

Youth Health Bulletin



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THIS MONTH'S TOPIC: IMMUNIZATIONS

Sometimes you may have to show your immunization record. Wally Cat saw that he needed one, so he asked his mom and dad what an immunization record was. Do you know what an immunization record is? An immunization is another word for a *shot*. An immunization record is a piece of paper from your doctor that shows what shots you have had and when you had them. Do you remember the last time you needed to get a shot? Wally Cat does not like to get shots because they feel like a little pinch, but he likes to know when he will need to get one so he is ready! Wally Cat will take a deep breath when he gets a shot and will bring his favorite toy. Let's learn about immunizations.

Do you know anyone who likes to get a shot? (Ask your Mom or Dad — do they?) Wally Cat certainly does not like getting

Continued on the back →



Immunizations keep kids (and adults) from getting sick and help stop diseases from spreading.

Continued from page 1

a shot, but he knows that it is important for staying healthy. Immunizations help protect from getting very sick.

How do immunizations keep you from getting sick?

Immunizations help keep you from getting sick because they give you a little of the germ or a germ that is already dead or very weak. This little germ does not make you sick; in fact it helps your body create antibodies. Antibodies are part of the immune system that helps you fight off the disease or illness. Having your body protected this way means that you are immunized. There are times when you will get an immunization and still may get a mild illness, but most of the time the immunization keeps you from getting sick at all.

When do kids usually need immunizations?

Actually, when you were a baby, you got most of your immunizations then. Whew! There are not as many needed as you get older. A few immunizations are given between the ages of 4 and 6, and then again when kids are between the ages of 11 and 12. Some kids get a yearly flu shot, too. This works to help prevent the flu.

Why are immunizations needed?

Immunizations keep kids (and adults) from getting sick. Many serious diseases can make you very ill. Immunizations also prevent the spread of a serious disease. Because so many people have gotten immunizations in the United States, the diseases cannot spread. If you did not get these immunizations, there is risk of getting these serious illnesses. In fact, many schools and camps make sure you have gotten those immunizations so that serious illnesses do not spread. That is why having an immunization record is so important. You can show that you have gotten your immunizations and when.

Wally Cat does not like the pinch that goes along with an immunization, but he knows how important



it is to be safe and stay well. If you need to get an immunization, remember that it is OK. You are staying healthy!

SOURCES:

- Nemours KidsHealth (2014). A kid's guide to shots. http://kidshealth.org/kid/feel_better/things/guide_shots.html#
- HealthFinder (2015). Get your child's shots on schedule. www.Healthfinder.gov

Word Scramble

MIMNUITAZOIN: _____
SMREG: _____
ONATIBESID: _____
MMIUNE TSEYMS: _____
FLU OHST: _____

ANSWERS: IMMUNIZATION, GERMS, ANTIBODIES, IMMUNE SYSTEM, FLU SHOT

Youth
Health Bulletin

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