

Aetna Better Health® of New Jersey can help you to **Protect your child against serious illnesses**



Vaccines (also called shots or immunizations) save lives. Kids ages 2–6 years have certain vaccines that are recommended to keep them healthy.

Vaccines protect against diseases

Vaccines can prevent common diseases that used to seriously harm or even kill infants, children, and adults. They help the body's immune system learn how to fight germs. Many vaccines require boosters (Tdap, flu, COVID-19, MenACWY).

CDC ensures childhood vaccines are safe

Vaccines can have some side effects, but most people have only mild side effects or none at all. The most common side effects include fever, tiredness, body aches, and redness, swelling, and tenderness where the shot was given.

Stay up to date on vaccines

If your child missed a shot, that's okay. Your doctor will help make sure your child gets caught up.

Call your child's doctor today to schedule an appointment. If you need help making an appointment, call Aetna Better Health of New Jersey Member Services at **1-855-232-3596 (TTY: 711)**. If your child needs two flu doses this season, the doses must be at least four weeks apart. Getting the first dose early helps ensure full protection. Ask your provider.

Visit [cdc.gov/vaccines](https://www.cdc.gov/vaccines) to learn more and to view the CDC immunization schedules.

We're here for you

AetnaBetterHealth.com/NewJersey

1-855-232-3596 (TTY: 711)

We're open every day, all day long.

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Tips for shot day

Request a pain-relieving ointment or a cooling spray to block pain signals from the skin.

Be honest and calm. Explain what to expect: that they may feel a little pinch and it will go away very fast.

Bring your child's favorite things to help distract or comfort them.

Distract your child. Right before the shot, call your child's name, sing your child's favorite song, tell a story, or just act plain silly.

Big kids need support too. Take deep breaths with them to help them imagine they can "blow out" the pain. Tell a story or distract them with things in the room.



**Aetna Better Health®
of New Jersey**

Childhood vaccines protect against serious diseases

DTaP (Dose 5 between 4-6 years)

Diphtheria can make it hard to breathe, and can cause heart damage or failure, and nerve damage.

Tetanus (lock jaw) can cause seizures, muscle spasms, broken bones, and pneumonia (lung infection).

Pertussis (whooping cough) is a respiratory illness causing coughing that can last for months.

Flu

Influenza (the flu) can cause pneumonia, sinus and ear infections, and worsen underlying conditions.

MMR (Dose 2 between 4-6 years)

Measles can cause encephalitis, pneumonia, and can cause death to young children and babies

Mumps is can cause puffy cheeks and a swollen jaw. Encephalitis is the most serious complication.

Rubella (German measles) is usually mild in children but is very dangerous to pregnant women.

Varicella (Dose 2 between 4-6 years)

Varicella (chicken pox) can cause infected sores, encephalitis, pneumonia.

IPV (Dose 4 between 4-6 years)

Polio can cause paralysis (inability to move part of the body) and death.

COVID-19 (Vaccination based on shared clinical decision-making)

Coronavirus symptoms can be mild or severe.

Vaccines greatly reduce the risk of these serious infections.

Source: CDC. "Vaccines & Immunizations." www.cdc.gov/vaccines. Accessed 7/31/25.

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SPANISH: ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número que aparece en el reverso de su tarjeta de identificación o al **1-800-385-4104 (TTY: 711)**.

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