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### **Option for Alternative Vaccine Schedule**

1. Do not give vaccines to ill children (fever, cold, antibiotics)
2. Separate vaccines in time
3. Use thimerosal free vaccines
4. Separate M, M, and R when available
5. Two days prior to vaccinations, consider giving:
  - a. Vitamin C
  - b. Vitamin A
  - c. Glutathione
6. Check vaccine titers (blood test for immunity) before giving boosters
7. Keep children on nutrient-rich diets
8. Limit environmental exposures

### **Possible Vaccine Schedule for Siblings of Children with ASD**

- Birth- Hepatitis B if mom is Hep. B Positive, otherwise wait
- 4 months- Hib, IPV
- 5 months-DTaP
- 6 months-Hib, IPV
- 7 months- DTaP
- 8 months- Hib
- 9 months- DTaP
- 15 months- Measles\*
- 17 months- Hib, IPV
- 18 months- DTaP
- 21 months- Rubella\*
- 24 months- Prevnar- 1 dose
- 30 months- Mumps\*
- 4-5 years-Varicella (if not immune already)
- 4-5 years- Hepatitis B series
- 4-5 years DTaP, IPV boosters
- 4-5 years-test titers for MMR and do not give unless not immune.

Adapted from What Your Doctor May Not Tell You About Children's Vaccinations by Stephanie Cave, MD with Deborah Mitchell

\*May no longer be available in split dose injections. If not, then consider giving MMR

***The above is intended as information and does not represent the only options in addressing this problem. Please contact your primary physician prior to beginning any treatment.***