

Vaccine Conversations

5 Things Your Family Doctor Wants You to Know



I want to help my patients understand the vital role of vaccines in helping to protect their family's health.

Parents & Caregivers



Vaccines help your child's body build protection against disease. As your family doctor, we'll:

- 1. Start immunization conversations early.** We'll talk about vaccines during prenatal visits and postnatal appointments, including how vaccines work.
- 2. Reinforce the importance of preventive care.** CDC-recommended vaccines are a critical part of well visits, which means it's important to stay on schedule with those appointments.
- 3. Explain which vaccines are needed.** We follow the CDC Immunization Schedules, which are regularly reviewed by vaccine experts. If your child is due for CDC-recommended vaccines, we'll tell you about the ones they'll receive.
- 4. Discuss vaccine safety.** We'll answer any questions you may have about potential side effects and vaccine safety measures.
- 5. Share facts and stories.** We'll share the science, but also our personal experiences. We get it. We're parents and caregivers too.

Adults



Many adults don't know they need vaccines. As your family doctor, we'll:

- 1. Explain why adults need vaccines.** Vaccines work for adults like they work for children – they help protect you from getting ill, and can be especially important if you have a chronic health condition.
- 2. Talk about your concerns.** There's a lot of misinformation about vaccines – it's a great time to discuss what you've heard or read.
- 3. Identify which vaccines you need.** We follow CDC Immunization Schedules. These are regularly validated by vaccine experts.
- 4. Discuss vaccination during pregnancy.** Pregnant people may be more reluctant to get vaccinated. CDC-recommended vaccines in pregnancy can help protect women and babies.
- 5. Emphasize it's never too late to get vaccinated.** If you haven't gotten the recommended vaccines for your age, or you can't remember what vaccines you've had, ask about a CDC-recommended plan to help you catch up.

All Patients, All Ages



Immunizations are important at every age to help prevent illness, hospitalization, or even death. As your family doctor, we'll:

- 1. Build trust with you.** Health decisions aren't always easy. We're committed to showing you empathy and respect and sharing accurate information.
- 2. Discuss why you're not vaccinated.** It's our job to be curious about where you get health information and understand why you're hesitant or unable to get vaccinated.
- 3. Ask what keeps you from doctor appointments.** Factors like where you live and work, or lack of health insurance, shouldn't prevent you from getting vaccinated or the health care you need.
- 4. Address potential discomfort from vaccination.** Mild pain at injection site is expected after getting vaccinated. Also, mild fever can be a sign your body is responding to the vaccine.
- 5. Focus on protecting your health.** CDC-recommended vaccines reduce the likelihood of disease outbreaks, which helps to protect your whole family and community.

I'm glad to listen to my patient's concerns about vaccines and answer their questions.

