

WEEK 6 – Everything you need to know about Immunizations



Welcome to a Special Issue on Immunizations!

Immunizations (also known as vaccinations) are the best way to protect you and your family from serious illnesses. Immunizations have saved the lives of more children in Canada than any other type of health intervention.

See here for [Ontario's Immunization Schedule](#). For babies, scheduled immunizations take place at 2 months, 4 months, 6 months, 12 months, 15 months, and 18 months.

Immunizations at 2 Months

Your child will receive their first immunizations at 2 months of age. You can receive these from your health care provider. If you do not have a local health care provider, you can call:

- Peterborough Public Health Routine Immunization Clinic at 705-743-1000, ext. 331 to book an appointment.

You will also need to record your children's immunizations [here](#).

Your health care provider does not do it for you.

It is normal to have questions about immunizing your child. Here are some facts:

- Immunizations stimulate and strengthen your child's immune system. They teach the immune system to defend against disease.
- The risks of the diseases are greater than the risk of reactions to immunizations.
- Immunizations are not linked to chronic diseases.
- Receiving more than one immunization at a time does not overwhelm your child's immune system or increase the risk of a reaction.

At 2 months, your baby will receive one oral vaccine which your child will drink and two injections (needles) in the thigh. The oral vaccine protects against the rotavirus. The first injection will protect against five diseases: diphtheria, tetanus, pertussis, polio, and haemophilus influenza type b (Hib). The second injection will protect against pneumococcal disease.

[Learn About These Diseases](#)



Comforting your Baby During an Immunization

- Hold baby close to your body, facing you, using skin-to-skin contact.
- Be calm and use a soothing voice. You might be nervous but remember that you are protecting your baby and keeping them healthy.
- Breastfeeding your baby can help them feel less discomfort.

[More Comforting Tips](#)



Immunizations for Adults

Immunizations are not just for kids! Receiving [routine immunizations](#) protects you and everyone around you. Ask your health care provider if you are missing any immunizations. If you do not have a health care provider, call the Peterborough Public Health Routine Immunization Clinic at 705-743-1000, ext. 331 to book an appointment.

COVID-19 Vaccine

For best protection against COVID-19, it's important to stay up to date with recommended [COVID-19 vaccinations](#). The vaccine is recommended for children 6 months and older. Read more here: [Vaccines for Children: COVID-19](#).

If you have specific questions or concerns related to COVID-19, as always, please talk to your health care provider if you have any questions or concerns regarding the COVID-19 vaccine, influenza vaccine, or any other routine vaccines, please book a free phone appointment with a doctor at the [VaxFacts+ Clinic](#) – a by-appointment phone service that provides a safe, judgment-free space to have an open conversation about vaccines.

Please don't hesitate to connect with us if you have any questions about immunizations. Looking forward to sharing more information with you in a couple of weeks when your baby is 2 months old.

