

Be happy. Stay healthy.

Well-Child Exams



Immunizations and screenings are easy to forget, yet they are a vital part of leading a healthy life. We hope this handy card with important health maintenance reminders for your child will be helpful to you and your family.

Health Maintenance for Children

Newborn and well-child exams include a variety of health and development screenings, as well as immunizations to keep your kids healthy. We recommend visits at the following ages:

Your provider will write in the date your next well-child exam is due.

2-3 days after discharge	_____	12 months	_____
14 days	_____	15 months	_____
2 months	_____	18 months	_____
4 months	_____	2 years	_____
6 months	_____	Annually after 2 years	_____
9 months	_____		

Immunization Schedule

Hepatitis B:	Birth, 1 - 4 mo, 6 - 18 mo
Diphtheria, Tetanus, Pertussis (DTaP):	2 mo, 4 mo, 6 mo, 15 - 18 mo, 4 - 6 yrs
Haemophilus Influenzae Type B (Hib):	2 mo, 4mo, 6 mo, 12 - 15 mo
Polio (IPV):	2mo, 4mo, 6 - 18 mo, 4 - 6yrs
Pneumococcal (Prevnar):	2 mo, 4mo, 6 mo, 12 - 15 mo
Rotavirus:	2 mo, 4 mo, 6 mo
Measles/Mumps/Rubella (MMR):	12 - 15 mo, 4 - 6 yrs
Chicken Pox (Varicella):	12 - 15 mo, 4 - 6 yrs
Hepatitis A:	2 doses 6 mo apart after the first birthday
Influenza:	Yearly for children 6 mo and older*
Human Papillomavirus (HPV, Gardasil):	9 - 26 yrs, 2-shot or 3-shot series
Meningitis (Menactra):	First dose 11 - 12 yrs, second dose 16 - 17 yrs
Tetanus, Diphtheria, Pertussis (Tdap):	11 - 12 yrs

*Two doses given at least four weeks apart are recommended for children 6 months through 8 years of age who are getting an influenza (flu) vaccine for the first time.

Pacific Medical Centers and its Affiliates do not discriminate on the basis of race, color, national origin, sex, age, or disability in their health programs and activities.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 888-311-9127 (TTY: 711).

注意：如果您講中文，我們可以給您提供免費中文翻譯服務，請致電 888-311-9127 (TTY: 711)

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