immunizations such as:

- influenza
- pneumococcal pneumonia
- pertussis (whooping cough), and
- HPV (human papillomavirus);

and now, the publicly funded vaccines listed below will be available:

- MMR (measles, mumps and rubella)
- Hepatitis A and B
- Tetanus/diphtheria
- Varicella (chicken pox)
- Pneumococcal polysaccharide (for people over the age of 65 or for people at increased risk or chronic diseases), and
- Meningococcal C Conjugate vaccine.

"This expansion of available publicly funded vaccines is a positive move and makes effective use of pharmacists' extensive training and skills," says Bob Nakagawa, registrar with the College of Pharmacists of BC. "We know that vaccines help save lives and prevent illness, and by making vaccines easier and more convenient for British Columbians to receive, we will help to ensure as many people are protected as possible."

There are now more than 2,000 pharmacists authorized to provide vaccines throughout British Columbia.



## HPV Vaccine Program Expands to Include Boys in PEI

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This fall the HPV (human papillomavirus) program will include free vaccinations for Grade 6 boys in Prince Edward Island. Since 2007, the HPV vaccination has been administered to Grade 6 girls by PEI's Public Health Nurses.

"Prince Edward Island is proud to be the first province to announce an expansion to its HPV Vaccination program to include boys," says Minister Currie. "This initiative, funded through existing resources in our department budget, highlights our commitment to our provincial immunization programs. Enhancing our HPV Vaccine program is an important investment in the current and future health and well-being of Islanders."

HPV infection is associated with a high percentage of cancers of the mouth, nose and throat as well as cancers of the penis and anus in males and cervical cancer in females. It has also contributed to over 90% of genital warts in both sexes.

"By offering the vaccine to males, we can hopefully decrease the spread of HPV infection," says Dr. Lamont Sweet, Deputy Chief Public Health Officer. "HPV is the most common sexually transmitted infection among young adults and over half will develop an infection over their lifetime."

## Information for New Citizens of Canada

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Every part of Canada provides free routine immunizations. If you are a newcomer to Canada, you can ask a health care provider to check whether your child's immunizations are up-to-date. Based on the records you have, the doctor or nurse will recommend the immunizations your child needs. It's also very important for you to check and update your own immunizations.

### If You Have Concerns

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There is no reason your child should suffer from a disease when there is a safe and effective way to prevent it. Take steps to protect your family against vaccine-preventable diseases.

If you have concerns about vaccines, talk to your doctor, paediatrician, or other health care provider. You can also find reliable, science-based information about vaccine safety on websites produced by the Public Health Agency of Canada, the [Canadian Immunization Awareness](#)



\_\_\_\_\_, the [Canadian Paediatric Society](#), and the [World Health Organization](#).

## Resources

- ➔ [Health Canada – Misconceptions about Vaccines](#)
- ➔ For other *It's Your Health* fact sheets on [vaccine safety](#)
- ➔ Public Health Agency of Canada's "[Immunization and Vaccines](#)" website
- ➔ [Canadian Coalition for Immunization Awareness & Promotion \(CCIAP\)](#)
- ➔ Canadian Paediatric Society's "[Caring for Kids](#)" website
- ➔ Public Health Agency of Canada's [Fight Flu](#) website
- ➔ *It's Your Health*, [Influenza](#)
- ➔ Public Health Agency of Canada, [Influenza](#)

### For Industry and Professionals

- ➔ [National Advisory Committee on Immunization \(NACI\)](#)
- ➔ [Canadian Immunization Guide, 7th edition \(2006\)](#)

### Related Resources

- ➔ World Health Organization "[Vaccines](#)" website
- ➔ U.S. Centers for Disease Control and Prevention, [vaccine safety](#)
- ➔ For safety information about food, health and consumer products, visit the [Healthy Canadians](#) website
- ➔ For more articles on health and safety issues go to the [It's Your Health](#) web section

## Parent's Guide to Immunization

To obtain a free copy of A Parent's Guide to Immunization, please contact the Public Health Agency of Canada at 1-800-622-6232. The Guide is translated into [11 different languages](#) including English and French, and contains the following information.

[Section 1 Immunization—the safest way to protect your baby's health](#)

[Section 2 Protect your baby from 13 serious diseases](#)

[Section 3 Vaccines are safe](#)

[Section 4 Your baby needs to be immunized on time](#)

[Section 5 Your child depends on you for this protection](#)

[Section 6 Your baby's first immunization— what to expect](#)

[Section 7 Where can I find more information](#)

[Section 8 Quick checklist for your baby's immunizations](#)

## Do you need more information?



- [Immunization is the safest way to protect your baby's health](#)
- [Canadian Paediatric Society](#)
- [Canadian Coalition for Immunization Awareness and Promotion](#)

## Additional Resources

[Fact Sheet](#) – Public Health Agency of Canada

[Vaccinations: Facts vs. Myths](#)

[Updates on Vaccinations around the World](#)

[Pharmacists Gain Greater Authority](#)

[It's Not Too Late to Get the Flu Vaccine](#)

[Saving the Lives of Mothers and Children](#)