

Guidelines to good health for children*

Even during the COVID-19 pandemic, it's important for children to receive their vaccines. Talk to your doctor about what precautions they're taking to keep you and your children safe when coming to the office.

Screenings and Exams* for Boys and Girls	Age	How Often	Completed?
Well-child exam parental education: nutrition, development, injury and poison prevention, SIDS, coping skills, tobacco-use screening, secondhand smoke, height, weight, body mass index and depression screening	0 – 30 months 3 – 21 years	11 visits Every year	
Neonatal and hearing screening	Birth (after 24 hours) 3 days – 2 months	Once at birth Once	
Cholesterol screening	9 – 11 years 17 – 21 years	Once Once	
Blood lead testing	12 and 24 months	Twice	
Vision screening	Beginning at birth	Every visit	
Autism spectrum disorder screening	18 and 24 months	Twice	
Preconception and pregnancy prevention and counseling	12+ years or earlier if sexually active	Every year	
HIV screening	11 – 21 years	At least once	
Sexually transmitted infection screening, including chlamydia	11 – 21 years	Talk with your doctor	
Oral health	6 months – 21 years	Twice a year	
Dental fluoride varnish	18 months – 21 years	Twice a year	

Why test for lead?

Exposure to lead, a toxic metal, can be dangerous. It can harm young children and babies, even before they're born. That's why testing is important for children who are 6 months to 1 year old. All children should have a lead screening test by age 2. Blue Cross Complete covers lead screenings. Treatment ranges from dietary changes to medications to a hospital stay.

Routine Immunizations* for Boys and Girls	Age	How Often	Completed?
HPV (human papillomavirus)	9 – 14 years 15 – 21 years	2 doses, at least 6 months apart 3 doses, 4 weeks between 1st and 2nd doses, then 12 weeks between 2nd and 3rd doses	
Diphtheria, tetanus and acellular pertussis vaccine, or DTaP	2, 4 and 6 months 15 – 18 months 4 – 6 years	1st, 2nd and 3rd doses 4th dose 5th dose	
Rotavirus	2 months 4 months 6 months (no later than 8 months)	1st dose 2nd dose 3rd dose if needed	
Tetanus, diphtheria and acellular pertussis vaccine, or Tdap	11 – 12 years	1 dose	
Hepatitis A	12 – 23 months	2 doses, at least 6 months apart	
Hepatitis B	Birth 1 – 2 months 6 – 18 months	1st dose 2nd dose 3rd dose	
IPV – polio	2 months 4 months 6 – 18 months 4 – 6 years	1st dose 2nd dose 3rd dose 4th dose	
Hib – <i>Haemophilus influenzae</i> type b	2 months 4 months 6 months 12 – 15 months	1st dose 2nd dose 3rd dose if needed 3rd or 4th dose	
Flu	6 months – 8 years 9 – 21 years	1 or 2 doses every year 1 dose every year	
Measles, mumps and rubella, or MMR	12 – 15 months 4 – 6 years	1st dose 2nd dose	
Varicella (chickenpox)	12 – 15 months 4 – 6 years	1st dose 2nd dose	
Meningococcal	11 – 12 years 16 years	1st dose 2nd dose	
Pneumococcal conjugate – pneumonia	2 months 4 months 6 months 12 – 15 months	1st dose 2nd dose 3rd dose 4th dose	

Note: Your child may be able to receive the highlighted vaccines at a pharmacy. Call the pharmacy first to see if they offer vaccines for children under 18.

*This grid is based on American Academy of Pediatrics recommendations. Talk with your doctor if you have questions about anything listed in this grid.