

# Getting your child immunized

**W**hen a child is born, she usually has immunity to certain diseases. This is a result of the disease-fighting antibodies that have passed through the placenta from the mother to the unborn child. After birth, the breastfed baby gets the continued benefits of additional antibodies in breast milk. But in both cases, the immunity is only temporary.

Immunization (vaccination) is an artificial way of creating immunity to certain diseases - by using relatively harmless substances called antigens that come from or are similar to the components of microorganisms that cause the diseases.

Microorganisms can be viruses, such as measles virus, or they can be bacteria, such as pneumococcus. Vaccines stimulate the immune system into reacting as if there were a real infection. The immune system then fights off the "infection" and remembers the organism so it can fight it off quickly if it enters the body at some future time.

Some parents may hesitate to give their children a vaccine because they are concerned about complications or their children developing the illness the vaccine is supposed to prevent. Although

it's true that some vaccines could have these effects, the likelihood of that happening is very small. Not immunizing your child exposes her to greater health risks associated with contracting the disease the vaccine is intended to prevent.

Immunization is one of the best means of protecting your child against contagious diseases. The following vaccinations and schedule are recommended by the American Academy of Pediatrics (AAP). Please note that some variations are acceptable and that changes in recommendations frequently occur as new vaccines are developed; your child's doctor will determine the best vaccinations and schedule for your child.

## Hepatitis B

Hepatitis B (HBV) is a virus that infects the liver. Those who are infected can become lifelong carriers of the virus and may develop long-term problems such as cirrhosis (liver disease) or cancer of the liver.

## Immunization Schedule

Hepatitis B vaccine usually is given as a series of three injections. The first shot is given to infants shortly after birth. If the mother of a newborn carries the hepatitis B virus in her blood, the infant needs to receive the first shot

within 12 hours after birth. If a newborn's mother shows no evidence of HBV in her blood, the infant may receive the shot any time prior to leaving the hospital. It also may be deferred until the 4- or 8-week visit to the child's doctor.

If the first shot is given shortly after birth, the second shot is given at 1 to 2 months and the third at 6 months. For infants who do not receive the first shot until 4 to 8 weeks, the second shot is given at 3 to 4 months and the third at 6 to 18 months. In either case, the second and third shots usually are given in conjunction with other routine childhood immunizations.

## Why Receive the Vaccine?

The hepatitis B vaccine probably creates lifelong immunity. Infants who receive the HBV series should be protected from hepatitis B infection not only throughout their childhood but also into the adult years. Eliminating the risk of HBV infections also decreases risk for cirrhosis of the liver, chronic liver disease, and liver cancer. Young adults and adolescents should also receive the vaccine if they did not as infants.

## Possible Risks

Serious problems associated with receiving the HBV vaccine are rare. Problems that do occur tend to be minor, such as

fever or redness or tenderness at the injection site.

## When to Delay or Avoid the Immunization

- If your child is currently sick, although simple colds or other minor illnesses should not prevent immunization
- If severe allergic reaction (anaphylaxis) occurs after an injection of the HBV vaccine

## How to Care for Your Child After the Immunization

The vaccine may cause mild soreness and redness at the place the shot was given; this may be treated with pain relievers like acetaminophen or ibuprofen.

## When to Call Your Child's Doctor

- If you are not sure of the recommended schedule for the hepatitis B vaccine
- If you have concerns about your own HBV carrier state
- If moderate or serious adverse effects appear after an HBV injection has been given to your child

SOURCE: [http://www.kid-sheath.org/parent/general/body/vaccine\\_p10.html](http://www.kid-sheath.org/parent/general/body/vaccine_p10.html)

## IN BRIEF

### NANAY South First Anniversary Celebration

Miami, Fla. - NANAY South proudly celebrated its First Anniversary Celebration last August 23rd at the NANAY South Center located at 12233 SW 112 Street, Miami, Florida 33186.

Since the NANAY South Center opened a year ago, it has already provided counseling, health sessions, arts and crafts sessions, computer classes, singing, folk dancing and other recreational activities to more than 40 elders. Tessie Kenyon, NANAY South Program Director has been busy coordinating their first anniversary celebration with the help of Ely Segui, who heads the NANAY South Council of Elders. There will be plenty of food, dancing, entertainment and door prizes. For more information, please call NANAY South Center at (305) 271-2090.



Nena Bolanos (seated at the right) accompanies the NANAY South Center on the piano, during their choral practice, in preparation for their anniversary celebration.

### NANAY Youth Council raises funds for intergenerational projects

Miami, Fla., Aug 16 - Determined to make a difference, the NANAY Youth Council held a Car Wash at the NANAY Center in North Miami to raise funds for its various intergenerational projects that will serve to link the youth with the elders.

The energetic and enthusiastic officers of the NANAY Youth Council also joined the Governing Board in the Board Development Training and Leadership Renewal Workshop that was facilitated by Gelly Borromeo and Maurita Williams at NANAY Center on June 21, as well as the NANAY Retreat that was held at the Miami Airport Marriott on July 18-20. The NANAY Youth Council also participated in collecting surveys and will be analyzing data that from the responses on Tobacco Use among Asian Americans in South Florida.

### NANAY holds Immunization and Tobacco Workshop

MIAMI, Fla., Aug. 16 - Twelve registered nurses from the Silliman Association of South Florida met with 24 elders during a workshop on immunization and tobacco, that was held at the NANAY Center on Saturday, August 16.

The purpose of the workshop was to increase service providers' and elders' awareness on the need for immunization among Asian Pacific Americans. Their lively discussion included topics on pneumococcal infections, influenza, hepatitis, measles, rubella, rubeola and other common illnesses that could be prevented through vaccination. Children younger than 5 and adults age 65 and older have a high risk of catching Pneumonia. Flu shots are especially recommended for people with long-standing illnesses, although anyone who wants to avoid getting the flu can get the vaccine. The incidence and dangers of tobacco use among Asians were also discussed in the second part of the workshop. It was noted that smoking rates among Asian American youth increase seven-fold from seventh to 12th grade, and that teens make up 90% of all new smokers. While Asian American teens had the lowest smoking rates in middle school compared to African Americans, Hispanics and Whites, their smoking rates were second only to Whites by senior year.



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## EVENTS AND ACTIVITIES



Officers and staff of NANAY relax after their hectic two-day retreat at the Miami Airport Marriott. Seated from left to right: Anne Cruz (San Francisco Youth), Rose del Rosario (Program Director), Grace Abuzman (San Francisco Youth), Grace Cruz (San Francisco Youth), Margie Ortigas (Regional Executive Director, NANAY San Francisco Bay Area). Standing from left to right: Dr. Cecille Liangco (NANAY Palm Beach), Nida Recabo (Governing Board), Winnie Tang (Governing Board), Sang Wang (Governing Board), Divine Marcelo (NANAY SF-Bay Area Youth Chair), Einez Yap (Governing Board), Ernie Ramos (Adviser), Sally Gozon (Miami Board), Bennie Trinidad (Vice-President & Regional Exec Director), Lulu Mendoza (Governing Board), Sony Trinidad (Social Services Director), Nida Winnett (Governing Board), Joy Bruce (President & CEO), Franlie Bautista (Miami Board Chair), Mike Gozon (Administrator), Tessie Kenyon (NANAY South Program Director), Zenaida Watson (NANAY Palm Beach), Joey Fidel (NANAY Staff), Tessie Santos (Miami Board), Dolores Villamar (Miami Board), Lila Lee (Miami Board), Dada Dequito (NANAY Staff).



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