

A safer "catch up" schedule

# Forced to consider a catch up schedule?

Are you being told your child needs a whole series of shots to get caught up for school?  
Get the first in the series and then have titers drawn instead.

**Law** Maine state law allows child to present "laboratory evidence demonstrating immunity"

**Efficacy** Chances of positive antibodies after the first dose are fairly high. Depending on the disease and age, first dose efficacy ranges from 73-97%

**Timing** Wait at least one month before having titers drawn. This gives the body time to build up sufficient antibodies.

**Polio** IPV may be the exception because efficacy on first dose is low and no antibody test for Polio Type 2 is available.

**Risk** All doses involve risk. Read the inserts and work with an alternative health clinician to detox after each dose.



Health Choice  
**MAINE**