





Vaccines

Make sure your children are protected

Vaccinations - or baby shots - shield kids from diseases and help keep them healthy. Here are tips to remember:

-  Start your baby's vaccinations on time and keep them up-to-date.
-  Ask the doctor or nurse what to expect after the shot.
-  Take your child's vaccination records with you to every doctor visit.
-  Keep vaccination records in a safe place - you will need them for school and child care.

For more information, call First 5 San Mateo County at (650) 372-9500 or visit www.first5sanmateo.org and www.first5california.com/parents.

