

# Table of Contents

<b>Introduction</b>	1
<b>1. Introduction to Vaccines, Infections and Options</b>	7
<b>Basics:</b> What is <i>vaccination</i> and how does it work?	8
<b>Infections:</b> What are the infections that we vaccinate against?	10
<b>Schedule:</b> What is the recommended vaccination schedule?	17
<b>Options:</b> What are my vaccination options?	20
<b>Incidence:</b> How likely is it that my child will become infected?	27
<b>Complications:</b> How likely is it that my child will have a serious complication from an infection?	33
<b>Treatments:</b> Are there treatments available?	43
<b>Risk of Infection:</b> Who is at higher risk of becoming infected?	46
<b>2. General Vaccination Issues</b>	59
<b>Risk of Vaccines:</b> Are there risks associated with vaccines?	60
<b>Components:</b> What is in childhood vaccines?	67
<b>Safety:</b> Are vaccines safe?	69
<b>Contraindications and Cautions:</b> Who should <i>not</i> be vaccinated?	75
<b>Efficacy:</b> Are vaccines effective?	79
<b>Herd Immunity:</b> What about herd immunity?	91
<b>Ethics:</b> Are there ethical conflicts?	96

<b>3. Specific Vaccination Issues</b>	105
<b>Immune System:</b> Do vaccines harm the immune system?	106
<b>Autism:</b> Do vaccines cause autism?	119
<b>SIDS:</b> Do vaccines cause Sudden Infant Death Syndrome?	124
<b>Mercury:</b> Should I worry about mercury in vaccines?	134
<b>Conclusion</b>	151
<b>Acknowledgments</b>	152
<b>Resources</b>	154
<b>About the Author</b>	159

# List of Tables and Figures

<b>1. Introduction to Vaccines, Infections and Options</b>	<b>7</b>
Table 1: Recommended Vaccination Schedule for Canadian Children	18
Figure 1: Reported Incidence of Vaccine-Preventable Infections in Canadian Children in 2004	29
Figure 2: Deaths Due to Vaccine-Preventable Infections in Canadian Children in 2004	39
Figure 3: Vaccine-Preventable Infections that Result in Death	41
<b>2. General Vaccination Issues</b>	<b>59</b>
Table 2: Reported Reactions to Vaccines in Canada in 2004	64
Table 3: Contraindications and Cautions to Canadian Vaccines	76
<b>3. Specific Vaccination Issues</b>	<b>105</b>
Figure 4: Total Number of Strains Injected Per Vaccination Visit	113
Figure 5: Reported Deaths Following Vaccination in US Children aged 0-14 in 2005	128