

HEALTHY FACTS AT A GLANCE

Tips to help kids grow up healthy!

Kids don't come with instruction manuals. Here's the next best thing.

From the days they're in diapers to the time they're ready to drive, your children count on you to get them the health care they need. Here is some important information to help your kids get a good start and keep them on the road to good health.

VACCINATIONS (Shots)

Proper immunization is the safest, most effective way to protect your children against dangerous childhood diseases.

Birth to age one

- Hepatitis A: 1st shot
- Hepatitis B: 1st & 2nd shots
- Diphtheria, Tetanus & Whooping Cough (DTaP): 1st, 2nd & 3rd shots
- Haemophilus-b (Hib): 1st, 2nd & 3rd shots
- Polio: 1st & 2nd shots
- Pneumococcal Conjugate: 1st, 2nd & 3rd shots
- Influenza vaccine
- Rotavirus vaccine: 1st, 2nd & 3rd shots

1-2 Years

- Hepatitis A: 2nd shot
- Hepatitis B: 3rd shot
- Diphtheria, Tetanus & Whooping Cough (DTaP): 4th shot
- Haemophilus-b (Hib): 4th shot
- Polio: 3rd shot
- Pneumococcal Conjugate: 4th shot
- Measles, Mumps & Rubella: 1st shot
- Chicken Pox (Varicella)

4-6 Years

- Diphtheria, Tetanus & Whooping Cough (DTaP): 5th shot
- Polio: 4th shot
- Measles, Mumps & Rubella: 2nd shot

11-16 Years

- Meningococcal vaccine
- Tetanus, diphtheria & whooping cough (Tdap)

***Please note: Some children require different vaccinations. Please ask your health care provider about your child's vaccination needs.**

LEAD SCREENING

Small amounts of lead in your child's body can cause behavior, learning and speech problems. A blood test is the only way to find out if your child has too much lead in his/her body. Children should be tested:

- 12 months of age
- 24 months of age
- Any child up to six years of age, who has never been tested for lead

DENTAL VISITS

Experts recommend that children make their first dental visit by their first birthday. As your child grows, routine dental checkups should take place every six months.

"WELL-CHILD" CHECKUPS

Regular childhood medical checkups enable physicians to monitor your child's health and help prevent any future problems.

In addition to checking your child's height, weight and blood pressure, a "well-child" visit may also include:

- Comprehensive health and developmental history
- Physical and mental health development assessment
- Head-to-toe physical exam
- Lead screenings
- Health education and anticipatory guidance
- Lab tests or other diagnostic tests, such as tuberculosis
- Vision, hearing and dental screenings
- Nutritional assessment

"WELL-CHILD" CHECKUP SCHEDULE

Newborn • Under 6 weeks • 2 months • 4 months • 6 months
9 months • 12 months • 15 months • 18 months • 24 months*

*After 24 months, your child should have one exam annually.

ARE YOUR KIDS COVERED?

If your children are uninsured, please call NJ FamilyCare or visit us online. We'll help you find out if you qualify for free or low-cost health coverage for your kids.

NJ FAMILY CARE

Affordable health coverage. Quality care.

1-800-701-0710

(Multilingual operators available)

TTY 1-800-701-0720

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www.njfamilycare.org