



Developmental Monitoring in WIC

Made Simple with CDC's FREE *Learn the Signs. Act Early.* Resources

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Health Communication Specialist

Learn the Signs. Act Early. Program



CDC's National Center on Birth Defects and Developmental Disabilities



Disclaimer

The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.

Today You Will Learn

- What developmental milestones are and how monitoring them can help identify common developmental concerns
- Why WIC is an important setting for developmental monitoring
- About CDC's *Learn the Signs. Act Early.* program and resources to support developmental monitoring in WIC
- Where to find more information to support WIC families





What are Developmental Milestones & Why Monitor Them?

Why Focus on Child Development?

- The early months and years of a child's life form the foundation for future health, development, and learning.
- Young children learn best through nurturing relationships with their families and primary caregivers.
- Families need information and support to understand how children learn and grow, from birth through age 5 and beyond.



Developmental Disabilities are Common...

Developmental disabilities are common and often not identified before school age

- **About 1 in 36 children** is estimated to have autism spectrum disorder (ASD)²
- **1 in 6 children** (3–17 years of age) has a developmental disability¹
- Developmental disabilities are even more common among children from low-income households, with **1 in 5 children** experiencing a developmental disability¹



1. Zablotsky, B, et al, *Pediatrics* 2019
2. Maenner, MJ, et al. CDC, *MMWR Surveillance Summary* 03/2023

What Are Developmental Milestones?

- **Things most children can do by a certain age like:**
 - By 2 months: reacting to loud sounds
 - By 9 months: lifting arms up to be picked up
 - By 3 years: drawing a circle, when you show them how
- Children reach milestones in how they **play, learn, speak, act, and move**
- Though all children develop at their own pace, **MOST** children reach developmental milestones at or around the same age
- Milestones presented in CDC's milestone checklists are those that **at least 75%** of children would be expected to show, so even 1 missed milestone would be important for the family to share with their doctor



What is Developmental Monitoring?

- Developmental monitoring looks at how a child grows and changes over time and whether they are meeting typical developmental milestones.
- Families and those who work with them can use a checklist of milestones to see how a child is developing.
- If a child is not meeting a milestone, encourage families to talk with their child's health provider about their concerns and to ask about developmental screening.



Why is Developmental Monitoring Important?

- Ongoing developmental monitoring and developmental screening together help families, communities, and schools identify children with developmental delays or disabilities as early as possible.
- When developmental concerns are identified early, and children and families receive early intervention or other needed services, children have better outcomes.



The Power of Engaging Families

- There are many reasons to engage families in their child's development, including but not limited to:
 - Celebrating progress
 - Understanding what is developmentally appropriate
 - Getting tips for supporting development
 - Boosting family confidence in talking about their child
 - Building trust between families and providers that support the family
- This work EDUCATES and EMPOWERS families to best support their children's development and goes far beyond milestones.



Early Intervention is Best

- The earlier a child is identified as having a developmental disability or delay, the sooner interventions and family supports can start
 - While earlier is better, it is **never** too late to start services and get support
- Early intervention can improve children's skills, abilities, future school performance, and long-term self-care
- Early identification and intervention help families understand their child's strengths as well as areas in which they may need support
- Getting services for developmental delays early can help prevent challenging behaviors later



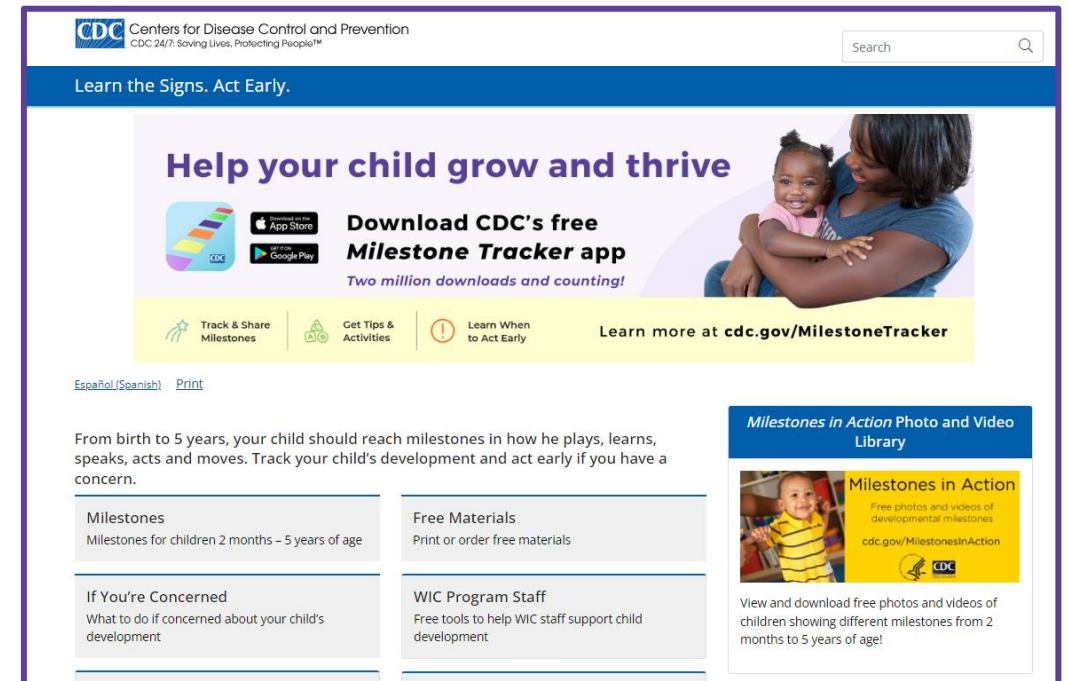


Learn the Signs. Act Early.
FREE, Family Friendly Resources from CDC



Learn the Signs. Act Early.

- The CDC's *Learn the Signs. Act Early.* (LTSAE) program aims to improve **early identification** of developmental delays and disabilities by facilitating family-engaged developmental monitoring and promoting developmental screening so children and their families can get the early services and support they need.
- The LTSAE program offers free child development resources to support **family-engaged developmental monitoring** of children from birth to age 5.





Free Resources Customized for Use in WIC



Milestone Checklists

Free checklists are available featuring:

- Developmental milestones by domain/area of development
 - Guidance on what to expect for most children by the next age checklist (up to age 5 years)
- Open-ended questions
- Parenting tips and activities
- Guidance for what to do if there is ever a developmental concern
- Early intervention information
- Reminders about well visits and developmental screening

Your baby at 4 months

Baby's Name

Baby's Age

Today's Date

Milestones matter! How your baby plays, learns, speaks, acts, and moves offers important clues about his or her development. Check the milestones your baby has reached by 4 months. Take this with you and talk with your baby's doctor at every well-child visit about the milestones your baby has reached and what to expect next.



What most babies do by this age:

Social/Emotional Milestones

- ☐ Smiles on his own to get your attention
- ☐ Chuckles (not yet a full laugh) when you try to make her laugh
- ☐ Looks at you, moves, or makes sounds to get or keep your attention

Language/Communication Milestones

- ☐ Makes sounds like "oooo", "aahh" (cooing)
- ☐ Makes sounds back when you talk to him
- ☐ Turns head towards the sound of your voice

Cognitive Milestones (learning, thinking, problem-solving)

- ☐ If hungry, opens mouth when she sees breast or bottle
- ☐ Looks at his hands with interest

Movement/Physical Development Milestones

- ☐ Holds head steady without support when you are holding her
- ☐ Holds a toy when you put it in his hand
- ☐ Uses her arm to swing at toys
- ☐ Brings hands to mouth
- ☐ Pushes up onto elbows/forearms when on tummy

Other important things to share with the doctor...

- What are some things you and your baby do together?
- What are some things your baby likes to do?
- Is there anything your baby does or does not do that concerns you?
- Has your baby lost any skills he/she once had?
- Does your baby have any special healthcare needs or was he/she born prematurely?

You know your baby best. Don't wait. If your baby is not meeting one or more milestones, has lost skills he or she once had, or you have other concerns, act early. Talk with your baby's doctor, share your concerns, and ask about developmental screening. If you or the doctor are still concerned:

1. Ask for a referral to a specialist who can evaluate your baby more; and
2. Call your state or territory's early intervention program to find out if your baby can get services to help. Learn more and find the number at [cdc.gov/FindEI](https://www.cdc.gov/FindEI).

For more on how to help your baby, visit [cdc.gov/Concerned](https://www.cdc.gov/Concerned).

Don't wait.
Acting early can make
a real difference!





Download CDC's
Free Milestone
Tracker app



American Academy
of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN

Milestone Checklist Backpage

Make sure to turn the checklist over to share with the family:

- Next steps
 - Age-appropriate tips for supporting development including feeding tips
 - What to do if child is missing a milestone or any concerns are raised
 - A note to the doctor section where local information can be filled out in case a referral is needed
- Intended to be customized for each WIC clinic



Your next steps

- ☐ **Share this checklist & keep tracking milestones!** Take this checklist to your child's next check-up and be sure to share it with the doctor, as well as others who care for your child. Keep tracking by downloading CDC's FREE *Milestone Tracker* app or find online checklists at www.cdc.gov/Milestones.
- ☐ **Support your child's development with these tips and many more from www.cdc.gov/milestones or on CDC's *Milestone Tracker* app**
 - Talk with your baby's doctor about when to start solid foods and what foods are choking risks. Breast milk or formula is still the most important source of "food" for your baby.
 - Point out new things to your baby and name them. For example, when on a walk, point out cars, trees, and animals.
 - Put your baby on her tummy or back and put toys just out of reach. Encourage her to roll over to reach the toys.
 - Learn when your baby is hungry or full. Pointing to foods, opening his mouth to a spoon, or getting excited when seeing food are signs that he is hungry. Others, like pushing food away, closing his mouth, or turning his head away from food tells you that he's had enough.

If your child is missing milestones or you have other concerns:

- ☐ **Call your child's doctor.** Schedule a follow-up visit with your child's doctor as soon as possible. Tell the doctor you want to talk about your child's development. Take this checklist with you and ask for developmental screening.
- ☐ **Call for services to help.** Call _____ and say "I have concerns about my child's development and would like to have my child evaluated to find out if he/she is eligible for services to help." You don't need a doctor's referral to call this program.

Don't wait. Acting early can make a real difference!

Note to Dr. _____:

- WIC (the Special Supplemental Nutrition Program for Women, Infants, and Children) encourages families to talk with you about their child's development.
- This checklist reflects milestones **MOST children (at least 75%)** would be expected to meet by this age.
- Missing milestones can be an indication to administer a developmental screening. The American Academy of Pediatrics (AAP) recommends developmental screening between recommended screening ages if concerns arise; this checklist is not a substitute for a standardized, validated screening tool.
- If a developmental screening shows concerns or you or the parent still have concerns, refer to your states' early intervention program _____ and, at the same time, for further developmental and medical evaluation.
- For FREE resources to support developmental surveillance, visit cdc.gov/ActEarly/Healthcare.

  www.cdc.gov/ActEarly
1-800-CDC-INFO (1-800-232-4636)



Learn the Signs. Act Early.

Milestone Checklists

Your baby at 4 months

Baby's Name _____

Baby's Age _____

Today's Date _____

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(learning, thinking, problem-solving)

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- ☐ Holds head steady without support when you are holding her
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- ☐ Brings hands to mouth
- ☐ Pushes up onto elbows/forearms when on

Other important things to share with the doctor...

1. What are some things you and your baby do together?
2. What are some things your baby likes to do?
3. Is there anything your baby does or does not do that concerns you?
4. Has your baby lost any skills he/she once had?
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American Academy of Pediatrics
RECOMMENDED BY THE ACADEMY



Your next steps

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- ☐ Support your child's development with these tips and many more from www.cdc.gov/milestones or on CDC's Milestone Tracker app

- Feed only breast milk or formula to your baby. Babies are not ready for other foods, water or other drinks for about the first 6 months of life. Set steady routines for sleeping and feeding.
- Let your baby have time to move and interact with people and objects throughout the day. Try not to keep your baby in swings, strollers, or bouncy seats for too long.
- Allow your baby to put safe things in his mouth to explore them. This is how babies learn. For example, let him see, hear, and touch things that are not sharp, hot, or small enough to choke on.
- Lay your baby on her back and show her a bright-colored toy. Move the toy slowly from left to right and up and down to see if she watches how the toy moves.

If your child is missing milestones or you have other concerns:

- ☐ Call your child's doctor. Schedule a follow-up visit with your child's doctor as soon as possible. Tell the doctor you want to talk about your child's development. Take this checklist with you and ask for developmental screening.
- ☐ Call for services to help. Call _____ and say "I have concerns about my child's development and would like to have my child evaluated to find out if he/she is eligible for services to help." You don't need a doctor's referral to call this program.

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- For FREE resources to support developmental surveillance, visit [cdc.gov/ActEarlyHealthcare](https://www.cdc.gov/ActEarlyHealthcare).



www.cdc.gov/ActEarly
1-800-CDC-INFO (1-800-232-4636)



Learn the Signs. Act Early.

Your Baby at 4 Months

Milestones matter! Check the milestones your baby has reached by 4 months by completing the checklist below.

*These fields are required.

Today's Date*

MM/DD/YYYY

CDC does not collect or share any personal information that can be used to identify you or your child.

What Most Babies Do by this Age:

Social/Emotional



Smiles on his own to get your attention *

- ☐ Yes
- ☐ Not Sure
- ☐ Not Yet



Chuckles when you try to make him laugh *

- ☐ Yes
- ☐ Not Sure
- ☐ Not Yet



Using the Milestone Checklists

Use the *LTSAE Getting the Conversation Started* talking points to help you introduce the checklist to your WIC families in both the in person and virtual settings.

Developmental Monitoring: Getting the Conversation Started

WHAT TO SAY WHEN...

Introducing the milestone checklist

The following talking points make up just one example of how you can introduce the milestone checklist. For your convenience, there are separate talking points for in person or virtual discussion, as well as talking points that are common to both. Modify them as needed to best fit the situation.

IN PERSON	VIRTUAL
Have you noticed the pictures on the walls and floor about developmental milestones? (if applicable)	You might remember that I shared the link to CDC's online milestone checklist OR CDC's Milestone Tracker app.
• Developmental milestones are things most children do by a certain age. • Tracking how _____ plays, speaks, learns, acts, and moves for their age is just as important as measuring their height and weight. • Milestone checklists help us work together to track your child's development. If you haven't completed it yet, we can do it together now.	
Hand the family member the checklist or direct them to a virtual version	Open the app or click on the link to the online checklist . Let me know when you have it pulled up.
If the child's age is between available checklist ages, always use the checklist of the younger age. • Let's answer these first two questions together. Does _____ (read first item on the checklist)? Does _____ (read second item)? • Answer the rest of the checklist and let me know if you have any questions.	
Be sure to add _____'s name and age, along with today's date.	

Guidance for Parents, Grandparents and Preschoolers
www.cdc.gov/developmentalmonitoring
1-800-CDC-2743



Using the Milestone Checklists Cont...

After a family completes a checklist- what's next?

- If **ALL** milestone boxes are checked and **NO concerns** are noted, **no referral is needed**. Encourage the family to keep tracking their child's milestones in between WIC visits.
- If **ONE or more** milestone boxes are **NOT** checked **OR ANY concerns** are noted, a **referral is needed**.



Environmental Graphics

Environmental graphics introduce milestones to families in a fun way. They can be placed on the clinic wall or floor.

**Milestones
at 2 Months**

- ✓ Smiles when spoken to
- ✓ Reacts to loud sounds



Learn the Signs. Act Early.

Creative concept developed in collaboration with the University of Missouri

**Milestones
at 6 Months**

- ✓ Takes turns making sounds
- ✓ Puts things in mouth



Learn the Signs. Act Early.

Creative concept developed in collaboration with the University of Missouri

**Milestones
at 4 Months**

- ✓ Brings hands to mouth
- ✓ Holds head steady



Talk to the doctor about your child's development.



More WIC Specific Resources

Use these additional [resources](#) to help you support child development with your WIC families:

- [Deskside reference guide](#)
- [WIC Implementation guide](#)
- [Environmental graphics](#) (English/Spanish)
- [Introduction to Child Development for WIC Staff Training](#) (English/Spanish)
- [Recruitment Video](#)
- [Staff Training Video](#)





Learn the Signs. Act Early. Materials and Resources to Support Child Development



Grow Up Healthy!

It is recommended that children have well visits at the indicated ages listed. These visits provide important services for tracking your child's growth and development, vaccination, and the opportunity to ask questions and share concerns about your child's physical, mental, and social health.

Age	What to expect
2 months	• Weighs and measures your baby • Checks for signs of illness • Checks for signs of hearing loss • Checks for signs of vision problems • Checks for signs of teething • Checks for signs of colic • Checks for signs of diaper rash • Checks for signs of skin problems • Checks for signs of dental problems • Checks for signs of behavioral problems • Checks for signs of developmental problems
4 months	• Weighs and measures your baby • Checks for signs of illness • Checks for signs of hearing loss • Checks for signs of vision problems • Checks for signs of teething • Checks for signs of colic • Checks for signs of diaper rash • Checks for signs of skin problems • Checks for signs of dental problems • Checks for signs of behavioral problems • Checks for signs of developmental problems
6 months	• Weighs and measures your baby • Checks for signs of illness • Checks for signs of hearing loss • Checks for signs of vision problems • Checks for signs of teething • Checks for signs of colic • Checks for signs of diaper rash • Checks for signs of skin problems • Checks for signs of dental problems • Checks for signs of behavioral problems • Checks for signs of developmental problems
9 months	• Weighs and measures your baby • Checks for signs of illness • Checks for signs of hearing loss • Checks for signs of vision problems • Checks for signs of teething • Checks for signs of colic • Checks for signs of diaper rash • Checks for signs of skin problems • Checks for signs of dental problems • Checks for signs of behavioral problems • Checks for signs of developmental problems
12 months	• Weighs and measures your baby • Checks for signs of illness • Checks for signs of hearing loss • Checks for signs of vision problems • Checks for signs of teething • Checks for signs of colic • Checks for signs of diaper rash • Checks for signs of skin problems • Checks for signs of dental problems • Checks for signs of behavioral problems • Checks for signs of developmental problems
15 months	• Weighs and measures your baby • Checks for signs of illness • Checks for signs of hearing loss • Checks for signs of vision problems • Checks for signs of teething • Checks for signs of colic • Checks for signs of diaper rash • Checks for signs of skin problems • Checks for signs of dental problems • Checks for signs of behavioral problems • Checks for signs of developmental problems
18 months	• Weighs and measures your baby • Checks for signs of illness • Checks for signs of hearing loss • Checks for signs of vision problems • Checks for signs of teething • Checks for signs of colic • Checks for signs of diaper rash • Checks for signs of skin problems • Checks for signs of dental problems • Checks for signs of behavioral problems • Checks for signs of developmental problems
2 years	• Weighs and measures your baby • Checks for signs of illness • Checks for signs of hearing loss • Checks for signs of vision problems • Checks for signs of teething • Checks for signs of colic • Checks for signs of diaper rash • Checks for signs of skin problems • Checks for signs of dental problems • Checks for signs of behavioral problems • Checks for signs of developmental problems
3 years	• Weighs and measures your baby • Checks for signs of illness • Checks for signs of hearing loss • Checks for signs of vision problems • Checks for signs of teething • Checks for signs of colic • Checks for signs of diaper rash • Checks for signs of skin problems • Checks for signs of dental problems • Checks for signs of behavioral problems • Checks for signs of developmental problems
4 years	• Weighs and measures your baby • Checks for signs of illness • Checks for signs of hearing loss • Checks for signs of vision problems • Checks for signs of teething • Checks for signs of colic • Checks for signs of diaper rash • Checks for signs of skin problems • Checks for signs of dental problems • Checks for signs of behavioral problems • Checks for signs of developmental problems
5 years	• Weighs and measures your baby • Checks for signs of illness • Checks for signs of hearing loss • Checks for signs of vision problems • Checks for signs of teething • Checks for signs of colic • Checks for signs of diaper rash • Checks for signs of skin problems • Checks for signs of dental problems • Checks for signs of behavioral problems • Checks for signs of developmental problems

What vaccination do I need?

How tall am I?

Watch Me!

Celebrating Milestones and Sharing Concerns

A FREE Online Training Course

Early care and education providers play a critical role in the health and well-being of children in their care and their families.

Watch Me! is a free online course that helps early care and education providers better identify early warning signs of developmental concerns, recognize signs of potential delays, and share observations with parents. It covers a range of topics and best practices to support professionals and help children reach their full potential.

www.cdc.gov/WatchMeTraining

Jayden is 10 months old!

If your child is between the checklist ages above, you will receive the checklist for the younger age.

MILESTONES MATTER: LET'S TALK ABOUT THEM!

Milestones at 4 Months - Brings hands to mouth - Holds head steady	Milestones at 9 Months - Sits without support - Bangs things together	Milestones at 15 Months - Points to get help - Uses fingers to feed themselves
Milestones at 2 Years - Points to body parts - Eats with a spoon	Milestones at 3 Years - Uses a fork - Asks "who", "what" questions	Milestones at 4 Years - Says sentences with 4 words - Serves themselves food

Get free milestone checklists for these ages and more at www.cdc.gov/Milestones or by calling 800-CDC-INFO (800-232-4636).

Learn the Signs. Act Early.

Your Child's Early Development is a Journey

These are just a few of many important milestones to look for. For complete checklists for your child's age visit www.cdc.gov/Milestones or download CDC's free **Milestone Tracker** app.

Age	Milestones
2 MONTHS	- Looks at your face - Reacts to loud sounds - Grasps when you talk to or smile at her - Holds head up when on tummy
6 MONTHS	- Reaches for people - Takes turns making sounds with you - Reaches to grab a toy or reaches to get a snack - Reaches to grab a toy from tummy to back - Plays games with you, like peek-a-boo - Calls a parent "mama" or "dada"
12 MONTHS	- Puts something in a container, like a block in a cup - Pulls up to stand
18 MONTHS	- Looks at your face to see how to use a new object - Carries your things around, like carrying a blanket with a friend - Shows you what she can do by saying, "Look at me!" - Jumps off the ground with both feet
2 YEARS	- Says about 50 words - Uses things to pretend, like holding a block to a doll as if it were food - Talks with you in conversation - Draws a circle, when you show her how
3 YEARS	- Names other children and you when you turn to play - Names a few colors of items - Follows rules or takes turns when playing games with other children - Writes some letters in her name - Signs on one foot
4 YEARS	- Names a single character like "that is a cat" or "that is a dog" - Names a few colors of items - Follows rules or takes turns when playing games with other children - Writes some letters in her name - Signs on one foot
5 YEARS	- Names a single character like "that is a cat" or "that is a dog" - Names a few colors of items - Follows rules or takes turns when playing games with other children - Writes some letters in her name - Signs on one foot

Amazing Me

It's Busy Being 3!

Illustrated by: Patricia Rodriguez

Written by: John Green and Laura A. Smith, MD

www.cdc.gov/actearly

NATIONAL CENTER ON BIRTH DEFECTS AND DEVELOPMENTAL DISABILITIES

Learn the Signs. Act Early.

Baby's Busy Day

Being One is So Much Fun!

Milestone Moments

Milestones Matter!

Look inside for milestones to watch for in your child and tips for how you can help your child learn and grow from birth to age 5.

WHERE IS BEAR?

A Terrific Tale for 2-Year-Olds

Written by Libby Martinez
Illustrated by Allison Valentine

Help your child grow and thrive

Your child's early years are so very important. Tracking how your little one plays, learns, speaks, acts, and moves helps you support their development.

Download CDC's free **Milestone Tracker** app to find fun and easy activities for each age.

Track & Share Milestones | Get Tips & Activities | Learn When to Act Early

Learn more at cdc.gov/MilestoneTracker

Milestones Matter

Track your child's developmental milestones and try brain building tips to add learning to everyday moments!

Track Your Child's Development

Track how your child plays, learns, speaks, acts, and moves with CDC's Milestone Tracker app—and share all progress and any concerns with their doctor during well-child visits. www.cdc.gov/MilestoneTracker

BY 2 MONTHS: Smiles at you

BY 6 MONTHS: Laughs with you

BY 12 MONTHS: Plays games with you, like "peek-a-boo"

BY 18 MONTHS: Points to show you something interesting

Brain Building Tip: Suggested Age: 0–2 years

We're surrounded by words that are ready for reading. Try reading signs aloud to your child and talk to them about what they mean. It doesn't matter if it's a book, magazine, or billboard—it all counts! Reading to your child, anywhere and everywhere, helps them develop a rich, diverse vocabulary. Find more tips at roomsgo.org.

Learn the Signs. Act Early. Centers for Disease Control and Prevention www.cdc.gov/actearly 1-800-CDC-INFO

Do you have concerns about how your child plays, learns, speaks, acts or moves? Visit www.cdc.gov/concerned and talk with your child's doctor.

CDC does not endorse private products, services, or websites. "Roomsgo" tips are not a diagnostic tool.

So Many Milestones to Celebrate!

- Monitoring milestones helps every parent and caregiver support their child's development

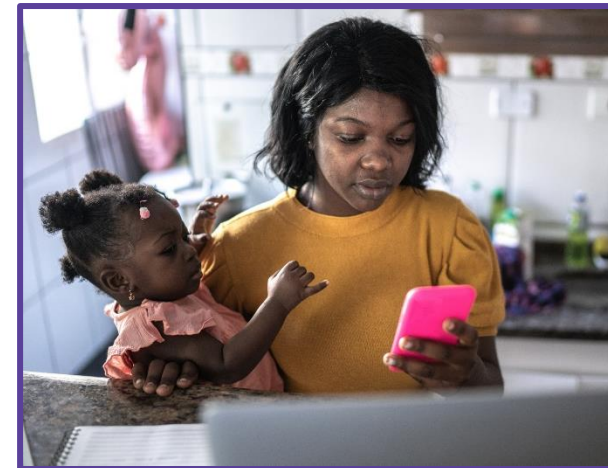
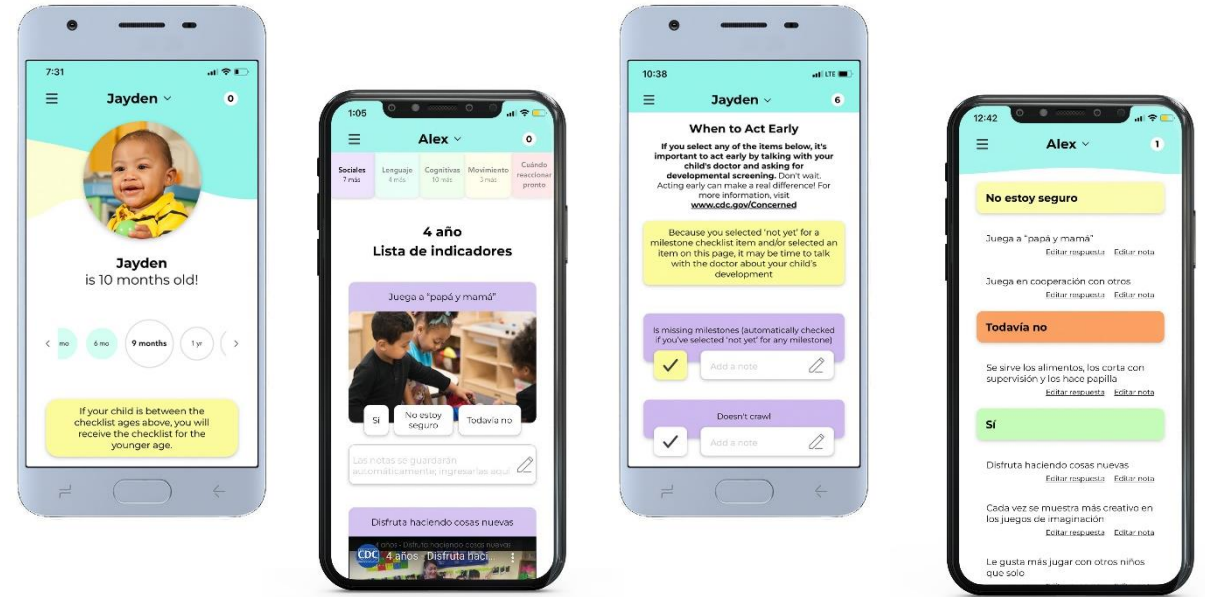


- CDC's *Learn the Signs. Act Early. Milestones in Action* [Photo and Video Library](#) shows what each milestone looks like in real-life situations

CDC's *Milestone Tracker* App

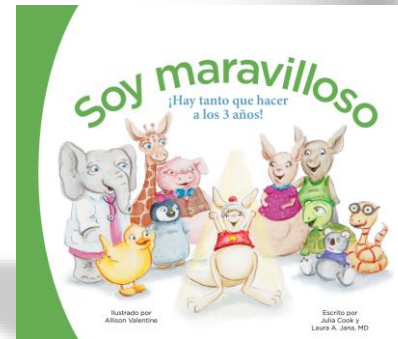
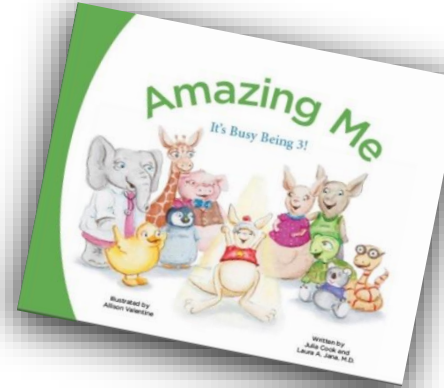
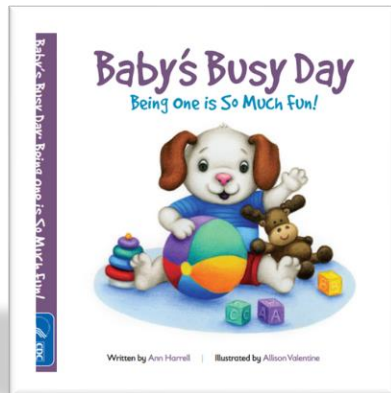
- Includes the same content as the milestone checklists
- Available in English and Spanish
- Available for iOS and Android phones
- Interactive milestone checklists show each milestone with a photo or video
- FREE with no ads
- Easy to use
- *Milestones in Action* photos and videos show you what each milestone looks like

Available at: www.cdc.gov/MilestoneTracker
Available at: www.cdc.gov/Sigamos



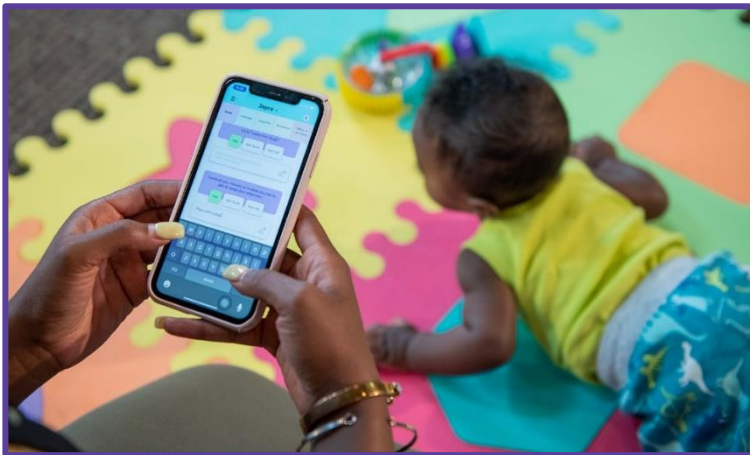
Amazing Children's Books

- Milestones highlighted throughout story
- Parent tips and information about when to act early on concerns
- Available in English and Spanish
- Order free books (limited quantities):
<https://www.cdc.gov/ActEarly/Orders>



Start Integrating LTSAE into WIC Today!

- **Order, download, or print free materials to share with families**
 - *Milestone Tracker* app flyers
 - *Milestone Moment* booklets/brochures
 - Children's books
- Visit [cdc.gov/ActEarly](https://www.cdc.gov/ActEarly) to learn more about LTSAE and find WIC specific resources [here](#).



Act Early Ambassadors: A Resource for You

- 63 Ambassadors currently represent 49 states; Washington, DC, 4 territories, 3 Tribal entities
- Champion CDC's *Learn the Signs. Act Early.* program at the state/local level
- Can help you identify referral sources and strategy and connect to related efforts
- Are passionate about child development and early identification
- Work to add developmental monitoring into programs across their state/territory (**like WIC**)
- Connect with your ambassador here: cdc.gov/ActEarly/Ambassadors
- Ambassador cohort is being recompeted this July! Interested or know someone who is? Email ActEarly@cdc.gov for more information. Applications are due August 1.





Thank you! Questions?

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Learn the Signs. Act Early. Program

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The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.

