



PARENTS PACK

MONTHLY UPDATES ABOUT
VACCINES ACROSS THE LIFESPAN

FEATURE ARTICLE — HAVE YOU WONDERED? VACCINE SCHEDULE EDITION

April 2025

People often have questions about the recommended vaccine schedule, and the Vaccine Education Center (VEC) website has a lot of information to address these questions. Since people may not be aware of what can be found in the “Vaccine Schedule” section of our website, we thought we would highlight some common questions and provide links to find out more.

Q1. How do I know which vaccines I might need as an adult?

Adults may need vaccines based on their age, health, occupation or activities. You can find an overview of adult vaccine recommendations on the “Vaccine Schedule: Timetable” page. The page also includes links to more detailed information about vaccines recommended for adults and the diseases they prevent. You can also find links to other resources, including “Special Topics” sheets for specific subgroups of people, such as those with cancer, those who have had or are preparing for a solid organ transplant, and those taking medications classified as biologics.

The page also offers information about vaccines recommended for children from birth through 18 years of age.

Check out the “Vaccine Schedule: Timetable” page, bit.ly/vax-timetable.

Q2. How are decisions made about where to add vaccines on the schedule?

Maps provide an organized summary of a lot of information. The same is true of the immunization schedule. Vaccines are added to the schedule based on an abundance of information that most people aren’t aware of. When new vaccines are added to the schedule, decisions are informed by the characteristics of the pathogens that cause the disease as well as characteristics of the individuals who will be receiving the vaccines.

Learn more about how the schedule is made, bit.ly/add-vax-sched.

Q3. My child needs vaccines before starting school, but she is afraid of needles. How can I make the visit easier?

People of every age can be nervous about getting vaccines, but there are things that can be done before, during and after vaccines to help make these visits go more smoothly. In the “Age Groups and Vaccines” section of the VEC website, you can find tips for improving the vaccine experience for people from infancy through adulthood.

Find tips for your family members of all ages, bit.ly/vax-by-age.

Q4. We are preparing for an international trip. Where can we get information about vaccines for travel?

While travel vaccines are not part of the schedule per se, they are used at specific times for specific individuals. Because some vaccines are necessary as a result of particular circumstances, the VEC’s “Vaccine Schedule” section includes several pages with information relevant to specific groups of people, including those preparing for international travel. Other pages offer information relevant for adoptees, childcare workers, healthcare workers, people with weakened immunity, preterm infants, and new and expectant parents.

See the information for specific groups of people, bit.ly/vax-specific-groups.

Q5. I am considering altering the vaccine schedule for my infant. Do you have information about this?

You can find out more about considerations related to altering the schedule on the VEC’s dedicated webpage, “Vaccine Schedule: Altering the Schedule,” bit.ly/altering-sched.

Have a question about the schedule but not finding an answer? Contact us using our online form, bit.ly/contact-vec.

For links to resources in the Feature Article, please visit bit.ly/apr2025FA.

TRIVIA CORNER

Who determines if a vaccine should be added to the recommended immunization schedule?

- A. The Centers for Disease Control and Prevention (CDC)
- B. The American Academy of Family Physicians (AAFP)
- C. The American Academy of Pediatrics (AAP)
- D. All of the these

NEWS & NOTES

Did you know? Our cells are designed to defend against foreign DNA.

Find out about the protective mechanisms our cells use to defend against foreign DNA. While it is something we might not often think about, we are exposed to foreign DNA throughout life, so it makes sense that our bodies are equipped to defend against changes to our own DNA. Humans would not have survived without such protections. This new animation was co-produced with the Annenberg Public Policy Center (APPC) at the University of Pennsylvania.

Watch the animation, “How Do Cells Defend Against Foreign DNA?” – bit.ly/cell-defense-dna.

It's Adolescent Immunization Action Week!

Adolescent Immunization Action Week, led by Unity Consortium, offers a time to ensure that adolescents have the answers they need about vaccinations.

Adolescents are old enough to remember getting vaccinated, but they may not know much about why they get vaccines or how vaccines work. Ensuring that they have opportunities to learn about vaccines can help take away some of the anxiety that can come with vaccinations, especially since several vaccines are routinely recommended for adolescents and teens, including human papillomavirus (HPV), tetanus-diphtheria-acellular pertussis (Tdap), and meningococcal (men ACWY and men B) vaccines in addition to annual influenza vaccines and catching up on other vaccines that they may need.

Find out more about the activities Unity has planned, including a webinar at noon ET on April 10, 2025, featuring Chelsea Clinton as the moderator.

Get information about the aforementioned vaccines and the diseases they prevent from the VEC's “Vaccines and Diseases” web section.

For links to resources, please visit bit.ly/apr2025NN.

FEATURED VIDEO: 3 LESSONS FROM CURRENT TEXAS MEASLES OUTBREAK

Check out the April 2025 “Vaccines and Infectious Diseases in the News” video in which Dr. Offit discusses higher than reported cases of measles, low vaccination rates, and children receiving too much vitamin A.

Watch the video, bit.ly/3-lessons-measles.



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Didn't know we have a monthly news video featuring Dr. Offit? Subscribe to the VEC's YouTube channel to find out when new videos are posted.

YouTube.com/@VaccineEducationCenter

TRIVIA ANSWER

The correct answer is D. Experts from the American Academy of Family Physicians (AAFP), as well as the Centers for Disease Control and Prevention (CDC) and the American Academy of Pediatrics (AAP), independently review data from scientific experiments to determine if a vaccine should be added to the recommended immunization schedule.

Go to vaccine.chop.edu/trivia to play Just the Vax, the Vaccine Education Center's trivia game, where you can find this question and others like it.

