Preventing disease is always better than treating it. Vaccines protect against diseases that once caused serious illness, disability, and death, including COVID-19. By using small amounts of antigens, or germs that cause the immune system to react, vaccines help your child’s body recognize and learn to fight off serious and potentially deadly diseases. Following the **recommended immunization schedule** helps ensure that your child is protected from 14 diseases before the age of 2, such as:

- Polio
- Flu
- Measles
- Mumps
- Whooping Cough
- Chicken Pox

**Did You Know?**

Children with disabilities are at higher risk for vaccine-preventable illnesses. They may also have more significant illness, prolonged hospitalization, and greater risk of mortality. The American Academy of Pediatrics (AAP) suggests children with disabilities follow the CDC’s immunization recommendations to promote optimal health.

**Vaccine Facts**

The CDC estimated that vaccination of children born between 1994 and 2018 prevented:

- 419 million illnesses
- 26.8 million hospitalizations
- 936,000 deaths

**Questions or Concerns?**

Vaccines are safe and effective. They are rigorously tested by research from top doctors, public health professionals, and scientists. Serious side effects are very rare. Your child’s health care provider can answer any questions and share up-to-date information about all vaccines recommended to keep your child healthy, including COVID-19 vaccines and boosters.

Learn More about Vaccines for Your Child from the CDC: [https://www.cdc.gov/vaccines/parents/index.html](https://www.cdc.gov/vaccines/parents/index.html)

**References:**

- Reasons to Follow CDC’s Recommended Immunization Schedule (CDC): [https://www.cdc.gov/vaccines/parents/schedules/reasons-follow-schedule.html](https://www.cdc.gov/vaccines/parents/schedules/reasons-follow-schedule.html)
- Diseases You Almost Forgot About (Thanks to Vaccines) (CDC): [https://www.cdc.gov/vaccines/parents/diseases/forgot-14-diseases.html](https://www.cdc.gov/vaccines/parents/diseases/forgot-14-diseases.html)

Preparation of this resource was funded by grant #90DDUC0036-05-00 from the U.S. Department of Health & Human Services, Administration for Community Living, Administration on Disabilities. Developed in September 2022 by The Boggs Center on Developmental Disabilities, Rutgers Robert Wood Johnson Medical School.

335 George Street, New Brunswick, NJ 08901 · boggscenter.rwjms.rutgers.edu · 732-235-9300