National Immunization Awareness

Vaccine	When Vaccines Should Be Given
Hepatitis B	Birth, 1 - 2 months, (4 months - if needed), and 6 - 18 months. *(A 3-dose series by age 18.)
Diphtheria Tetanus Pertussis	2 months, 4 months, 6 months, 15 - 18 months, 4 - 6 years and 11 - 12 years (or by age 18).
H. influenzae type b	2 months, 4 months, (6 months - if needed), and 12 - 15 months.
Inactivated Polio	2 months, 4 months, 6 - 18 months, and 4 - 6 years.
Pneumococcal	PCV at 2 months, 4 months, 6 months, 12 - 15 months. *(PCV 24 months - 5 years) PPV, also, for certain high risk groups.
Influenza (Flu Shot)	6 months - 18 years, yearly as advised by your child's doctor or your local health department.
Measles, Mumps, Rubella	12 - 15 months, 4 - 6 years *(11 - 12 years.)
Varicella (Chicken Pox)	12 - 18 months. *(24 months - 18 years.)
Hepatitis A	12 - 23 months and a 2nd dose at least 6 months after the 1st dose. *(A 2-dose series by age 18.)
Meningococcal	11 - 12 years. *(At the start of high school). Advised for college freshmen who live in dorms, too.

This chart shows vaccines your child should get and when. Guidelines for vaccines may change. Ask your child's doctor or local health department what vaccines your child needs.

* Times for vaccines if your child has not already had them. Var vaccine is not needed if your child has had the chicken pox.

Cholesterol is a waxy, fat-like substance. Too much cholesterol in your blood can clog the walls of the arteries. This can slow down or block blood flow to the heart or brain.

Total Blood Cholesterol (mg/dL*)
Less than 200 – Aim for.
200 to 239 – Borderline high.
240 and above – High.
* Milligrams per deciliter.

For cholesterol to travel through blood, it is coated with a protein, which makes "lipoprotein." Total blood cholesterol is made-up of lipoproteins.

LDL ("bad") Cholesterol (mg/dL*)	
This deposits cholesterol in the artery walls. Ask your doctor what your heart disease risk level is to know what LDL-cholesterol to aim for.	
< 70	Aim for if at "very high-risk"
< 100 < 70	Aim for if at "high-risk" Optional goal for this risk level
< 130 < 100	Aim for if at "moderate high-risk" Optional goal for this risk level
< 160	Aim for if at "lower/moderate risk"

LDL (low-density lipoprotein) cholesterol. This is called "bad" cholesterol. Why? Too much of it leads to cholesterol buildup in the arteries. This is a major risk factor for heart disease.

HDL ("good") Cholesterol (mg/dL*)
This helps remove cholesterol from the blood.
60 & higher - Protects against heart disease
40 – 59 - The higher the better
Less than 40 - Major risk factor for heart disease

HDL (high-density lipoprotein). This is called "good" cholesterol. Why? It helps prevent fatty buildup in the arteries.

Triglycerides (mg/dL)
Less than 150 - Aim for
150 to 199 - Borderline high risk
200 to 499 - High risk
500 & above - Very high risk

VLDL (very low density lipoprotein). This has some cholesterol, but is mostly triglycerides, a type of blood fat. VLDL-cholesterol = triglycerides ÷ 5.

Cholesterol Month

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