What to Know About Childhood & Teen Vaccines

It's normal to have questions about vaccines. Your pediatrician can help you make decisions with confidence.

Vaccines help provide protection against serious illnesses that can spread quickly in group settings

Most Vermont families choose recommended vaccines as part of routine care

Vaccines are widely available and covered by insurance

Common Questions

Why is it important to follow the recommended vaccine schedule? The schedule is designed to protect children when they are most at risk. Getting vaccines on time helps protect them early and reduces the number of visits needed. Children's immune systems can safely handle multiple vaccines at once.

Do vaccine recommendations change over time? Yes. Vaccine recommendations are reviewed regularly and updated as new scientific evidence becomes available.

Are vaccines required for school and child care? Yes. Schools and child care programs have vaccine requirements to help prevent outbreaks and keep children safe.

How do I know if information is reliable? There's a lot of information out there, and not all of it is accurate. When deciding what to trust:

- **Check the source.** Does it come from a medical professional or a trusted health organization?
- **Look for evidence.** Reliable information is based on scientific research, like the guidance from the American Academy of Pediatrics at HealthyChildren.org (@HealthyChildrenAAP).
- **Watch for red flags.** Content that feels alarming, or tries to make you feel afraid may not be trustworthy.



Planning to travel outside the U.S.? Your child may need some vaccines earlier to stay protected from diseases more common in other countries.

Stay up to date and learn more at **HealthVermont.gov/KidVax**

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