



# Health

Your family's guide to good health





Nothing is more important than your family's health. UnitedHealthcare hopes that you'll find this free booklet helpful. You can learn how to live a healthier life. And, the tips in this guide will help you take care of your family. Be sure to tear out the wallet card to keep track of your child's shots.

Best of health to you and your family!

## Section 1: Nutrition and Fitness

Eat Healthfully and Feel Great .....	2
Getting Fit, Staying Fit.....	3
The Benefits of Walking.....	4

## Section 2: Safe and Sound

Poison – How Safe Is Your Family? .....	5
School Safety for Your Children .....	6
Choosing Day Care.....	7

## Section 3: When You Need Care

Choosing the Right Health Care Setting: Clinical Care, Urgent Care, and Emergency Room.....	8
Your Child Is Sick – When Should You Call the Doctor? .....	9

## Section 4: Children's Health

When Your Child Has a Fever .....	10
How to Take Care of Your Child's Ear Infection.....	11
Your Child's Cold or Flu.....	12

## Section 5: Pregnancy

Healthy Mom, Healthy Baby .....	13
Eat Healthfully for Your Baby .....	14
Exercise and Pregnancy.....	15

Immunization Chart.....	16
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## Eat Healthfully and Feel Great

Rich sauces, fried foods, butter, desserts with whipped cream piled high. They're so tempting and so hard to resist. But, if you overeat, the extra pounds can build up. And, your energy level will go down. Making a few healthy changes to the way you eat can make a big difference in how you feel.

### Who, Me?

Take an honest look at your eating habits. Each day, write down everything you eat and drink. At the end of the week, your diary might surprise you.

### Tips for Healthful Eating

Is it really hunger? Don't eat out of habit, boredom, or just because food is nearby.

- **Control portion size.** Take the focus off volume. Put it on variety. Use a smaller plate to limit how much you take.
- **Eat slowly and enjoy.** Take time to savor the flavors and aromas. It takes 20 minutes for your stomach to get the "full" signal.
- **Say, "No" to seconds.** Make it a standing rule not to take second helpings.
- **Limit desserts.** Try to eat dessert half as often. Eat it after lunch instead of after dinner. You'll have more time to burn it off.
- **Don't skip meals.** When you come to the table starved, you're more likely to overeat.
- **Never say never.** Don't try to completely avoid your favorite foods. But, plan on when and how much you'll have.
- **Don't sabotage yourself.** There always seems to be an excuse for overindulging "just this once." Don't let any excuse stand between you and your health.



## Getting Fit, Staying Fit

Exercise can help you feel better, look better and maybe even live longer. But, it can be hard to get started. You don't have to work out for hours on end. Every little bit counts – even if you can only do 10 minutes at a time.



### Benefits of Exercise

- Can help control weight
- May improve blood cholesterol levels
- May control high blood pressure
- Helps to stop bone loss
- Increases muscle tone
- Boosts energy levels
- Can help manage stress

### Getting Started

- Talk with your doctor before beginning to exercise.
- Start slowly – don't do too much.
- Drink enough water.
- Ask a friend to exercise with you.
- Try to make exercise a part of each day.

You're more likely to exercise if it's fun. Below are some ideas to get you going. The table also shows the calories a 150-pound person burns after 20 minutes.

Activity	Calories Burned	Activity	Calories Burned
Biking (6 mph)	197	Dancing	110
Running (5.2 mph)	197	Gardening	110
Tennis (singles)	183	Playing golf (carrying clubs)	110
Swimming laps	170	Walking (3.5 mph)	93
Doing step aerobics	160	Playing with the kids	72
Playing basketball	147	Stretching	60
Hiking	123	Vacuuming or mopping	50
Yoga	120	Sleeping	15

## The Benefits of Walking

Walking is an easy way to exercise. You can do it anywhere, at any time. And, you don't need anything special to start – just a good pair of shoes.

### Get Ready, Get Set...

It's simple to start walking. But, think about these points before going:

- **See your doctor.** Do this if you're age 40 or older. Also go if you have past injuries, a chronic illness, or haven't exercised for a while.
- **Protect your feet.** Make sure you have sturdy walking shoes. And, wear athletic socks.
- **Wear comfortable clothes.** Choose lightweight fabrics that will keep you cool.
- **Stay safe.** Use a well-lit path or trail. And, consider walking with a friend.

### ...And Go!

With your doctor's OK and the right gear, you can get moving. Keep these tips in mind for a safe, effective workout.

- **Warm up and cool down.** Let your body temperature rise slowly for five minutes. Stretching before and after also can help prevent injury and soreness.
- **Start slowly.** Walk for five or 10 minutes. As you walk more often, work up to longer distances.
- **Go at a good pace.** Don't worry about speed. You'll still benefit no matter how fast or slow you go.
- **Focus on posture.** Keep your back straight, head lifted, and shoulders relaxed.
- **Stay hydrated.** Drink fluids before, during, and after your workout.
- **Make it a habit.** Walk for at least 20 minutes, most days of the week.



## Poison: How Safe Is Your Family?

Protect your family from poison. Prevention is your best defense. These tips can help keep your family safe.

### Medicines can be dangerous. Handle them properly:

- Keep medicine away from children. Put it in a locked cabinet.
- Follow instructions.
- Don't take a prescription that isn't for you. And, don't give your child medicine that is for anyone else.
- Never trick a child and say medicine is just like candy.
- Get rid of old medicines. Flush them down the toilet. Make sure no one can get to them – not even pets.
- Vitamins can be dangerous, too. Use these safely. Lock them up.

### Watch for poison in your home:

- Lock up products that could be dangerous. This includes:
  - Cleaning items
  - Car products such as antifreeze
  - Pesticides, fertilizers, or weed killers
  - Hobby supplies such as glue or paint
- Keep dangerous products in their original bottle.
- Many house and outdoor plants can be toxic if eaten.
- Don't be caught off-guard. Even items such as batteries and makeup can be poison.

### Before a poison emergency:

- Write down the phone number of your local Poison Control Center. Don't know the number? Call the national center at 1-800-222-1222.

### What to do in a poison emergency:

- Call your local Poison Control Center or 911.
- Stay calm. Tell as much as you can. Also say the toxic item and age of the person.





## School Safety for Your Children

Each school day brings new situations for your children. These simple tips can help your children stay safe and healthy.

### Keep Shots Up-to-Date

Talk with your child's doctor about his or her shots. Some shots are needed before school starts. Tear off the card at the front of this book to help you keep track.

### Talk About School Bus Safety

Teach your child to follow these tips in and around the school bus:

- Stay away from the street when waiting. Don't fool around and horseplay.
- Wait until the bus stops and its doors open. Then, leave the curb.
- Wait until the driver says to cross the street. Cross in front of the bus. Always look both ways.
- Don't run after the bus. The driver can't see you.
- Never put arms, hands, or your head out the window. Don't throw anything out the window.
- Don't get up until the bus stops completely.

### Talk About Strangers

Never assume your children know who is a "safe" adult and who isn't:

- Teach what a stranger is, and who your children can and can't trust.
- Tell your children to never go with a stranger. Do what it takes to escape. This may include screaming, biting, or running.
- Make a plan when you can't pick them up. Let your children know who will get them. Say they shouldn't go with *anyone* else.
- Make sure your children tell you if a stranger approaches them.



## Choosing Child Care

It's hard to be with your children at all times. Work and other demands take you away. If you need child care, always talk with anyone watching your child. Ask questions and for a caregiver license.

Some day care centers and caregivers have something called accreditation. Ask about that. Check out the center or person's home. Look for:

- **Cleanliness.** Do adults and children wash their hands? Are toys and play areas washed regularly? Are diapers changed often?
- **Number of children.** Are there a lot of kids? How many caregivers are there per child?
- **Caregiver checks.** Do caregivers get background checks? How long have the caregivers worked at the center? What are the rules on child abuse?
- **Discipline.** What if children don't follow directions? Are they punished? How?
- **Immunizations.** Is your child up-to-date? What about the other children?
- **Poison.** Are all medicines locked away? Can children reach toxic items?
- **Play areas.** Is the playground checked for safety? How often? Are the play areas fenced in?
- **First aid.** Do caregivers know what to do in an emergency? Is the place child and fire safe? What happens if your child or other children are sick?
- **Nutrition.** What will your child be fed? How often?



# Choosing the Right Health Care Setting – Clinical Care, Urgent Care, and Emergency Room

## Clinic or Office Care

If it's not urgent, it's usually best to go to your own doctor's office. Your doctor knows you and your health history. He or she can access your medical records. And, he or she can provide follow-up care or refer you to specialists.

If you don't have a doctor, try an urgent care center. You can go there when your doctor's office is closed, too.

## Urgent Care

Sometimes, you may need care fast. Try an urgent care center. They can treat many minor ailments. Chances are, you won't have to wait as long as at the emergency room (ER). You may pay less, too.

Your hospital may have an urgent care center. Or, there may be a clinic nearby. Most are open at night and on weekends. They can help with:

Sprains or strains	Rashes	Minor infections
Mild asthma attacks	Minor broken bones	Sore throats
Small cuts		

## Emergency Rooms

When you or a loved one is hurt, you want the best care. You may be tempted to go to the ER. But, this may not be the best choice. At the ER, true emergencies are treated first. Other cases must wait – sometimes for hours. And, it may cost you more. Go to the ER for:

Heavy bleeding	Chest pain
Sudden change in vision	Large open wounds
Sudden weakness or trouble talking	Major burns
Spinal injuries	Severe head injury
Difficulty breathing	

*If a situation seems life-threatening, take action. Call 911 or your local emergency number right away.*

## Your Child Is Sick – When Should You Call the Doctor?

It can be hard to know what to do when your child is sick. Follow these guidelines if you're unsure.

### Always be ready...

Keep near your phone:

- Your doctor's or clinic's name and phone number
- The Poison Control Center number – 1-800-222-1222

### When to call the doctor...

Call if your child is sick and you don't know what to do.

Also call if you see any of these signs:

- Baby isn't wetting at least four or five times a day.
- Baby age 3 months or younger has a fever of 100.4°F or more.
- Baby age 3 months or younger has odd symptoms. These may include diarrhea, irritability, vomiting, or poor feeding.
- Child's fever is high. How high depends on your child's age. Talk with your doctor.
- Child has a fever and is acting strangely.
- Child has a fever and looks strange. Look for rash, dehydration, irritability, vomiting, or poor feeding.
- Child is vomiting a lot. Or, he has a lot of diarrhea. The child will lose body fluids. This is very dangerous.
- Any stomach problems: hard, full stomach; not passing gas; stomach pains.

### For real emergencies...

- If you think your child's life is in danger, call 911.
- If you think your child has swallowed poison, call the Poison Control Center.

### Remember...

- **Never** give aspirin to anyone younger than age 19. It can cause serious sickness. Use acetaminophen (Tylenol).
- Mix baby formula the right way. Put extra formula in the refrigerator. Check to see if it's spoiled before using it.
- Don't give honey to a baby. It may have bacteria that can make your baby sick.



## When Your Child Has a Fever

A fever means your child's body temperature is too high. Your child might get a fever from a virus or bacterial infection.

### How do you know it's a fever?

Don't guess. If your child's skin feels warm, take his or her temperature. Use a thermometer.

### Call your child's doctor if:

- Your baby is age 3 months or younger and has a temperature of 100.4°F or higher.
- Your child's fever is high. How high depends on your child's age. Talk with your doctor.
- Your child has a fever and is acting strangely.
- Your child has a fever and looks strange. Look for rash, dehydration, or swelling.

**What to give your child for fever:** *(If your child has other health problems, ask your doctor first.)*

- Babies age 3 months and younger must see a doctor. Don't give any medicine without the doctor's OK.
- **Never** give aspirin to any child age 19 years or younger. It can cause serious sickness.
- Give your child acetaminophen (Tylenol) instead of aspirin. Use the type made for children. Use the infant kind for babies – but only with the doctor's OK.
- Follow the directions.
- Don't give your child too much. And, don't give it more often than every four hours.
- Call your doctor or clinic before using other medicines.

### Help your child feel better:

- Sponge your child with lukewarm water.
- Never sponge your child with alcohol.
- Give your child or baby liquids.
- If your child's stomach is upset, try giving clear liquids (such as apple juice).



## How to Take Care of Your Child's Ear Infection

Ear infections are common. They can be part of having a cold or other infection. Use these tips to care for your child.

### It may be an ear infection if:

- Your child's ear hurts.
- Your child, age 2 years or younger, is pulling or rubbing one or both ears.
- Your child has a fever, isn't hungry, and is crying a lot.
- You see white or yellow fluid coming from your child's ear.
- Your child isn't hearing well.

### If you think your child has an ear infection:

- Call your doctor or clinic. You probably won't need an emergency room visit.
- Your doctor may prescribe medicine. Give acetaminophen (Tylenol) for the ear pain and fever.
- **Never** give aspirin to a child younger than 19 years old. It can cause serious sickness.
- Don't put anything in the ear.
- Put a warm cloth on the ear.

### If your doctor prescribes medicine...

- Follow the directions your doctor gives.
- Measure the medicine to give the right amount.
- Keep giving the medicine until it's all gone.
- If your child won't take the medicine, call your doctor.
- If your child gets sicker or gets a rash, call your doctor.
- Your child may need medicine while at school or day care. Ask your doctor about this.
- Only give the medicine to your child with the ear infection. Don't give the medicine to anyone else. And, don't save it for later on.
- When the medicine is finished, make a doctor appointment to see if the infection is gone.



## Your Child's Cold or Flu



When your child is sick, you want him or her to get the best care. Minor colds or flu usually can be treated at home. These tips can help.

### Look for some or all of these signs:

- Fever
- Runny or stuffy nose
- Sore throat
- Red, watery eyes
- Headache
- Body aches and pains
- Sneezing
- Cough
- Feeling tired
- Not hungry

### Caring for Your Child

- Give your child plenty of fluids.
- Make your child rest to get well. And, keep him indoors.
- Keep your child away from other children. Wash hands often.
- Be careful with medicine. Read the label. **Never** give aspirin to anyone age 19 or younger. It can cause serious sickness. Use acetaminophen (Tylenol) instead.
- Use a cool mist vaporizer.

### Call the doctor or clinic if your baby is age 3 months or younger. And, call if any child:

- Has a fever over 102°F that doesn't get better in two days
- Has an earache
- Has dark green or yellow drainage coming from the nose
- Has diarrhea
- Won't drink at all
- Throws up two or more times a day
- Coughs a lot for more than 10 days
- Has swollen glands

### Go to the emergency room if your child:

- Has a fever of 104°F or higher
- Is age 3 months or younger and has a fever of 100.4°F or more
- Seems confused or extremely fussy
- Is very drowsy and you can't wake her
- Hasn't urinated in eight hours
- Has trouble breathing, but not severe

*Call 911 or your local emergency number if your child has severe trouble breathing and can't speak.*

## Healthy Mom, Healthy Baby

It's important to care for your baby's health before he or she is born. See your doctor if you think you're pregnant. Go to all of your doctor appointments while you're pregnant.

### Follow these other rules:

- **Take your vitamins.** Your doctor will tell you what vitamins and minerals you need. Follow directions carefully. Take a supplement before you get pregnant to get enough folic acid.
- **Eat healthful foods.** Fruits, vegetables, and whole-grain foods are important. Drink plenty of water each day.
- **Get your calcium.** Your vitamin may include calcium. But, you still need to get plenty in your diet. Low-fat milk, cheese, and yogurt are good sources.
- **Listen to your doctor about your weight.** Your doctor will tell you what weight gain is right for you. Don't diet. Choose healthful low-fat foods to help avoid unwanted pounds.
- **Don't use drugs, drink alcohol, or smoke.** You could put your baby's health in danger.
- **Before you take any medicine, ask your doctor.** This includes over-the-counter medicine.
- **Exercise, if your doctor says it's OK.** You'll feel better and have more energy. Drink plenty of water. Don't get overheated. Stop to rest when needed.
- **Get plenty of rest and sleep.** Don't try to keep up your usual pace if you feel tired. Treat yourself to some extra sleep if possible.



### Call your doctor right away if...

- Your baby is moving less than usual.
- You're bleeding or fluid is leaking from your vagina.
- You have strong cramps, a lasting backache, or bellyache.

## Eat Healthfully for Your Baby

When you're pregnant, what you eat affects you and your baby. So, you must pay attention to your diet. This guide can get you both off to a good start.



### Get the Right Nutrients

Some nutrients may prevent birth defects. Start getting enough of them even before you become pregnant. Folic acid is very important. You can get it from:

- Green leafy vegetables, such as spinach
- Orange juice
- Fortified foods, including cereals and breads
- Black beans
- Nuts
- Black-eyed peas

You also need 1,000 milligrams of calcium each day. Drink milk, or eat yogurt and cheese. Your doctor may say to take a vitamin supplement – even before you're pregnant. Follow directions carefully.

### Watch What You Eat

Keeping your weight gain within a healthy range is key. Too much weight may cause diabetes or a hard labor. Talk with your doctor about what weight gain is right for you.

Some foods and drinks can be dangerous to your baby. Stay away from:

- Alcohol
- Raw meat, poultry, and fish
- Fish that have high levels of mercury – shark, tilefish, swordfish, or king mackerel. Your doctor may tell you to limit canned tuna, too.
- Fish that is caught in polluted waters
- A lot of caffeine
- Soft cheeses, such as brie or feta
- Herbal teas and supplements

If you have questions, talk with your doctor. He or she can help you make healthful food choices.

## Exercise and Pregnancy

If your doctor says it's OK, exercising while you're pregnant can be good for you and your baby. It helps prevent too much weight gain. And, it may keep your baby's size within the normal range.

### Reasons to Move

Exercise may:

- Help lessen swelling and backaches
- Ease bloating and constipation
- Help you sleep better and have more energy
- Make labor shorter and easier

### Recommended Activities

Don't work out until you check with your doctor. If your doctor says it's OK, then consider these activities:

- Swimming
- Walking
- Riding a stationary bike
- Low-impact or aqua aerobics

### When to Stop

Don't push yourself as hard as usual. Don't exercise until you can't breathe. And, don't let yourself get too hot. Ask your doctor about a target heart rate. And, talk with him or her about when to avoid floor exercises.

Stop exercising and call your doctor or seek medical care right away if you have:

- Blood or fluid coming from your vagina
- Sudden or severe abdominal or vaginal pain
- Contractions that continue for 30 minutes after you exercise
- Dizziness
- Chest pain
- Severe, sudden, or persistent headache



Use this chart to keep track of your child's immunizations. Post on your refrigerator or put with your child's health records.

### Your Child's Immunization Record (El registro de inmunizaciones de su hijo)

Name (Nombre): _____																			
Birth-2 months (Nacimiento-2 meses)	<table border="1"> <tr> <td>Hepatitis A<sup>1</sup></td> <td>HBV Hepatitis B<sup>2</sup></td> <td>DTaP Diphtheria, Tetanus, Pertussis (whooping cough)</td> <td>PCV<sup>3</sup> Pneumococcal conjugate vaccine</td> <td>IPV Inactivated Polio Virus type b</td> <td>Hib Haemophilus influenza</td> <td>Influenza (gripe)</td> <td>MMR Measles, Mumps, Rubella</td> <td>Varicella Chickenpox</td> </tr> <tr> <td>_____ / _____ Mo/Yr (meses/años)</td> <td>_____ / _____ Mo/Yr (meses/años)</td> <td>_____ / _____ Mo/Yr (meses/años)</td> <td>_____ / _____ Mo/Yr (meses/años)</td> <td>_____ / _____ Mo/Yr (meses/años)</td> <td>_____ / _____ Mo/Yr (meses/años)</td> <td>_____ / _____ Mo/Yr (meses/años)</td> <td>_____ / _____ Mo/Yr (meses/años)</td> <td>_____ / _____ Mo/Yr (meses/años)</td> </tr> </table>	Hepatitis A <sup>1</sup>	HBV Hepatitis B <sup>2</sup>	DTaP Diphtheria, Tetanus, Pertussis (whooping cough)	PCV <sup>3</sup> Pneumococcal conjugate vaccine	IPV Inactivated Polio Virus type b	Hib Haemophilus influenza	Influenza (gripe)	MMR Measles, Mumps, Rubella	Varicella Chickenpox	_____ / _____ Mo/Yr (meses/años)	_____ / _____ Mo/Yr (meses/años)	_____ / _____ Mo/Yr (meses/años)	_____ / _____ Mo/Yr (meses/años)	_____ / _____ Mo/Yr (meses/años)	_____ / _____ Mo/Yr (meses/años)	_____ / _____ Mo/Yr (meses/años)	_____ / _____ Mo/Yr (meses/años)	_____ / _____ Mo/Yr (meses/años)
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12-18 months (meses)	<table border="1"> <tr> <td>_____ / _____ Mo/Yr (meses/años)</td> <td>_____ / _____ Mo/Yr (meses/años)</td> <td>_____ / _____ Mo/Yr (meses/años)</td> <td>_____ / _____ Mo/Yr (meses/años)</td> <td>_____ / _____ Mo/Yr (meses/años)</td> <td>_____ / _____ Mo/Yr (meses/años)</td> <td>_____ / _____ Mo/Yr (meses/años)</td> <td>_____ / _____ Mo/Yr (meses/años)</td> <td>_____ / _____ Mo/Yr (meses/años)</td> </tr> </table>	_____ / _____ Mo/Yr (meses/años)	_____ / _____ Mo/Yr (meses/años)	_____ / _____ Mo/Yr (meses/años)	_____ / _____ Mo/Yr (meses/años)	_____ / _____ Mo/Yr (meses/años)	_____ / _____ Mo/Yr (meses/años)	_____ / _____ Mo/Yr (meses/años)	_____ / _____ Mo/Yr (meses/años)	_____ / _____ Mo/Yr (meses/años)									
_____ / _____ Mo/Yr (meses/años)	_____ / _____ Mo/Yr (meses/años)	_____ / _____ Mo/Yr (meses/años)	_____ / _____ Mo/Yr (meses/años)	_____ / _____ Mo/Yr (meses/años)	_____ / _____ Mo/Yr (meses/años)	_____ / _____ Mo/Yr (meses/años)	_____ / _____ Mo/Yr (meses/años)	_____ / _____ Mo/Yr (meses/años)											
4-6 years (años)	<table border="1"> <tr> <td>_____ / _____ Mo/Yr (meses/años)</td> <td>_____ / _____ Mo/Yr (meses/años)</td> <td>_____ / _____ Mo/Yr (meses/años)</td> <td>_____ / _____ Mo/Yr (meses/años)</td> <td>_____ / _____ Mo/Yr (meses/años)</td> <td>_____ / _____ Mo/Yr (meses/años)</td> <td>_____ / _____ Mo/Yr (meses/años)</td> <td>_____ / _____ Mo/Yr (meses/años)</td> <td>_____ / _____ Mo/Yr (meses/años)</td> </tr> </table>	_____ / _____ Mo/Yr (meses/años)	_____ / _____ Mo/Yr (meses/años)	_____ / _____ Mo/Yr (meses/años)	_____ / _____ Mo/Yr (meses/años)	_____ / _____ Mo/Yr (meses/años)	_____ / _____ Mo/Yr (meses/años)	_____ / _____ Mo/Yr (meses/años)	_____ / _____ Mo/Yr (meses/años)	_____ / _____ Mo/Yr (meses/años)									
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- Hepatitis A vaccine is recommended for children (after 24 months of age) and adolescents in selected states and regions and for certain high-risk groups. Talk with your doctor or local public health authority.
  - All infants should receive the first dose of hepatitis B vaccine soon after birth and before hospital discharge. The first dose may also be given by age 2 months if the infant's mother is HBsAg-negative.
  - PCV is also recommended for certain high-risk children ages 24-59 months. A similar vaccine, pneumococcal polysaccharide vaccine (PPV) is recommended in addition to PCV for certain high-risk groups. Please discuss this with your doctor.
  - May or may not be needed, depending on brand used.
  - Healthy children ages 6-23 months and close contacts of healthy children ages 0-23 months are recommended to receive influenza vaccine. If possible, this is because children in this age group are at a much higher risk for influenza-related hospitalizations. Yearly influenza vaccine may be recommended for certain children ages 24 months and older who are considered to be high-risk.
- If your child has missed any doses due to vaccine shortages or other causes, please talk with your doctor about getting caught up on their shots.
- Source: Centers for Disease Control and Prevention, Advisory Committee on Immunization Practices.

- La vacuna contra la hepatitis A se recomienda para niños (mayores de 24 meses) y adolescentes en estados y regiones seleccionados y para determinados grupos de alto riesgo. Hable con su médico o autoridad de salud pública local.
  - Todos los recién nacidos deben recibir la primera dosis de la vacuna contra la hepatitis B inmediatamente después del nacimiento y antes de ser dados de alta del hospital. La primera dosis también puede administrarse aproximadamente a los 2 meses si la madre es HBsAg-negativa.
  - La vacuna PCV también se recomienda para determinados niños con alto riesgo entre los 24 y 59 meses. Una vacuna similar, la vacuna polisacárida pneumocócica (PPV) se recomienda además de la vacuna PCV para determinados grupos con alto riesgo. Por favor hable con su médico.
  - Puede o no necesitarse, dependiendo de la marca usada.
  - Se recomienda la vacuna contra la gripe para niños saludables de 6 a 23 meses y para personas que están en contacto cercano con niños sanos de 0 a 23 meses, porque los niños de esta edad tienen un alto riesgo de contraer la gripe en situaciones relacionadas con hospitalización. La vacuna anual contra la gripe puede ser recomendable para determinados niños de 24 meses y más considerados en alto riesgo.
- Si su hijo/a no ha recibido alguna dosis debido a escasez de vacunas u otras causas, comuníquese con su médico acerca de cómo ponerse al día con sus vacunas.
- Fuente: Centros para el Control y la Prevención de Enfermedades, Comité Asesor sobre Prácticas de Vacunación.

Tear out and fold this wallet card to keep record of your child's immunizations.

Desglose y coloque en su billetera la tarjeta que sirve como recordatorio de las vacunas de su hijo.

## Children need most of their shots by age 2

(Los niños necesitan la mayoría de sus vacunas antes de cumplir los 2 años)

### Plan to get shots at (Planeo vacunar a su niño):

Appointment (Cita médica)

- Birth–2 months (Nacimiento–2 meses) \_\_\_\_\_
- 2 months (2 meses) \_\_\_\_\_
- 4 months (4 meses) \_\_\_\_\_
- 6 months (6 meses) \_\_\_\_\_
- 12–18 months (12–18 meses) \_\_\_\_\_

### Important telephone numbers (Números telefónicos importantes):

Doctor (Médico) \_\_\_\_\_

Hospital (Hospital) \_\_\_\_\_

After-hours Clinic (Clínica con horario prolongado de atención médica)

\_\_\_\_\_

Poison Control (Control de sustancias venenosas) \_\_\_\_\_

\_\_\_\_\_

Parent's Work (Lugar de trabajo de los padres del niño) \_\_\_\_\_

\_\_\_\_\_

Other (Otros) \_\_\_\_\_

**Emergency–911 (Emergencia–911)**



UnitedHealthcare®

A UnitedHealth Group Company

immunizations (vacunas)





Name (Nombre): \_\_\_\_\_

## Your Child's Immunization Record (El registro de inmunizaciones de su hijo)

See Page 16 for more detailed information about these shots. (Vea la página 16 para obtener información más detallada sobre estas vacunas.)

	Hepatitis A  <i>(Hepatitis A)</i>	HBV Hepatitis B  <i>HBV (Hepatitis B)</i>	DTaP Diphtheria, Tetanus, Pertussis (whooping cough)  <i>DPT (Difteria, tétanos, tos ferina)</i>	PCV Pneumococcal conjugate vaccine  <i>PCV (Vacuna conjugada neumocócica)</i>	IPV Inactivated Polio Virus type b  <i>VPU (Vacuna de la poliomelitis)</i>	Hib Haemophilus influenza  <i>HIB (Hemófilo influenza tipo b)</i>	Influenza  <i>Infuenza (gripe)</i>	MMR Measles, Mumps, Rubella  <i>MMR (Sarampión, paperas, rubéola)</i>	Varicella Chickenpox  <i>Varicela</i>
Birth–2 months <i>(Nacimiento–2 meses)</i>	____/____ <i>Mo/Yr (meses/años)</i>								
2 months <i>(meses)</i>			____/____ <i>Mo/Yr (meses/años)</i>	____/____ <i>Mo/Yr (meses/años)</i>	____/____ <i>Mo/Yr (meses/años)</i>	____/____ <i>Mo/Yr (meses/años)</i>			
4 months <i>(meses)</i>		1–4 mos <i>(meses)</i> ____/____ <i>Mo/Yr (meses/años)</i>	____/____ <i>Mo/Yr (meses/años)</i>	____/____ <i>Mo/Yr (meses/años)</i>	____/____ <i>Mo/Yr (meses/años)</i>	____/____ <i>Mo/Yr (meses/años)</i>			
6 months <i>(meses)</i>		6–18 mos <i>(meses)</i> ____/____ <i>Mo/Yr (meses/años)</i>	____/____ <i>Mo/Yr (meses/años)</i>	____/____ <i>Mo/Yr (meses/años)</i>	6–18 mos <i>(meses)</i> ____/____ <i>Mo/Yr (meses/años)</i>	____/____ <i>Mo/Yr (meses/años)</i>	6–23 mos <i>(meses)</i> ____/____ <i>Mo/Yr (meses/años)</i>		
12–18 months <i>(meses)</i>			15–18 mos <i>(meses)</i> ____/____ <i>Mo/Yr (meses/años)</i>	12–15 mos <i>(meses)</i> ____/____ <i>Mo/Yr (meses/años)</i>		12–15 mos <i>(meses)</i> ____/____ <i>Mo/Yr (meses/años)</i>		12–15 mos <i>(meses)</i> ____/____ <i>Mo/Yr (meses/años)</i>	____/____ <i>Mo/Yr (meses/años)</i>
4–6 years <i>(años)</i>			____/____ <i>Mo/Yr (meses/años)</i>		____/____ <i>Mo/Yr (meses/años)</i>			____/____ <i>Mo/Yr (meses/años)</i>	

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Desglóse y colóquelo en su billetera la tarjeta que sirve como recordatorio de las vacunas de su hijo.