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Keeping track of your child's vaccines is smart medicine

Vaccines help keep your child healthy

Plus, they help protect against serious diseases. Keeping your own record of the vaccines your child gets is important, too.

Here's why:

- It helps protect your child from getting a vaccine they don't need.
- It helps prevent a missed vaccine.
- It helps keep all of your child's vaccine history in one place. And that makes it easier for new doctors to see which shots your child may need.

Your child's school, day care or camp may ask for a vaccine record, too. Having a complete record now can save you time later.

What to do at each doctor visit

Bring your child's vaccine record to each visit.

- Ask if your child needs any new vaccines or booster shots.
- Tell your doctor about any allergies your child may have.
- Let your doctor know about medicine your child cannot take.
- Ask the nurse or doctor to update the record you brought if shots are given. It should list vaccine types, the dates given and who gave them.

Ask if there's a state or local vaccine registry that can store your child's vaccine history. A vaccine registry is a computer system that holds names of children and the vaccines they were given.

Your doctor may have a list of vaccines given by another doctor. If so, ask if the registry can list those shots, too. But remember this: It's always smart to keep your own record.

To learn more, visit the Aetna IntelliHealth® website at www.intelihealth.com.

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