

As a provider in a child care center —



I want to protect the children in my care.

As a child care worker I can spread the hepatitis B virus, influenza, measles, mumps, rubella, pertussis and varicella — all of which are vaccine-preventable.

I want to protect myself.

As a child care worker I can be exposed to vaccine-preventable diseases. If I'm not vaccinated I can end up very sick.

I can't afford to miss work.

If I get sick, I may miss weeks of work and lose pay or sick days. My coworkers and students depend on me.

It starts with you!

Protect yourself. Protect the children. Get all of your vaccinations.

For more information contact El Paso County Public Health
www.elpasocountyhealth.org ♦ (719) 578-3199
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Recommended Vaccinations:

- **Chickenpox (varicella):** A two-dose series of this vaccine is recommended for adults who have not had chickenpox disease.
- **Hepatitis B:** A three-dose series of this vaccine is recommended for staff who perform tasks that involve exposure to blood or body fluids.
- **Hepatitis A:** It is often recommended that child care workers also receive the Hep A vaccine.
- **Influenza (flu):** All child care personnel should receive an annual vaccination against influenza.
- **Measles, Mumps and Rubella (MMR):** Child care personnel should be immune to measles, mumps and rubella. Staff born in 1957 or later without blood evidence of immunity or prior vaccination, should receive two doses of MMR, four weeks apart.
- **Tetanus, Diphtheria and Pertussis (Tdap):** A one-time dose of Tdap as soon as feasible to all child care personnel who have not received Tdap previously.

Vaccine Facts:

- You cannot get the flu from the flu vaccine.
- Both measles and pertussis (whooping cough) are on the rise. In 2010-2011, Colorado had nearly 1,000 reported cases of pertussis.
- In an increasingly global world, many are worried that until vaccination is universal, more outbreaks of measles and chickenpox are inevitable.
- If we stop vaccinating, these diseases will come back.
- The benefits of preventing a disease with a vaccine far outweigh any risks.
- Vaccine side effects are minimal in comparison to the diseases they prevent.