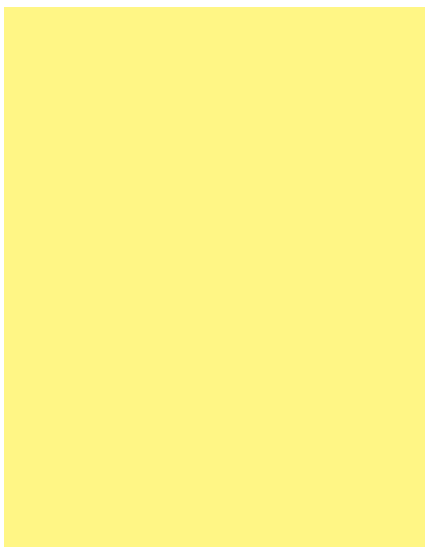


Book of Health



ID #:



The Book of Health for



Child's Personal Information			
Date of Birth			
Weight		Length	
Head Circumference		Blood Type	
Address			

Family Information	
Mother	
Father	
Siblings	

This booklet will help you take care of yourself and protect you from disease as you get older. Doctor, parents, and child should work together to learn from this booklet and keep track of vaccinations and tests.

If found, please return to the address above or:

Vaccination Schedule

	Birth	6 Weeks	10 Weeks
Bacillus Calmette-Guérin (BCG)	<input type="radio"/>		
Hepatitis B vaccine (HepB)	<input type="radio"/>		
Oral Poliovirus vaccine (OPV)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pentavalent combination (Penta)		<input type="radio"/>	<input type="radio"/>
Pneumococcal conjugate vaccine (PCV)		<input type="radio"/>	<input type="radio"/>
Oral Rotavirus vaccine (RV)		<input type="radio"/>	<input type="radio"/>
Measles & Rubella vaccine (MR)			

14 Weeks



9-12 months



15-18 months



Vaccination Schedule

4-6 Years



Tetanus, diphtheria, &
acellular pertussis (Tdap)

Human papillomavirus
vaccine (HPV)

Meningococcal vaccine
(MV)

Influenza vaccine (IV)
*Yearly



11-12 Years



16-18 Years



About Vaccinations

Vaccinations will greatly protect both yourself and others from infectious diseases. However, they are only effective if received on time and in the recommended number of dosages. This booklet will help you keep track of your vaccinations from birth to adulthood. There is also room to add new vaccinations as national guidelines change.

The following section provides information about vaccination guidelines set by the World Health Organization. Availability and requirements vary, so check with your local public health agencies. The number of dots next to the name indicates the number of recommended dosages.

Birth to 18 months

Bacillus Calmette-Guérin (BCG) •

BCG protects against tuberculosis (TB), a disease that attacks the lungs, for up to 20 years after immunization. It may leave a small scar at site of injection, but will reduce risk by 60 to 80 percent. It is highly recommended in countries with high-TB burden.

Hepatitis B vaccine (HepB) •

The HepB vaccine prevents HepB virus infection. It has additional benefits of reducing chances for liver cancer. Babies born to mother carrying the HepB virus can also be protected with the vaccine.

Oral Poliovirus vaccine (OPV) • • • •

Polio results in paralysis and 90% of polio infections cause no symptoms at all, even though they are still infectious. Polio has largely been eradicated from most of the world thanks to vaccinations, but there are still cases of outbreaks.

Pentavalent combination (Penta) • • •

Penta protects against five infectious diseases that are extremely dangerous to young children: diphtheria, tetanus, pertussis, HepB, and Hib.

Pneumococcal conjugate vaccine (PCV) • • •

PVC is considered 100% effective in preventing 80 to 90 percent of pneumonia strains, one of the leading causes of death in the very young.

Oral Rotavirus vaccine (RV) • • •

Rotaviruses are highly contagious and the leading cause of severe diarrhea among infants and young children. RV is highly recommended because nearly every child in the world is at risk for infection.

Measles and Rubella vaccine (MR) • •

These are diseases extremely common and highly infectious in young children, though widespread use of MR vaccines have nearly eliminated infections. There are also additional benefits in preventing illness, disability, and death.

To Adulthood

Influenza vaccine (IV) — Yearly

Because influenza is seasonal, it is recommended that everyone over the ages of 6 months should receive the vaccine yearly. It is especially recommended for people at high risk of complications due to the flu.

Tetanus, diphtheria, and acellular pertussis (Tdap) • •

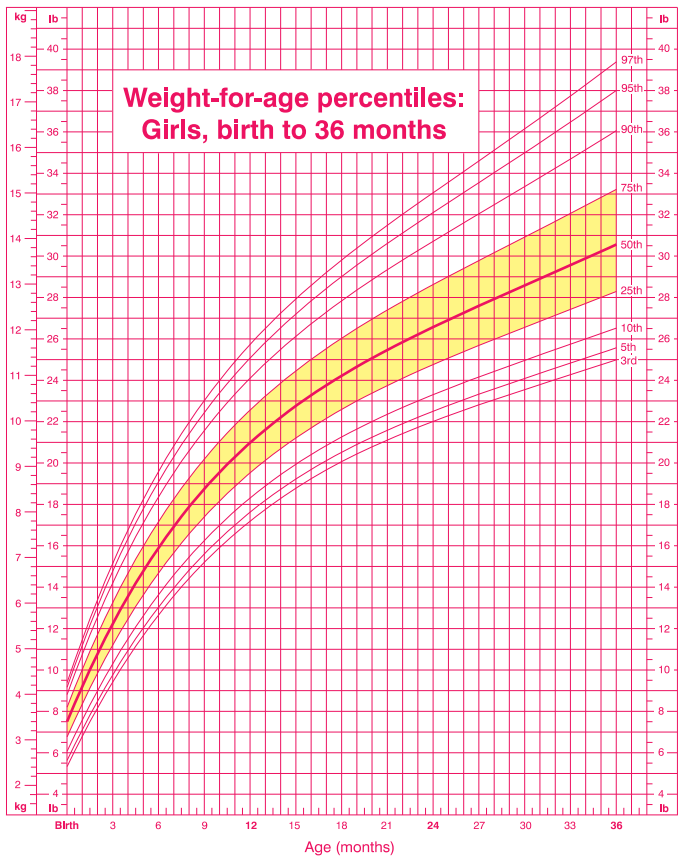
This protects against three diseases and is often a requirement for enrollment in both public and private schools.

Human papillomavirus vaccine (HPV) • • •

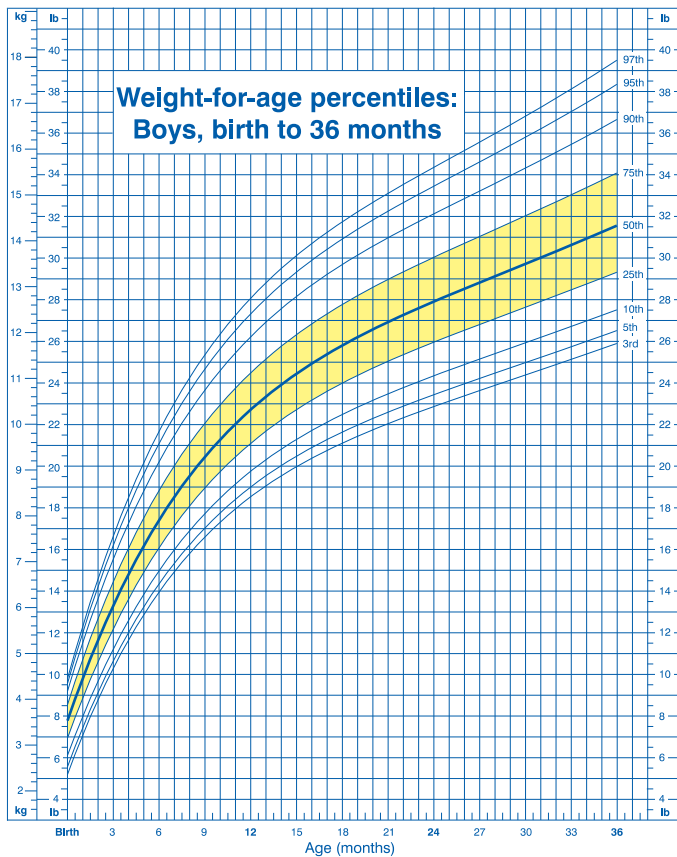
HPV is the most common sexually transmitted disease in adults and the vaccine provides protection for both males and females. It is administered as a three dose series over the course of a few months.

Meningococcal vaccine (MV) • •

MV protects against a bacterium that causes meningitis, septicemia, and meningococemia, among others. It is highly recommended for travelers.



Talk to a doctor if your child's weight or height falls outside of the yellow range (25th to 75th percentile). Extreme weight and height may be dangerous to the child's developmental health.



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Child Development Record

This section will help guide the parent through the child's life. This timeline only acts as a general guideline for developmental milestones. Each child develops differently and some may even skip milestones. Parents are encouraged to keep a record of their child's development and give this booklet to the child when he or she turns into an adult.

2 Months

Umbilical cord falls off:

First toy:

Smiles at:

Scared of:

4 Months

Laughs at:

First solid food:

6 Months

First Tooth:

First time sleeping
through the night:

9 Months

Moves around by:

12 Months

First finger food:

First steps:

First word:

Date

Time

Description

The Book of Health was designed by Sanny Lin, John Lee, and Karrie Karahalios for the Bill and Melinda Gates Foundation “Records for Life” Contest. The cover image is sourced from the call for proposals.

This booklet is intended to be print on 115 lb stone paper. This sample uses 191 lb TerrsSkin stone paper. The cover is intended to be printed on a heavy, waterproof, cardstock paper similar to passport covers.