

The Carithers Pediatric Group

15 month visit

2121 Park Street • 904-387-6200

10475 Centurion Parkway N. Suite 301 • 904-997-0023

Name: _____ Date: _____ Weight: _____ Height: _____

Diet

Your child should now drink about 18 oz of whole milk daily. The bottle should be weaned off.

Pickiness can sometimes emerge at this age. Please offer your child a well-balanced meal. Avoid filling your child with snacks or extra milk if they are showing pickiness for your table foods. It is not uncommon for toddlers to sometimes skip a meal if they are not hungry. If this happens, do not worry, your child will eat when he/she is hungry. Do not use food as a reward.

Please continue to avoid foods such as peanuts, hot dogs, popcorn, grapes, raw carrot sticks, or pieces of raw apples, as these may cause choking.

Remember to continue drinking water that is fortified with fluoride, either city water or nursery water.

Teeth

Brush teeth 2x/day with a pea-sized amount of non-fluoridated tooth paste. Please wean the pacifier.

Developmental Suggestions

Your child will be developing a steady walk, be interested in climbing and possibly be running. Over the next few months your child will possibly be able to walk up stairs with assistance. Read to your child frequently to promote language development. Many children will understand commands well and be able to say several more words as time progresses. Help your child develop fine motor coordination with scribbling, puzzles and stackers.

Safety

Watch your child closely for choking hazards. Never leave your child unattended in or near a bathtub, toilet, pool, lake, or pail of water. If you have a pool, install a pool fence and alarm as drowning is the 2nd leading cause of accidental death in Florida for toddlers. Keep electrical outlets covered. Keep medicines and poisonous substances out of reach of your child and locked up. Keep guns and ammunition locked separately. Remember to use sunscreen.

Poison Control Center: 1-800-222-1222.

Temper Tantrums

It is normal for your child to have tantrums. Please ignore these and your child should eventually develop control over them. Limit setting is important for a toddler. If your child is getting into something off-limits, say a firm “no” and re-direct your child. If the child persists, remove the offending object, move your child to another room, or briefly give your child a “time-out” in a playpen, a chair, or a corner of the room. A time-out at this age should be about one minute in length.

Immunizations

Today your child will receive the vaccination(s) circled below. Common side effects to vaccinations are fever, fussiness, or soreness or redness at the vaccination site within 48 hours of the vaccination. You can use a warm compress for a few minutes several times a day for redness or swelling. You may give Infant Tylenol® every 4 hours as needed for 24 hours for fever (rectal temperature greater than or equal to 100.5) or fussiness. The MMR and Varivax vaccines have fever and rash 1-2 weeks after the vaccination as a potential side effect.

DTaP	HIB	Polio	Pneumococcal	Hepatitis B	Influenza/Flu
MMR (measles)			Varivax (chicken pox)		Hepatitis A

****Next Visit** Please schedule your next well visit at 18 months of age.

Haemophilus Influenzae Type b (Hib) Vaccine

WHAT YOU NEED TO KNOW

Many Vaccine Information Statements are available in Spanish and other languages. See www.immunize.org/vis.

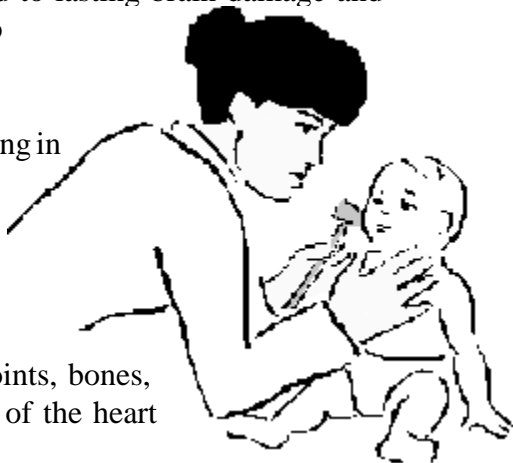
1 What is Hib disease?

Haemophilus influenzae type b (Hib) disease is a serious disease caused by a bacteria. It usually strikes children under 5 years old.

Your child can get Hib disease by being around other children or adults who may have the bacteria and not know it. The germs spread from person to person. If the germs stay in the child's nose and throat, the child probably will not get sick. But sometimes the germs spread into the lungs or the bloodstream, and then Hib can cause serious problems.

Before Hib vaccine, Hib disease was the leading cause of bacterial meningitis among children under 5 years old in the United States. Meningitis is an infection of the brain and spinal cord coverings, which can lead to lasting brain damage and deafness. Hib also cause:

- pneumonia
- severe swelling in the throat, making it hard to breathe
- infections of the blood, joints, bones, and covering of the heart
- death



Before Hib vaccine, about 20,000 children in the United States under 5 years old got severe Hib disease each year and nearly 1,000 people died.

Hib vaccine can prevent Hib disease.

Many more children would get Hib disease if we stopped vaccinating.

2 Who should get Hib vaccine and when?

Children should get Hib vaccine at:

- ✓ 2 months of age
- ✓ 4 months of age
- ✓ 6 months of age*
- ✓ 12-15 months of age

* Depending on what brand of Hib vaccine is used, your child might not need the dose at 6 months of age. Your doctor or nurse will tell you if this dose is needed.

If you miss a dose or get behind schedule, get the next dose as soon as you can. There is no need to start over.

Hib vaccine may be given at the same time as other vaccines.

Older Children and Adults

Children over 5 years old usually do not need Hib vaccine. But some older children or adults with special health conditions should get it. These conditions include sickle cell disease, HIV/AIDS, removal of the spleen, bone marrow transplant, or cancer treatment with drugs. Ask your doctor or nurse for details.

3 Some people should not get Hib vaccine or should wait

- People who have ever had a life-threatening allergic reaction to a previous dose of Hib vaccine should not get another dose.
- Children less than 6 weeks of age should not get Hib vaccine.
- People who are moderately or severely ill at the time the shot is scheduled should usually wait until they recover before getting Hib vaccine.

Ask your doctor or nurse for more information.

4

What are the risks from Hib vaccine?

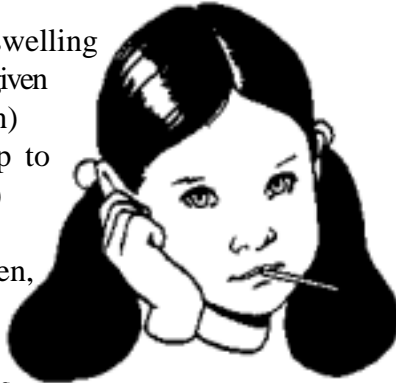
A vaccine, like any medicine, is capable of causing serious problems, such as severe allergic reactions. The risk of Hib vaccine causing serious harm or death is extremely small.

Most people who get Hib vaccine do not have any problems with it.

Mild Problems

- Redness, warmth, or swelling where the shot was given (up to 1/4 of children)
- Fever over 101°F (up to 1 out of 20 children)

If these problems happen, they usually start within a day of vaccination. They may last 2-3 days.



5

What if there is a moderate or severe reaction?

What should I look for?

Any unusual condition, such as a serious allergic reaction, high fever or behavior changes. Signs of a serious allergic reaction can include difficulty breathing, hoarseness or wheezing, hives, paleness, weakness, a fast heart beat, or dizziness within a few minutes to a few hours after the shot.

What should I do?

- **Call** a doctor, or get the person to a doctor right away.
- **Tell** your doctor what happened, the date and time it happened, and when the vaccination was given.
- **Ask** your doctor, nurse, or health department to report the reaction by filing a Vaccine Adverse Event Reporting System (VAERS) form.

Or you can file this report through the VAERS web site at www.vaers.hhs.gov, or by calling 1-800-822-7967.

VAERS does not provide medical advice

6

The National Vaccine Injury Compensation Program

In the rare event that you or your child has a serious reaction to a vaccine, a federal program has been created to help you pay for the care of those who have been harmed.

For details about the National Vaccine Injury Compensation Program, call **1-800-338-2382** or visit the program's website at www.hrsa.gov/vaccinecompensation

7

How can I learn more?

- Ask your doctor or nurse. They can give you the vaccine package insert or suggest other sources of information.
- Call your local or state health department's immunization program.
- Contact the Centers for Disease Control and Prevention (CDC):
 - Call **1-800-232-4636 (1-800-CDC-INFO)**
 - Visit the National Immunization Program's website at www.cdc.gov/vaccines



U.S. Department of Health & Human Services
Centers for Disease Control and Prevention



Vaccine Information Statement

Hib (12/16/98)

42 U.S.C. § 300aa-26

PNEUMOCOCCAL CONJUGATE VACCINE

WHAT YOU NEED TO KNOW

1 Why get vaccinated?

Infection with *Streptococcus pneumoniae* bacteria can cause serious illness and death. Invasive pneumococcal disease is responsible for about 200 deaths each year among children under 5 years old. It is the leading cause of bacterial meningitis in the United States. (Meningitis is an infection of the covering of the brain).

Pneumococcal infection causes severe disease in children under five years old. Before a vaccine was available, each year pneumococcal infection caused:

- over 700 cases of meningitis,
- 13,000 blood infections, and
- about 5 million ear infections.

It can also lead to other health problems, including:

- pneumonia,
- deafness,
- brain damage.



Children under 2 years old are at highest risk for serious disease.

Pneumococcus bacteria are spread from person to person through close contact.

Pneumococcal infections can be hard to treat because the bacteria have become resistant to some of the drugs that have been used to treat them. This makes **prevention** of pneumococcal infections even more important.

Pneumococcal conjugate vaccine can help prevent serious pneumococcal disease, such as meningitis and blood infections. It can also prevent some ear infections. But ear infections have many causes, and pneumococcal vaccine is effective against only some of them.

2 Pneumococcal conjugate vaccine

Pneumococcal conjugate vaccine is approved for infants and toddlers. Children who are vaccinated when they are infants will be protected when they are at greatest risk for serious disease.

Some older children and adults may get a different vaccine called pneumococcal polysaccharide vaccine. There is a separate Vaccine Information Statement for people getting this vaccine.

3 Who should get the vaccine and when?

• Children Under 2 Years of Age

The routine schedule for pneumococcal conjugate vaccine is 4 doses, one dose at each of these ages:

- ✓ 2 months
- ✓ 4 months
- ✓ 6 months
- ✓ 12-15 months

Children who weren't vaccinated at these ages can still get the vaccine. The number of doses needed depends on the child's age. Ask your health care provider for details.

• Children Between 2 and 5 Years of Age

Pneumococcal conjugate vaccine is also recommended for children between 2 and 5 years old who have not already gotten the vaccine and are at high risk of serious pneumococcal disease. This includes children who:

- S have sickle cell disease,
- S have a damaged spleen or no spleen,
- S have HIV/AIDS,
- S have other diseases that affect the immune system, such as diabetes, cancer, or liver disease, or who
- S take medications that affect the immune system, such as chemotherapy or steroids, or
- S have chronic heart or lung disease.

The vaccine should be considered for all other children under 5 years, especially those at higher risk of serious pneumococcal disease. This includes children who:

- S are under 3 years of age,
- S are of Alaska Native, American Indian or African American descent, or
- S attend group day care.

The number of doses needed depends on the child's age. Ask your health care provider for more details.

Pneumococcal conjugate vaccine may be given at the same time as other vaccines.

4**Some children should not get pneumococcal conjugate vaccine or should wait**

Children should not get pneumococcal conjugate vaccine if they had a serious (life-threatening) allergic reaction to a previous dose of this vaccine, or have a severe allergy to a vaccine component. Tell your health-care provider if your child has ever had a severe reaction to any vaccine, or has any severe allergies.

Children with minor illnesses, such as a cold, may be vaccinated. But children who are moderately or severely ill should usually wait until they recover before getting the vaccine.

5**What are the risks from pneumococcal conjugate vaccine?**

In studies (nearly 60,000 doses), pneumococcal conjugate vaccine was associated with only mild reactions:

- Up to about 1 infant out of 4 had redness, tenderness, or swelling where the shot was given.
- Up to about 1 out of 3 had a fever of over 100.4°F, and up to about 1 in 50 had a higher fever (over 102.2°F).
- Some children also became fussy or drowsy, or had a loss of appetite.

So far, no serious reactions have been associated with this vaccine. However, a vaccine, like any medicine, could cause serious problems, such as a severe allergic reaction. The risk of this vaccine causing serious harm, or death, is extremely small.

6**What if there is a moderate or severe reaction?****What should I look for?**

Look for any unusual condition, such as a serious allergic reaction, high fever, or unusual behavior.

Serious allergic reactions are extremely rare with any vaccine. If one were to occur, it would most likely be within a few minutes to a few hours after the shot. Signs can include:

- | | | |
|--------------------------|------------------|------------|
| - difficulty breathing | - weakness | - hives |
| - hoarseness or wheezing | -fast heart beat | - paleness |
| - swelling of the throat | - dizziness | |

What should I do?

- **Call** a doctor, or get the person to a doctor right away.
- **Tell** your doctor what happened, the date and time it happened, and when the vaccination was given.
- **Ask** your doctor, nurse, or health department to report the reaction by filing a Vaccine Adverse Event Reporting System (VAERS) form.

Or you can file this report through the VAERS web site at www.vaers.org, or by calling 1-800-822-7967.

VAERS does not provide medical advice.

7**The National Vaccine Injury Compensation Program**

In the rare event that you or your child has a serious reaction to a vaccine, a federal program has been created to help pay for the care of those who have been harmed.

For details about the National Vaccine Injury Compensation Program, call **1-800-338-2382** or visit their website at <http://www.hrsa.gov/osp/vicp>

8**How can I learn more?**

- Ask your health care provider. They can give you the vaccine package insert or suggest other sources of information.
- Call your local or state health department's immunization program.
- Contact the Centers for Disease Control and Prevention (CDC):
 - Call **1-800-232-4636 (1-800-CDC-INFO)**
 - Visit the National Immunization Program's website at <http://www.cdc.gov/nip>



U.S. DEPARTMENT OF HEALTH & HUMAN SERVICES
Centers for Disease Control and Prevention
National Immunization Program

Vaccine Information Statement

Pneumococcal Conjugate Vaccine (9/30/02) 42 U.S.C. § 300aa-26