



La Mesa Pediatrics Vaccine Policy Statement (2025 update)

We firmly support the effectiveness of vaccines in the prevention of serious illness and saving lives as well as trust the safety of our vaccines. We feel strongly that all children, from infancy to adulthood, should receive all of the recommended vaccines published by the American Academy of Pediatrics. We stand behind the available literature and evidence of scientific studies that vaccines are safe and do not cause autism or other chronic diseases.

That being said, we do also recognize that there always has been and likely always will be controversy surrounding vaccines, and now more than ever misinformation is being conveyed across many media platforms. Please discuss any questions or concerns regarding vaccines with your child's provider at their visits. Under special circumstances, providers may work with families to consider an alternative vaccine schedule. The end goal is always to have the child or adolescent fully vaccinated and at minimum meet public health/school requirements. However, please be advised that delaying or declining any vaccine goes against expert recommendations and puts your child at risk for serious illness, including hospitalization, permanent disability and death. Vaccine waivers are only issued for medical exemptions per California state policy. If routine vaccines are deferred at the time of well visits, please be advised that additional vaccine catch up appointments may be scheduled with a provider to review specific requests and ensure appropriate interval requirements.

At La Mesa Pediatrics, we strongly advocate for vaccinating children on schedule as essential preventative care - it is our duty as pediatricians to protect the health and safety of your child along with the well-being of our community as a whole.

For families who choose not to vaccinate their children per our office requirements (see attached), it is our policy to ask the family to find another PCP/clinic that aligns with parental goals for child's vaccine status and further healthcare management. La Mesa Pediatrics will continue to provide care for 6 months to allow time for arrangements to be made to transfer your child to a new primary care provider (PCP) of parent choice.

Thank you for trusting La Mesa Pediatrics to care for your child - we understand the importance of building mutual relationships with families and encourage informed shared decision making. Additional vaccine resources are included within policy references and available in clinic/online.

I acknowledge receipt of the La Mesa Pediatrics Vaccine Policy.

Patient Name _____

Parent/Guardian Printed Name _____ Relationship _____

Signature _____ Date _____

La Mesa Pediatrics Recommended Routine Vaccines - Well Check Schedule

(Parent/Guardian Copy)

Birth hospital (or option to give at newborn/2 week visit) - Hep B (Engerix)

2 month visit	Dtap, Hep B, IPV/Polio (combo vaccine Pediarix) Hib/Haemophilus (Hibrix) Pneumococcal (Prevnar20) Rotavirus oral (Rotarix)
4 month visit	Dtap, Hep B, IPV/Polio (combo vaccine Pediarix) Hib/Haemophilus (Hibrix) Pneumococcal (Prevnar20) Rotavirus oral (Rotarix)
6 month visit	Dtap, Hep B, IPV/Polio (combo vaccine Pediarix) Hib/Haemophilus (Hibrix) Pneumococcal (Prevnar20)
12 month visit	MMR (Priorix) Varicella/Chickenpox (Varivax) Hep A (Havrix)
15 month visit	Dtap (Infarix) Hib/Haemophilus (Hibrix) Pneumococcal (Prevnar20)
18 month visit	Hep A (Havrix)
4 year visit	Dtap and IPV/Polio (combo vaccine Kinrix) MMR and Varicella/Chickenpox (combo vaccine Proquad)
5 year visit	Catch up if not given at 4 year visit
9 year visit	HPV (Gardasil) offered
10 year visit	Tdap (Boostrix) and HPV (Gardasil) offered
11 year visit	Meningitis ACYW (Menveo) Tdap (if not given at 10 years) HPV (if not given previously, 2 doses if started before 15 years)
16 year visit	Meningitis ACYW (Menveo) #2 Meningitis B (Bexero) #1 HPV (catch up, 3 doses if started after 15yr)
17 year visit	Catch up either meningitis vaccine or Meningitis B (Bexero) #2

Flu vaccines are offered for all patients who are 6 months and older from September through May every year. For infants and children up to 8 years of age, the first year your child receives the flu vaccine, they will need 2 doses minimum 4 weeks apart, then an annual booster for subsequent years.

Preventative RSV antibody (Beyfortus) is offered to babies who are less than 8 months old between October 1 and March 1, if their birthing parent did not receive an RSV vaccine at least 2 weeks prior to delivery or the baby has not received the RSV antibody in prior season.

La Mesa Pediatrics Minimum Vaccine Requirements

To be completed no later than 24 month well check:

- 3 doses Dtap (at least 4 weeks between each dose and at least #1 by 12mo of age)
- 1 dose MMR
- 1 dose Varicella

To be completed no later than 5 year well check (all vaccines required by the state of California for kindergarten entry):

- 5 doses - Diphtheria, Tetanus, and Pertussis (Dtap)
 - 4 doses OK if one was given on or after 4th birthday
- 4 doses - Polio (IPV)
 - 3 doses OK if one was given on or after 4th birthday
- 3 doses - Hepatitis B
- 2 doses - Measles, Mumps, and Rubella (MMR)
 - Both doses must be given on or after 1st birthday
- 2 doses - Varicella (Chickenpox)

Tdap to be completed no later than at 13 year well check

If a child is not up to date by California immunization requirements for school entry when they establish care at La Mesa Pediatrics, they must catch up as per the Conditional Admission Schedule set out by California Department of Public Health (see attached). For children less than 5 years old when they transfer to La Mesa Pediatrics, we will use a modified version of the California Department of Public Health based on their age and vaccine status.

Conditional Admission Schedule for Grades K-12

Before admission a child must obtain the first dose of each required vaccine and any subsequent doses that are due because the period of time allowed before exclusion has elapsed.

Dose	Earliest Dose May Be Given	Exclude If Not Given By
Polio #2	4 weeks after 1st dose	8 weeks after 1st dose
Polio #3¹	4 weeks after 2nd dose	12 months after 2nd dose
Polio #4¹	6 months after 3rd dose	12 months after 3rd dose
DTaP #2	4 weeks after 1st dose	8 weeks after 1st dose
DTaP #3²	4 weeks after 2nd dose	8 weeks after 2nd dose
DTaP #4	6 months after 3rd dose	12 months after 3rd dose
DTaP #5	6 months after 4th dose	12 months after 4th dose
Hep B #2	4 weeks after 1st dose	8 weeks after 1st dose
Hep B #3	8 weeks after 2nd dose and at least 4 months after 1st dose	12 months after 2nd dose
MMR #2	4 weeks after 1st dose	4 months after 1st dose
Varicella #2	Age less than 13 years: 3 months after 1st dose	4 months after 1st dose
Varicella #2	Age 13 years and older: 4 weeks after 1st dose	8 weeks after 1st dose

1. Three doses of polio vaccine meet the requirement if one dose was given on or after the fourth birthday. If polio #3 is the final required dose, polio #3 should be given at least six months after polio #2.
2. If DTaP #3 is the final required dose, DTaP #3 should be given at least six months after DTaP #2, and pupils should be excluded if not given by 12 months after second dose. Three doses meet the requirement if at least one dose of Tdap, DTaP, or DTP vaccine was given on or after the seventh birthday. One or two doses of Td vaccine given on or after the seventh birthday count towards the requirement.