

Parent Vaccine Decision Sheet (October 2025)

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Purpose: To help parents understand the new U.S. COVID-19 and MMRV vaccine guidance with clear facts and informed decision-making.

Key Updates (2025):

- COVID-19 vaccination is now a shared decision between families and healthcare providers for anyone aged six months and older.
- For adults 65+ and people who are immunocompromised, the vaccine remains strongly recommended.
- For toddlers (12–23 months), the combined MMRV vaccine is less preferred due to a small increase in febrile seizures; separate MMR + varicella shots are now advised for the first dose.
- The Vaccines for Children (VFC) program now includes updated COVID-19 vaccines again, restoring free access for eligible families.

Evidence & Safety:

- COVID vaccines continue to protect strongly against severe illness, hospitalization, and death.
- Febrile seizures from vaccines are short and non-damaging; risk is very small (roughly 5 per 10,000 for MMRV).
- No vaccine policy change removes your right to informed consent — that has always been law.
- Shared decision-making simply formalizes your right to discuss risks, benefits, and timing with your provider.

Questions to Ask Your Provider:

- Given my child's health conditions, is a COVID vaccine more helpful or risky?
- What side effects should I expect, and how are they managed?
- If I choose separate MMR + varicella shots, can both be done at the same visit?
- How do these new recommendations affect our vaccination schedule or insurance coverage?

Final Message from Eric:

You deserve transparent information — not pressure. Talk to your provider, review the Vaccine Information Statement (VIS) for each shot, and make your decision based on facts and trust, not fear. This is how we protect our children and communities with clarity and compassion.