



PARENTS PACK

MONTHLY UPDATES ABOUT
VACCINES ACROSS THE LIFESPAN

FEATURE ARTICLE

NEW VIDEO AND PODCAST SERIES — GET INFO AND A SNEAK PEEK

September 2025

By now, the kids are back in school; you've consumed at least one pumpkin-spice-flavored item, and the lazy summer-day vibes are nowhere to be found. As you glance at your fall to-do list, what do you see? Any sports physicals? Annual healthcare visits for yourself? Fall vaccine appointments? If so, we can make that part of your fall to-do list a bit easier. You will now be able to get the Vaccine Education Center's (VEC's) vaccine information while on the go with "VEC Vaccine Notes." This new series will offer our information in video and podcast formats.

Find out more, including how *Parents PACK* subscribers can get a sneak peek of episode 1 and learn season-1 details not available anywhere else!

Why?

Everyone is busy, yet many families are looking for answers to their questions as they make vaccine decisions. With the increased popularity of videos and podcasts, we saw an opportunity to make this search easier. When the VEC started in October 2000, one of our first resources was our website, but these days, people don't always have time to scroll through long webpages. "VEC Vaccine Notes" will enable everyone to get the information from those webpages while on the go.

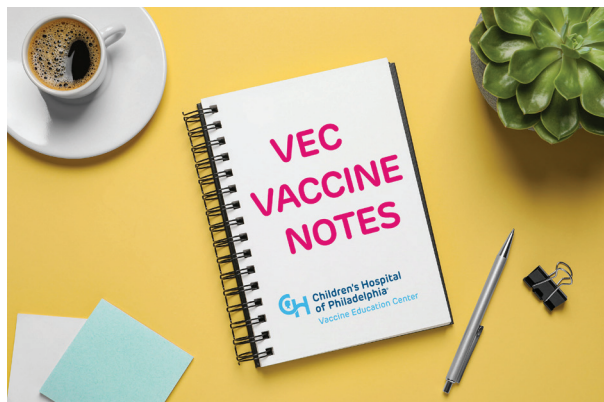
What?

Each episode will feature the information from one of our "Vaccines & Diseases" webpages. That means, we'll talk about the diseases prevented by vaccines, the different vaccines available, common questions we receive at the VEC, and the relative risks and benefits of vaccines and diseases.

In season 1, we'll release episodes about varicella (chickenpox); influenza; measles, mumps and rubella; respiratory syncytial virus (RSV); COVID-19; hepatitis B; polio; tick-borne encephalitis (TBE); diphtheria, tetanus and pertussis; and Ebola. Subsequent seasons will feature other vaccines and diseases.

In the first season of episodes, you'll learn things like:

- Theories about why we refer to varicella as "chickenpox"
- Two unappreciated impacts measles has on a person's immune system
- Four possible outcomes of a polio infection
- Emergency symptoms to watch for in infants, children and adults who have influenza
- Two different options for protecting babies from RSV and considerations related to each
- And much more!



Where?

You can find "VEC Vaccine Notes" in four places:

1. **Parents PACK website** – "VEC Vaccine Notes" is for you, so it is part of our Parents PACK program for the public. As such, you can easily access it right from the homepage of the Parents PACK website [vaccine.chop.edu/parents] or you can bookmark the series webpage [vaccine.chop.edu/vaccine-notes].
2. **VEC's YouTube channel** – The videos will be posted on the VEC's YouTube channel [youtube.com/@VaccineEducationCenter] and on the series playlist [bit.ly/vaccine-notes-playlist].
3. **Podbean or other podcast platforms** – The podcasts will be available on Podbean as well as other popular podcast platforms, including Apple Podcasts, Spotify, iHeartRadio, and PodChaser.
4. **VEC webpages** – Both the video and audio versions of each episode will also be available on the webpage that the content is based on. You will find boxes, such as the one shown on the varicella page, at the top of each page as episodes are published [bit.ly/chickenpox-vaccine].

When? (Sneak peek access here!)

Check out episode 1: bit.ly/vaccine-notes-varicella.

We hope you find "VEC Vaccine Notes" to be interesting, convenient and helpful for getting the information you need!

Check Out
VEC Vaccine Notes
& bookmark this page:

