

## **DAN! (Defeat Autism NOW!) Vaccination Guidelines:**

1. **Use Thimersol / Mercury free vaccines!!**  
The only way to know for sure a vaccine is mercury/thimersol free is to read the insert yourself! Many doctors still have mercury/thimersol vaccines sitting in the refrigerators! And yes, mercury /thimersol containing vaccines are still being made!! Be sure to be 100% sure!
2. **Do not vaccinate newborns.**
3. **Avoid re-immunization with a vaccine after a previous bad reaction.**
4. **NEVER vaccinate ill children or children recovering from an infection.**
5. **Space vaccines - do not give multiple vaccines in 1 day.**  
(THAT INCLUDES vaccines that have multiple viruses! Split them up!)
6. **Use single dose vials from which to draw up the vaccines as opposed to multiple-dose vials which provide less uniform dosage.**
7. **Use inactivated polio.** (the shot, not the drops)
8. **Give RDA (Recommended Daily Allowances) of Vitamin C before and after vaccines**
9. **Give a natural form of Vitamin A ( cod liver oil ) to keep RDA's at level at all times for the age.**
10. **Separate the MMR into 3...start with measles at 12-15 months, then mumps at 18-21 months, rubella at 24-27 months.**
11. **Do not give live virus vaccines to immunodeficient children.**
12. **Do not give vaccines if allergic to any of these components:**
  - i. Yeast - Hep B
  - ii. Eggs - MMR
  - iii. Neomycin - MMR or Varicella
13. **Hold off on the Varicella until 10-12 years & if the child is shown not immune to Chicken pox.**
14. **Checking vaccine titers before giving boosters** (Most people are immune after one dose. We continue to get multiple doses that MAY NOT BE NEEDED. Have them check antibody levels via titres blood test.)

### **RECOMMENDED READING:**

A great book for all parents / grandparents: **What Your Doctor May Not Tell You About Children's Vaccinations** by Stephanie, Md. Cave, Deborah Mitchell (Contributor) (Paperback - September 2001)

**Disclaimer:**