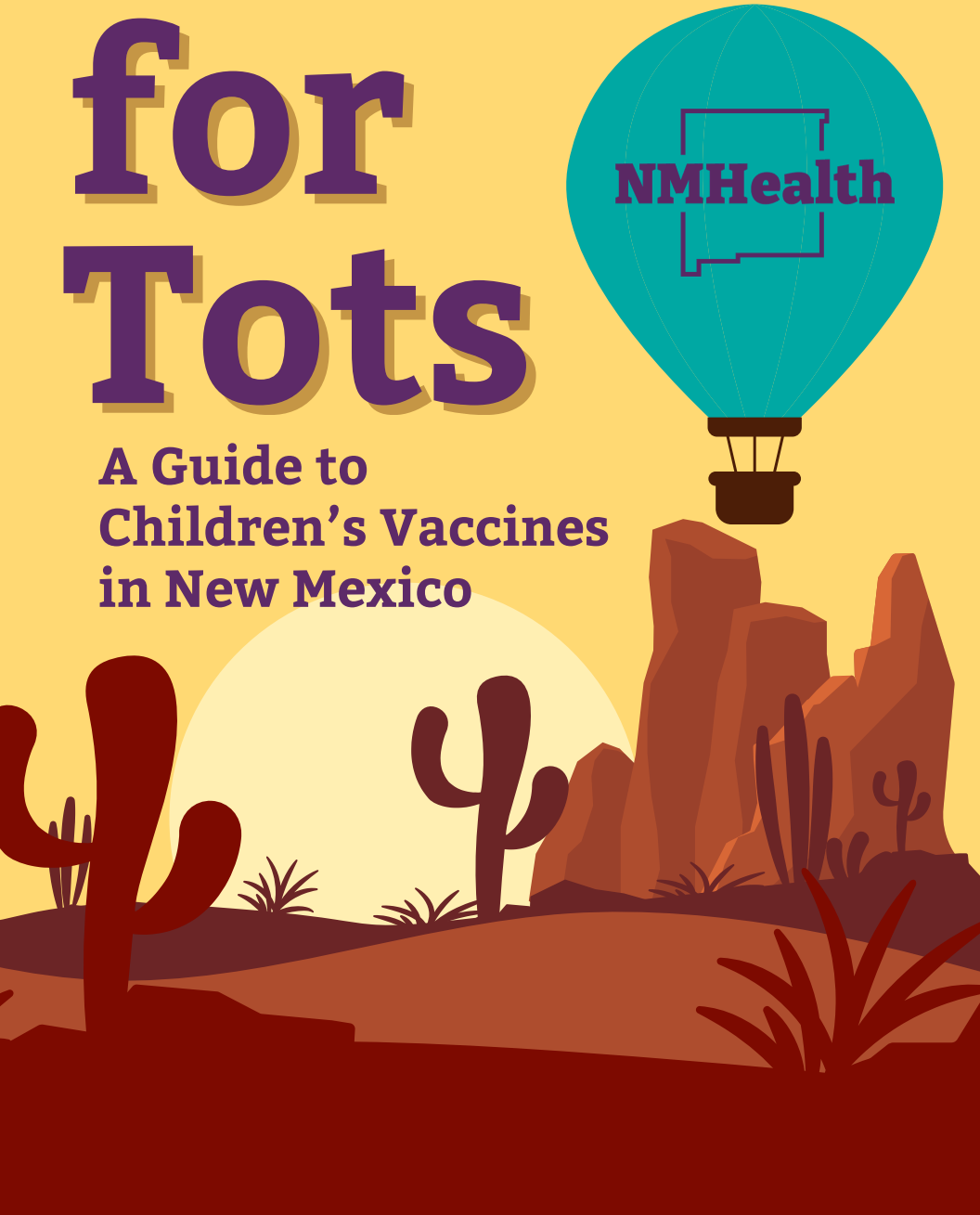
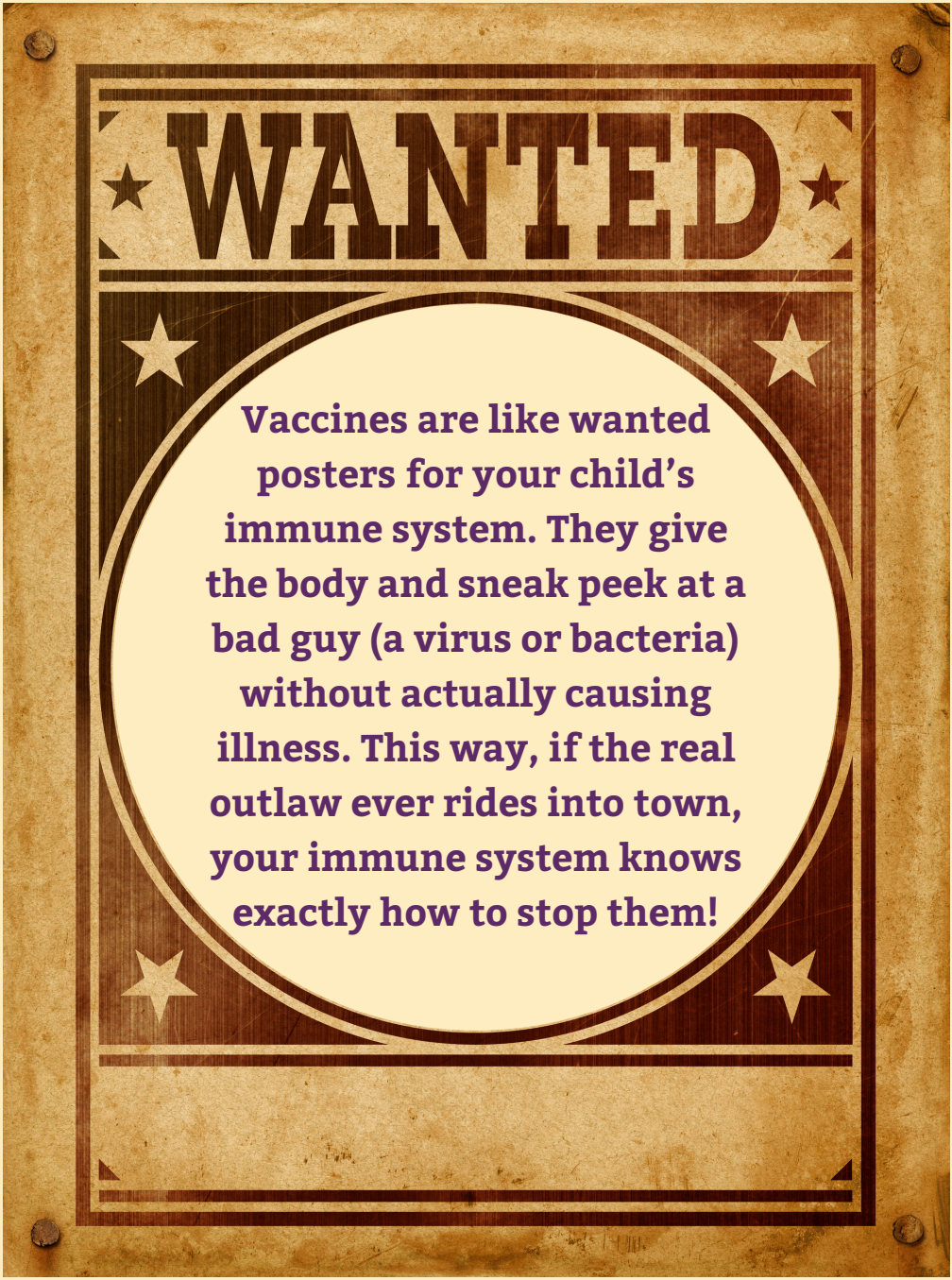
Shots for Tots

A Guide to Children's Vaccines in New Mexico



Howdy, partner! Keeping your little buckaroos safe and sound is the most important job on the frontier. Vaccines are one of the best ways to keep children health, happy, and ready to ride into a strong future. This booklet will give you the facts you need so your child can grow up strong and protected from dangerous diseases.

What Are Vaccines?



How Do Vaccines Work?

Your immune system is like the town's sheriff. It keeps watch, ready to protect your child from any troublemakers.

Vaccines bring in a "wanted" sketch of the disease so the sheriff and their posse (antibodies) can train up. That's called **active immunity** when your child's body learns to fight future infections.



Why Are Vaccines Important?

Diseases like measles, polio, and whooping cough can cause serious harm or even be deadly. Before vaccines, these diseases ran wild. Thanks to modern medicine we have wrangled them back.

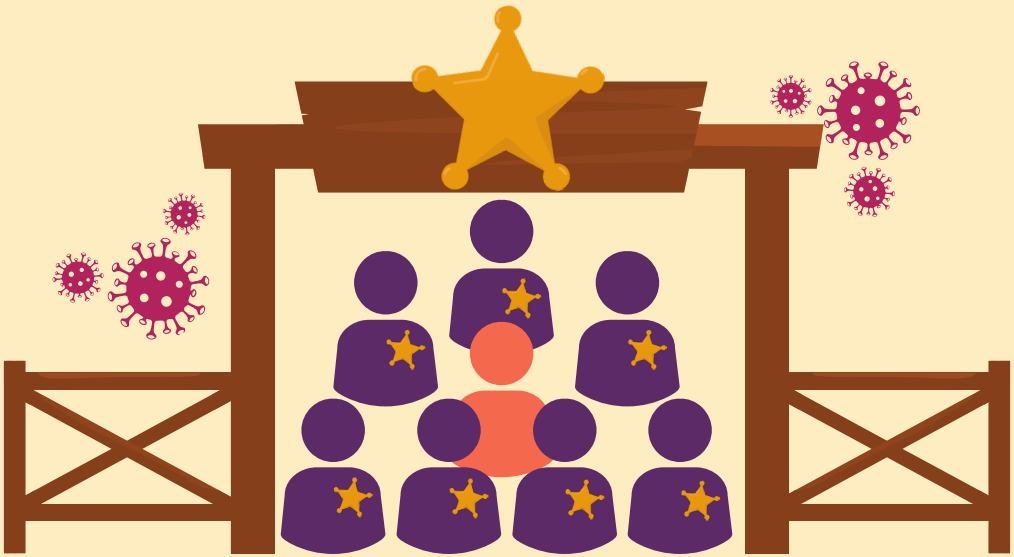


Vaccines help keep your child:

- Out of the hospital
- Safe from long-term complications
- Ready for daycare and school
- Protected when traveling

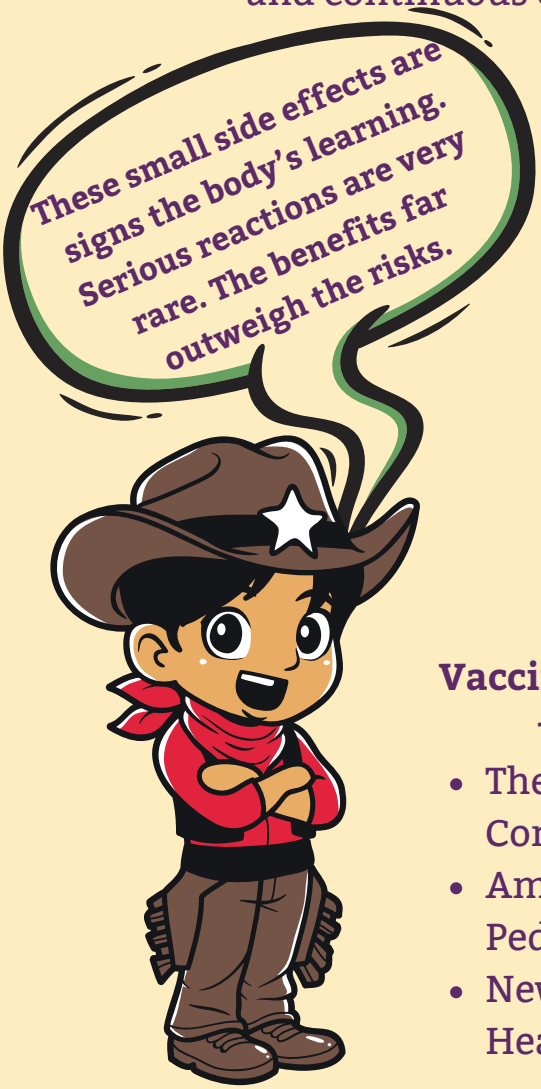
Herd Immunity for Your Community

When most folks are protected, diseases can't spread as easily. This protects people who can't get vaccines like newborns or folks with certain health conditions. This is **herd immunity** and it helps us all.



Are Vaccines Safe & Effective?

Vaccines are some of the most carefully tested tools in medicine. Before they are given to children, they go through years of research, safety checks, and continuous expert reviews.



You might notice:

- A mild fever
- Chills
- Feeling tired
- Body aches
- Headache
- Pain, swelling, or redness where the vaccine was given

Vaccines are recommended by trusted groups like:

- The Centers for Disease Control and Prevention (CDC)
- American Academy of Pediatrics (AAP)
- New Mexico Department of Health (NMDOH)

Keeping Track of Your Shots

Just like a rancher tracks their herd, you'll want to keep track of your child's vaccinations.

New Mexico uses **NMSIIS**- a secure system that lets clinics, schools, and parents check vaccine records.



Vaccine Passport

(typically given at the first well child check)





Vax View NM Website

(request for yourself or your dependents)

Medical Record

(from your healthcare provider)



Meet the Outlaws: Vaccine-Preventable Diseases

Each of these dangerous outlaws has caused trouble. Thanks to vaccines, they are on the run!



WANTED FOR: High fever, cough, runny nose, rash
SPREADS BY: Air and direct contact
VACCINE: MMR
ALIAS: Rubeola



WANTED FOR: Swollen cheeks and jaw, high fever, tiredness, headache
SPREADS BY: Air and direct contact
VACCINE: MMR



WANTED FOR: Low fever, headache, stuffy or runny nose, cough, rash
SPREADS BY: Air and direct contact
VACCINE: MMR
ALIAS: German Measles

WANTED FOR: Sore throat, low fever, weakness, thick coating in nose or throat
SPREADS BY: Airborne droplets
VACCINE: DTaP





WANTED FOR: Stiff or cramping jaw, fever, difficulty swallowing, severe muscle spasms or seizures
SPREADS BY: Spores in wounds or broken skin, contaminated dirt
VACCINE: DTaP
ALIAS: Lockjaw

WANTED FOR: Severe coughing (especially in babies), vomiting, gasping for air
SPREADS BY: Air and direct contact
VACCINE: DTaP
ALIAS: Whooping cough





WANTED FOR: Paralysis, loss of reflexes, severe muscle aches or spasms
SPREADS BY: Air, direct contact, contaminated food and water
VACCINE: IPV

WANTED FOR: Tiredness, nausea/vomiting, fever, severe stomach pain
SPREADS BY: Contaminated food or drinks and direct contact
VACCINE: Hep A





WANTED FOR: Liver damage, fever, fatigue, yellowing of skin
SPREADS BY: Body fluids
VACCINE: Hep B

WANTED FOR: Itchy rash, tiredness, fever
SPREADS BY: Air and direct contact
VACCINE: Varicella
ALIAS: Chickenpox





WANTED FOR: Fever, headache, stiff neck, shortness of breath, tiredness
SPREADS BY: Air and direct contact
VACCINE: Hib

WANTED FOR: Fever, chills, ear pain, cough, headache, shortness of breath
SPREADS BY: Air and direct contact
VACCINE: PCV





WANTED FOR: Diarrhea, vomiting, dehydration, stomach pain
SPREADS BY: Dirty hands & surfaces
VACCINE: Oral Rotavirus

WANTED FOR: High fever, tiredness, body aches, cough, sore throat, stuffy or runny nose, chills
SPREADS BY: Air and direct contact
VACCINE: Flu shot
ALIAS: Flu



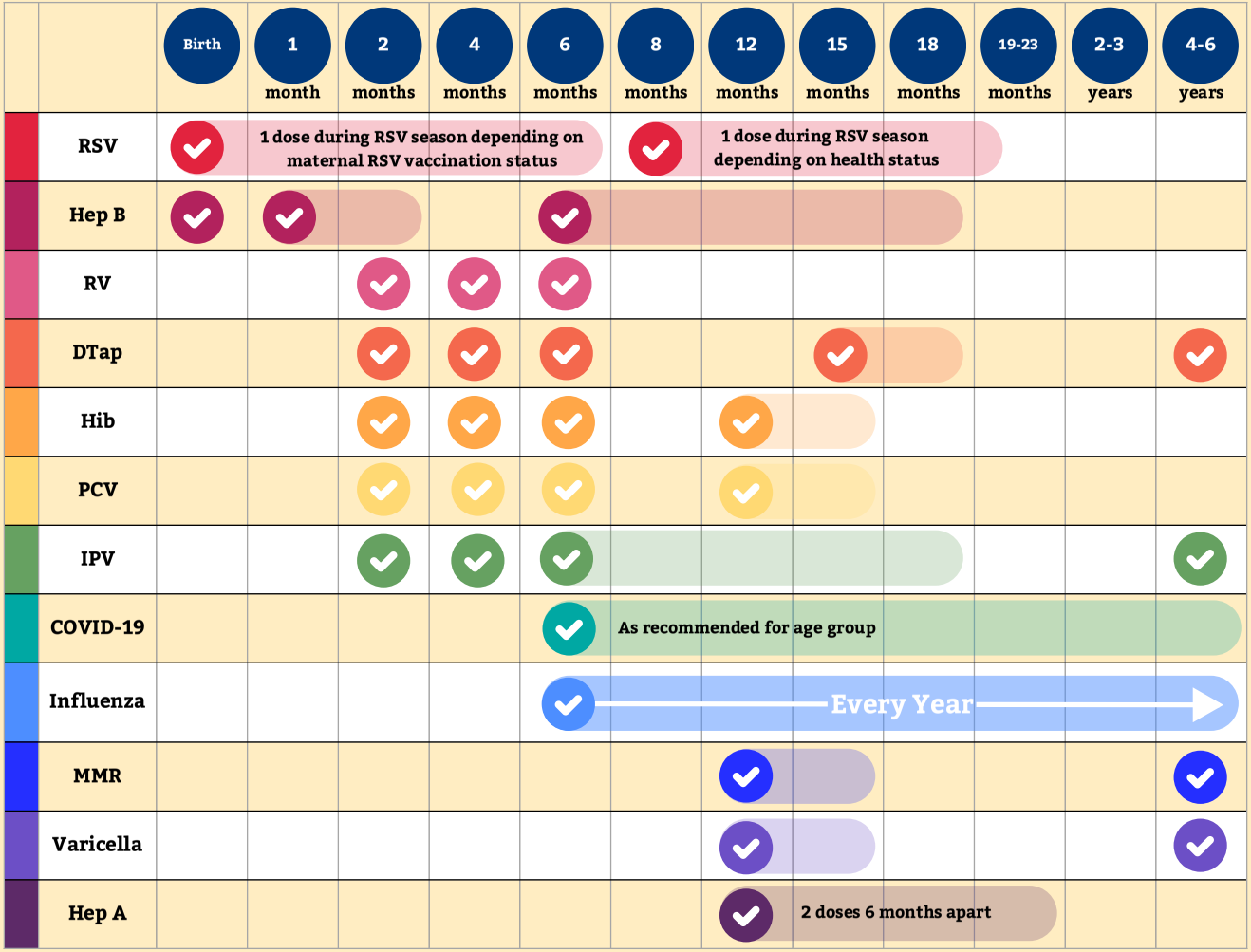


WANTED FOR: Fever, runny or stuffy nose, cough, shortness of breath, wheezing
SPREADS BY: Air and direct contact
VACCINE: RSV Antibody

Your Little Buckaroo's Vaccine Schedule 2025 Birth - 6 years

Your child's healthcare provider can help you stay on track. Catch-up shots are available if your child missed any.




Birth
1 month
2 months
4 months
6 months
8 months
12 months
15 months
18 months
19-23 months
2-3 years
4-6 years
RSV
1 dose during RSV season depending on maternal RSV vaccination status
1 dose during RSV season depending on health status
Hep B
RV
DTap
Hib
PCV
IPV
COVID-19
As recommended for age group
Influenza
Every Year
MMR
Varicella
Hep A
2 doses 6 months apart

2025

Healthy Habits to Prevent Illness













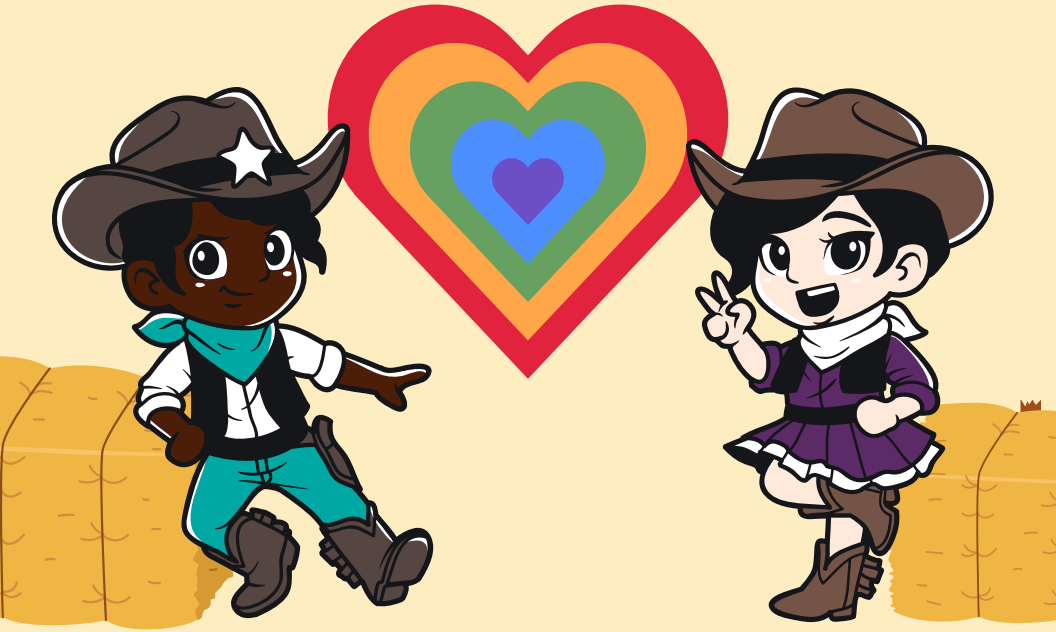
Every Family Counts

It doesn't matter where you're from, how much money you have, who you love, or what language you speak.
Every child deserves protection.

We believe:

- Every child has a right to health
- Every caregiver deserves clear information
- Every community matters.

Let's work together toward
a healthier New Mexico



Glossary

Words from the Frontier

Antibodies- Little fighters in your body trained to stop infections.

Booster- An extra dose to keep immunity strong.

Herd Immunity- When most people are protected, it protects everyone in the herd (community).

Immunity- Protection from a disease.

Side Effects- Mild signs the body is learning to fight.

Vaccine- A shot that helps the body fight diseases.

Well-Child Visit- A checkup to track growth, health, and vaccines.

Thanks for reading, partner. You're doing a great job protecting your child. Got questions? Ask your provider, call the NMDOH Nurse Help Line, or visit the websites listed.
Keep that shot record handy and give your little one a high-five for being a brave buckaroo.



Local Help on the Frontier

Vaccines are free or low-cost through the **Vaccines for Children (VFC)** program. Many clinics, public health offices, and school-based health centers offer shots across the state.

NMDOH Nurse Help Line

1-833-796-8773

NMSIIS Help Desk

1-833-882-6454

VaccineNM.org

NMHealth

IMMUNIZE FOR A HEALTHY NM

Updated 8/2025