

## IMMUNIZATIONS FOR CHILDREN WITH DIABETES

Children with diabetes should be immunized according to the same schedule as other children in B.C. When you immunize your child, you protect them from up to 13 serious vaccine-preventable diseases. You are also protecting *other* people from getting sick from these same diseases. The more people are immunized, the more we are able to wipe out these serious diseases. Immunization has saved the lives of more children than any other medical intervention in the last 50 years. It's safe, it's simple—and it works.

**Can vaccines make my child sick?** Vaccines actually make your child's immune system *stronger* by teaching it how to recognize and fight off infection. Some people worry that vaccines can cause other health problems, such as autism. Medical researchers and scientists around the world have not found any evidence of a link between vaccines and autism or any other illnesses. Vaccines do not cause diabetes. In some parts of Canada, children are required to have all of their immunizations up-to-date before starting school. Laws vary in different provinces and territories. To find out about immunization requirements in your part of Canada contact your nearest public health office.

### Information on Immunizations:

Public Health Agency of Canada: [healthy Canadians.gc.ca/healthy-living-vie-saine/immunization-immunisation/index-eng.php](http://healthy Canadians.gc.ca/healthy-living-vie-saine/immunization-immunisation/index-eng.php)

HealthLink BC: [www.healthlinkbc.ca](http://www.healthlinkbc.ca)

Immunize BC: [www.immunizebc.ca](http://www.immunizebc.ca)

Canadian Paediatric Society: [www.caringforkids.cps.ca](http://www.caringforkids.cps.ca)

Canadian Coalition for Immunization Awareness and Promotion: [www.immunize.ca](http://www.immunize.ca)

BC Routine Immunization Schedule: [www.healthlinkbc.ca/tools/videos/immunization/](http://www.healthlinkbc.ca/tools/videos/immunization/)

**Influenza ("Flu") Shots:** These are recommended for all children and youth with diabetes and their families. They are available annually free of charge from your family doctor or local Public Health Unit. Remember that "flu shots" protect you against influenza (an annual epidemic disease with fever, cough, sore throat, and muscle aches) and not against common stomach flus (vomiting and diarrhea). See also our handout [Influenza Vaccine for Children with Diabetes](#).

**Human Papilloma Virus (Gardasil®):** Recommended for all girls and women between the ages of 9-26 years, before they come in contact with HPV. HPV vaccine is provided free to all girls in BC in Grade 6, and a series of 2 injections is required. It is also available at no cost through local Public Health Units for older girls and women not immunized at school, and for boys at high risk of contracting HPV.

**Vaccinations for Travel:** There is no single schedule for travel vaccines. Each schedule must be personalized according to the individual traveler's immunization history, the countries to be visited, the type and duration of travel, and the amount of time available before departure. Contact your local Travel Health Clinic for up to date information. A listing of travel clinics for BC is available at: [www.phac-aspc.gc.ca/tmp-pmv/yf-fj/clinic-clinique/bc-cb-eng.php](http://www.phac-aspc.gc.ca/tmp-pmv/yf-fj/clinic-clinique/bc-cb-eng.php).