

Allina Health's Child Exam Schedule

Physical Exam	Tests and Screenings ^{##}	Immunizations
3 to 7 days	Weight and color (jaundice) check	
2 weeks		
2 months*		DTaP, HepB, IPV; PCV13; Hib; RV1
4 months*		DTaP, HepB, IPV; PCV13; Hib; RV1
6 months*		DTaP, HepB, IPV; PCV13; Influenza**
9 months		Influenza**
12 months*	Hemoglobin and blood lead	HepA; MMR; VAR; Influenza**
15 months*		PCV13; Hib; Influenza**
18 months*		DTaP; HepA; Influenza**
2 years	Blood lead	Influenza**
2 ½ years		Influenza**

Physical Exam	Tests and Screenings ^{##}	Immunizations
3 years		Influenza**
4 years*		DTaP, IPV; MMR; VAR; Influenza**
5 years		DTaP, IPV (if needed), Influenza**
6 years		Influenza**
7 to 10 years (yearly exam)		Influenza**
11 to 12 years* (yearly exam)		Tdap; MCV4; HPV9 (2 dose series, as early as age 9 [#]); Influenza
13 to 16* years (yearly exam)		MCV4 (given at age 16); Influenza
17 to 18 years (yearly exam)	Cholesterol, hemoglobin (if needed), HIV testing	Influenza; MenB (talk with your child's doctor to see if this is right for your child)

* Visit includes state required immunizations.

** Children younger than age 9 require 2 doses of the influenza (flu) vaccine at least 1 month apart the first time they are vaccinated.

Three doses of HPV9 are needed for teens and young adults ages 15 to 26.

Your child's doctor may recommend additional tests or screenings during your child's visit.

Vaccine Abbreviations

- **DTaP:** diphtheria, tetanus and acellular pertussis
- **HepB:** hepatitis B
- **IPV:** inactivated poliovirus
- **PCV13:** pneumococcal 13-valent conjugate
- **Hib:** haemophilus influenzae type B
- **RV1:** rotavirus (oral)

- **HepA:** hepatitis A
- **Tdap:** tetanus + diphtheria toxoids and acellular pertussis (adolescent/ adult)
- **MCV4:** meningococcal conjugate, quadrivalent
- **HPV9:** human papillomavirus
- **MMR:** measles, mumps, rubella
- **VAR:** varicella
- **MenB:** meningococcal group B

(over)

Physical Exam and Health Assessment

- This is an exam to check your child's growth and development.

Lab Tests

- **Hemoglobin:** This is a blood test to check for anemia, or low blood iron.
- **Blood lead:** This is a blood test to look for high lead level in the blood. Lead is a metal that can get into a child's body from many things. Evidence shows that lead can be harmful to a child if the level is too high.
- **Cholesterol:** This is a blood test to measure a fat-like substance in the blood. High total cholesterol can indicate a risk for future heart problems.
- **HIV:** This is a blood test to look for HIV antibodies. If the results are positive, a second test will be done to look for antigens (foreign substances that cause the immune system to activate).

Vaccines: Questions and Answers

Are vaccines safe?

The Federal Drug Administration (FDA) tests all vaccines for 10 years or longer. The FDA tests a vaccine to see how safe it is and how well it works before issuing a license. After the vaccine is in use, the FDA and the Centers for Disease Control and Prevention (CDC) monitor its side effects.

Can my child get the disease from the vaccine?

The germs used to make the vaccines will not cause your child to get the disease. The vaccines help make your child's body ready to kill the germs if he or she is exposed to them again.

Do vaccines cause other diseases?

- There is no evidence that vaccines cause sudden infant death syndrome, according to the American Sudden Infant Death Syndrome Institute.
- More than 20 studies, involving thousands of children, have shown that vaccines do not cause autism.

Is a vaccine 100 percent effective?

According to the CDC, most vaccines work 90 to 100 percent of the time when the series is completed.

Why does my child need vaccines for diseases that are rare?

Diseases like polio and diphtheria are rare in the United States but they still exist around the world. If health care providers stop immunizing for rare diseases, more people will become infected and the disease will make a comeback. (Children no longer receive the smallpox vaccine because the disease was completely wiped out around the world.)

If these diseases are rare, can I just take my chances?

The decision not to immunize your child has risks, including death. According to the CDC and the American Academy of Pediatrics, getting the vaccines is much safer than getting the diseases.

Do vaccines cause side effects?

Like any medicine, a vaccine can cause side effects. Most often, vaccines cause no side effects, or mild reactions such as crankiness, fever, or soreness at the shot site. Rare side effects can include allergic reactions or death.

Giving your child multiple vaccines for different diseases at one time does not increase his or her risk of side effects, according to the CDC. It also does not wear down your child's immune system to give multiple vaccines at once.