



Immunizations for Child Care Workers

Child care workers play an essential role in protecting the health and safety of our children. Unfortunately, they can also unknowingly spread diseases to children in their care and co-workers. These diseases include hepatitis B virus, influenza (flu), measles, mumps, rubella, pertussis (whooping cough), and varicella (chicken pox) – all of which can be prevented with vaccines.

Children, especially infants, are vulnerable to contracting highly contagious diseases. On the CDC recommended immunization schedule, children do not begin receiving their vaccinations, with the exception of hepatitis B, until the age of 2 months and are not fully protected until the age of 6 years.

Some children cannot be vaccinated due to health conditions (like allergies or leukemia). It is important for people around them to be vaccinated to minimize their risk of exposure to diseases.

Child care workers can be exposed to vaccine preventable diseases that may result in their own illness, lost time at work, exposure to co-workers and family members, and even death. Unimmunized or under immunized workers are at risk of contracting illnesses from the children they work with.

Adults need vaccines to protect themselves and their loved ones. You never outgrow the need for immunizations. Immunity can begin to fade over time and newer vaccines were not available when some adults were children. As we age, we become more susceptible to serious disease caused by common infections.

CHILD CARE WORKERS HAVE A RESPONSIBILITY TO PROTECT THE CHILDREN THEY CARE FOR.

Child care workers should have all vaccinations recommended by the ACIP, which includes:

- **Influenza** (yearly),
- **Tdap** (tetanus, diphtheria, acellular pertussis)
⇒ 1 lifetime dose (and during every pregnancy, if applicable) and Td boosters every 10 years,
- Any routine childhood vaccinations missed in childhood that can be given as an adult,
- **Hepatitis B** if there is a possibility of being exposed to blood and body fluids, and
- **Hepatitis A** if there are children newly arriving from countries where hepatitis A disease is common, such as Central and South America, Eastern Europe, Africa, and parts of Asia.

To find out what immunizations you need, visit <https://www2.cdc.gov/nip/adultimmsched/> or review the **ACIP Adult Recommended Immunization Schedule** found at <https://www.cdc.gov/vaccines/schedules/downloads/adult/adult-combined-schedule.pdf>

