



Routine vaccines keep kids safe: Suggested talking points

- **Unvaccinated children are at risk of serious illness, long-term health complications, and even death from preventable diseases.**
 - The flu and COVID-19 are among the [leading causes of death](#) for U.S. children. [About 80 percent](#) of children who died from the flu during the 2023-2024 flu season and had been eligible for a vaccine were not up to date on flu vaccines.
 - Babies and young children are at high risk of complications from diseases [like measles](#) and [whooping cough](#), which are on the rise.
 - When children are up to date on vaccines, their immune systems are prepared to recognize germs and attack them before serious outcomes occur.
 - Birthing and breastfeeding parents can [pass some protective antibodies](#)—disease-fighting proteins—to their infants; however, this form of immunity only lasts for a few weeks or months. Vaccines provide long-lasting protection.
- **The risk of complications from vaccine-preventable diseases is much higher than the risk of complications from vaccines themselves.**
 - Vaccines are rigorously tested before they're approved for any age group, and severe side effects [are extremely rare](#).
 - After getting a vaccine, most children will only feel mild pain and a bit of swelling at the injection site.
 - It's safe for kids to [receive multiple vaccines](#) at once—including updated flu and COVID-19 vaccines, which are [available now](#) and recommended for everyone 6 months and older.
- **Now that children are back in school, they're more likely to bring germs home and get sick—so it's best to ensure that they're up to date on vaccines ASAP.**
 - Recommended vaccines help prevent children from spreading dangerous illnesses to vulnerable family members, like newborns who are too young to get vaccinated and older adults.
 - Learn when children should receive recommended vaccines and how many doses they'll need [from the CDC](#). Your child's pediatrician can provide more information about getting up to date on vaccines.
 - Children can get this season's flu vaccine and the updated COVID-19 vaccine now. If children were recently infected by COVID-19, they can wait three months since their last COVID-19 infection. Find pharmacies near you at [Vaccines.gov](#). Young children may need to get vaccinated by their pediatrician.



Routine vaccines keep kids safe: Frequently asked questions

1. Why do children need routine vaccines?

Unvaccinated children are at risk of serious illness, long-term health complications, and even death from preventable diseases like the flu and COVID-19, which are among the [leading causes of death](#) for kids in the U.S. [About 80 percent](#) of children who died from the flu during the 2023-2024 flu season and had been eligible for a vaccine were not up to date on flu vaccines. Plus, babies and young children are at high risk of complications from diseases [like measles](#) and [whooping cough](#), which are on the rise.

When children are up to date on vaccines, their immune systems are prepared to recognize germs and attack them before serious outcomes occur. Recommended vaccines also help prevent children from spreading dangerous illnesses to vulnerable family members, like newborns who are too young to get vaccinated and older adults.

2. Are vaccines safe for kids?

Yes. Vaccines are rigorously tested before they're approved for any age group, and severe side effects [are extremely rare](#). The most common vaccine side effect is mild pain and swelling at the injection site. The risk of complications from vaccine-preventable diseases is much higher than the risk of complications from vaccines themselves.

It's safe for kids to [receive multiple vaccines](#) at once—including updated flu and COVID-19 vaccines, which are [available now](#) and recommended for everyone 6 months and older.

3. When and where can children receive updated flu and COVID-19 vaccines?

Children can get this season's flu vaccine and the updated COVID-19 vaccine now. If children were recently infected by COVID-19, they can wait three months since their last COVID-19 infection. The CDC recommends that children receive this season's flu vaccine [by the end of October](#). Multiple doses may be required.

Find pharmacies near you at [Vaccines.gov](#). Young children may need to get vaccinated by their pediatrician.