

## Recommended Well-Child Check-up Schedule by Child's Age

Days		Months															
birth	3-5	1	2	4	6	9	12	15	18	24	30						
Years																	
1	2	3	4	5	6	7	8	9	10								
11	12	13	14	15	16	17	18	19	20								
21																	

## Poison Control Emergencies (National & Wisconsin)

**POISON Help**  
  
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## Preventive Health Guidelines

*Keeping you and your family in good health.*

**WPS**  
HEALTH INSURANCE®

## When Do Children and Teens Need Vaccinations?

Age	HepB Hepatitis B	DTaP/Tdap Diphtheria, tetanus, pertussis	Hib Haemophilus influenzae type b	Polio	PCV Pneumococcal conjugate	RV Rotavirus	MMR Measles, mumps, rubella	Varicella Chickenpox	HepA Hepatitis A	HPV Human papillomavirus	MCV4 Meningococcal conjugate	Influenza
Birth	✓											
2 months	✓ (1-2 mos)	✓	✓	✓	✓	✓						
4 months	✓ <sup>1</sup>	✓	✓	✓	✓	✓						
6 months		✓	✓ <sup>2</sup>		✓	✓ <sup>2</sup>						
12 months												
15 months	✓ (6-18 mos)	✓ <sup>4</sup> (15-18 mos)	✓ (12-15 mos)	✓ (6-18 mos)	✓ (12-15 mos)		✓ (12-15 mos)	✓ (12-15 mos)	✓✓ (2 doses given 6 mos apart at age 12-23 mos)			
18 months												✓ <sup>3</sup>
19-23 months		Catch-up <sup>5</sup>	Catch-up <sup>5</sup> (to 5 years)	Catch-up <sup>5</sup>	Catch-up <sup>5</sup> (to 5 years)		Catch-up <sup>5</sup>	Catch-up <sup>5</sup>				(given each fall or winter to children ages 6 mos-18 yrs)
4-6 years		✓		✓			✓	✓				
7-10 years	Catch-up <sup>5</sup>	Catch-up <sup>5</sup>							Catch-up <sup>5</sup>			
11-12 years		✓ Tdap		Catch-up <sup>5</sup>			Catch-up <sup>5</sup>	Catch-up <sup>5</sup>		✓✓✓ <sup>6</sup>	✓	
13-18 years		Catch-up <sup>5</sup> (Tdap/Td)							Catch-up <sup>5</sup>	Catch-up <sup>5,6</sup>	Catch-up <sup>5,7</sup>	

- Your infant may not need a dose of HepB at age 4 months depending on the type of vaccine that your healthcare provider uses.
- Your infant may not need a dose of Hib vaccine or RV vaccine at age 6 months depending on the type of vaccine that your healthcare provider uses.
- One dose is recommended for most people. Children younger than age 9 years who are receiving influenza vaccine for the first time, or who received only 1 dose in the previous season (if it was their first vaccination season), should receive 2 doses spaced at least 4 weeks apart this season.
- This dose of DTaP may be given as early as age 12 months if it has been 6 months since the previous dose.

- If your child's vaccinations are delayed or missed entirely, they should be given as soon as possible.
- All girls and women age 11 through 26 years should be vaccinated with 3 doses of HPV vaccine, given over a 6-month period. Boys and men age 11 through 26 years may also be vaccinated with one of the HPV vaccines (Gardasil) to reduce their likelihood of getting genital warts. The vaccine may be given to children as young as age 9 years.
- If you have a teenager who is enrolling in college and planning to live in a dormitory and who hasn't previously been vaccinated against meningococcal disease, they should be vaccinated now.

**Please note:** Some children may need additional vaccines. Talk to your healthcare provider.

Technical content reviewed by the Centers for Disease Control and Prevention, January 2010.

[www.immunize.org/catg.d/y4050.pdf](http://www.immunize.org/catg.d/y4050.pdf) • Item #P4050 (1/10)

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## Don't Forget the Immunizations!

Childhood immunizations can prevent illnesses that have potentially serious adverse health effects. Currently, your child(ren) can be given effective protection against up to sixteen preventable diseases by getting regular recommended immunizations. Tear out the attached pocket/purse card or put this pamphlet on your refrigerator to help you and your kids stay on track with immunizations.

You can do a lot to prevent and detect illnesses. These Guidelines can help you do that for you and your family. Talk to your doctor about what is right for you and your family. Some services should be used earlier than the ages shown or more frequently if a person is at higher risk. Some services for newborns such as screening for hearing loss, blood and other disorders and ocular antibiotics are generally performed in the hospital; talk to your doctor about those. Not all services may be covered by all health plans. Please refer to your plan for coverage information.

WHAT	WHO	WHEN
<b>Children (birth to 18 years)</b>		
Depression screening	Adolescents	As needed
Immunizations	All children and adolescents	See chart on next page
Iron supplementation	Age 6 to 12 months	As needed if at risk for anemia
Obesity screening & counseling	Children at risk	As needed
Visual checkup	Children up to age 5 years	As needed
Well-child checkups	All children and adolescents	See chart below
Dental caries; oral fluoride supplementation	Age 6 months	As needed (non-fluoridated water)
<b>Adults (18 to 64 years)</b>		
Alcohol use screening/counseling	Men and women over age 18	As needed
Blood pressure	Men and women over age 18	Every two years
Breast cancer-screening mammogram	Women age 40 and over	Mammography every one to two years
BRCA counseling/evaluation and chemoprevention counseling	Women age 40 and over, earlier if at risk	counseling & evaluation services as indicated
Cervical cancer screening (Pap test)	Women over age 21	Every 3 years
Chlamydia & STD screening (if at risk)	Women age 24 and younger if sexually active	Annually and at the first prenatal visit if pregnant
Cholesterol, lipids and triglycerides screening (see diabetes care below) & dietary counseling for elevated levels	Men age 35 and older and women age 45 and older; younger, if at risk	Every 3-5 years—every five years over age 65 (Medicare)
Colorectal cancer screening	Men and women age 50-75	Every 5 years
Depression screening	Men and women over age 18	As needed
Diabetes screening	Adults with sustained BP over 135/80 mm Hg.	As needed
Diabetes care blood tests—hemoglobin A1c (HbA1c) and LDL-C	Individuals with diabetes mellitus	Every 3 to 6 months
Folic acid supplementation	Women planning or capable of pregnancy	As needed
Hepatitis B & HIV, gonorrhea, syphilis, anemia, Rh factor, bacteriuria screening, advice on breastfeeding & tobacco cessation	Pregnant women	At first prenatal visit and subsequent visits, as needed
Influenza vaccination	Men and women age 19-64	Annually
Low-dose aspirin	Men age 45+; women age 55+	Daily
Obesity screening & counseling	Adults at risk	As needed
Tobacco cessation	Current tobacco users	Anytime. Ask about help quitting.
<b>Seniors (65+ years)</b>		
Aneurysm (AAA) screening	Men 65-75 who have been smokers	One-time screening when at risk
Influenza vaccination	Men and women over age 65	Annually prior to flu season
Osteoporosis screening	Women 65+, 60 if at risk	Every two years
Glaucoma screening	Men and women over 65	Annually
Pneumococcal vaccination	Men and women over 65	One-time immunization

<sup>1</sup> Sources include “Guide to Clinical Prevention Services, 2009,” U. S. Preventive Services Task Force, Agency for Healthcare Research and Quality, except as noted. Only services with grade A or B (meaning evidence is strong enough for the recommendation that the service be offered or provided) evidence are included in these guidelines. See: <http://www.preventiveservices.ahrq.gov>

<sup>2</sup> Secretary’s Advisory Committee on Heritable Disorders in Newborns and Children (SACHDNC) as adopted by HRSA.

<sup>3</sup> Centers for Disease Control and Prevention, Advisory Committee on Immunization Practices (ACIP)

<sup>4</sup> American Academy of Pediatrics (AAP), and recommended by the U.S. Health Services and Resources Administration (HRSA)

<sup>5</sup> American Congress of Obstetricians and Gynecologists (ACOG), [http://www.acog.org/from\\_home/publications/press\\_releases/nr07-21-10-2.cfm](http://www.acog.org/from_home/publications/press_releases/nr07-21-10-2.cfm)

<sup>6</sup> Wisconsin Diabetes Mellitus Essential Care Guidelines <http://www.dhs.wisconsin.gov/publications/P4/P49356.pdf>

<sup>7</sup> Downloaded from the CDC website April 16, 2010. <http://www.cdc.gov/vaccines/recs/schedules/child-schedule.htm#printable>



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4 months	✓ <sup>1</sup>	✓	✓	✓	✓	✓						
6 months		✓	✓ <sup>2</sup>		✓	✓ <sup>2</sup>						
12 months	✓	✓ <sup>4</sup>	✓	✓	✓		✓	✓	✓✓			
15 months	(6-18 mos)	(15-18 mos)	(12-15 mos)	(6-18 mos)	(12-15 mos)		(12-15 mos)	(12-15 mos)	(2 doses given 6 mos apart at age 12-23 mos)			
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