

Well-Child Visits

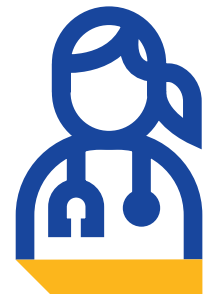
Did you know that many children missed regular check-ups during the COVID-19 pandemic? The Centers for Disease Control and Prevention (CDC) and the American Academy of Pediatrics (AAP) recommend children catch up on doctor visits and vaccination.

Well-child visits are important for:

- Tracking growth targets
- Sharing any health concerns
- Getting shots to prevent illnesses like measles, whooping cough (pertussis) and other serious diseases

Well-child check-ups and vaccines are part of your child's benefits. They come at no cost to you. How often your child needs a check-up depends on their age. Check out the schedule on the next page for recommendations.

Contact your child's Primary Care Provider to set up a well-child check-up. If you need help finding a Primary Care Provider, please contact Baylor Scott & White Health Plan at **800.321.7947**.



Recommended Vaccine Schedule



Please refer to the [CDC's](#) recommended shot schedule for more details.

DISEASE	VACCINE	DISEASE SPREAD BY	DISEASE SYMPTOMS	DISEASE COMPLICATIONS
Chickenpox	Varicella vaccine protects against chickenpox	Air, direct contact	Rash, tiredness, headache, fever	Infected blisters, bleeding disorders, encephalitis (brain swelling), pneumonia (infection in the lungs), death
Dengue	Dengue vaccine protects against dengue	Bite from infected mosquito	May be no symptoms, fever, headache, pain behind the eyes, rash, joint pain, body ache, nausea, loss of appetite, feeling tired, abdominal pain	Severe bleeding; seizures; shock; damage to liver, heart and lungs; death
Diphtheria	Tdap* and Td** vaccines protect against diphtheria	Air, direct contact	Sore throat, mild fever, weakness, swollen glands in neck	Swelling of the heart muscle, heart failure, coma, paralysis, death
Hepatitis A	HepA vaccine protects against hepatitis A	Direct contact, contaminated food or water	May be no symptoms, fever, stomach pain, loss of appetite, fatigue, vomiting, jaundice (yellowing of skin and eyes), dark urine	Liver failure, arthralgia (joint pain), kidney, pancreatic and blood disorders, death
Hepatitis B	HepB vaccine protects against hepatitis B	Contact with blood or body fluids	May be no symptoms, fever, headache, weakness, vomiting, jaundice (yellowing of skin and eyes), joint pain	Chronic liver infection, liver failure, liver cancer, death
Human Papillomavirus	HPV vaccine protects against human papillomavirus	Direct skin contact	May be no symptoms, genital warts	Cervical, vaginal, vulvar, penile, anal, oropharyngeal cancers
Influenza (Flu)	Flu vaccine protects against influenza	Air, direct contact	Fever, muscle pain, sore throat, cough, extreme fatigue	Pneumonia (infection in the lungs), bronchitis, sinus infections, ear infections, death
Measles	MMR*** vaccine protects against measles	Air, direct contact	Rash, fever, cough, runny nose, pink eye	Encephalitis (brain swelling), pneumonia (infection in the lungs), death
Meningococcal Disease	MenACWY and MenB vaccines protect against meningococcal disease	Air, direct contact	Sudden onset of fever, headache, stiff neck, dark purple rash	Loss of limb, deafness, nervous system disorders, developmental disabilities, seizure disorder, stroke, death
Mumps	MMR*** vaccine protects against mumps	Air, direct contact	Swollen salivary glands (under the jaw), fever, headache, tiredness, muscle pain	Meningitis (infection of the covering around the brain and spinal cord), encephalitis (brain swelling), inflammation of testicles or ovaries, deafness, death
Pertussis	Tdap* vaccine protects against pertussis	Air, direct contact	Severe cough, runny nose, apnea (a pause in breathing in infants)	Pneumonia (infection in the lungs), death
Pneumococcal Disease	Pneumococcal vaccine protects against pneumococcal disease	Air, direct contact	May be no symptoms, pneumonia (infection in the lungs)	Bacteremia (blood infection), meningitis (infection of the covering around the brain and spinal cord), death
Polio	Polio vaccine protects against polio	Air, direct contact, through the mouth	May be no symptoms, sore throat, fever, nausea, headache	Paralysis, death
Rubella	MMR*** vaccine protects against rubella	Air, direct contact	Sometimes rash, fever, swollen lymph nodes	Very serious in pregnant women—can lead to miscarriage, stillbirth, premature delivery, birth defects
Tetanus	Tdap* and Td** vaccines protect against tetanus	Exposure through cuts on skin	Stiffness in neck and abdominal muscles, difficulty swallowing, muscle spasms, fever	Broken bones, breathing difficulty, death

*Tdap combines protection against diphtheria, tetanus and pertussis.

**Td combines protection against diphtheria and tetanus.

***MMR combines protection against measles, mumps and rubella.

If you have any questions about your child's vaccines, talk to your child's doctor or nurse.