

# VACCINES FOR YOUR PRETEEN

Learn about vaccines to help your preteen stay healthy through adolescence and beyond.

To Do

■ Tdap

■ HPV

■ Meningococcal

■ Flu

■ Chickenpox



## Vaccine recommendations for 11-12 year olds

**Tdap** protects against tetanus, diphtheria, and pertussis (whooping cough). Whooping cough can cause vomiting, gasping for air, and trouble sleeping. It may last for months and is very contagious. This vaccine is required for 7<sup>th</sup> grade entry in California.

**HPV** (Human papillomavirus) vaccine is given as a series of shots and recommended for both preteen girls and boys starting at age 9. It prevents warts and several cancers of the reproductive system, as well as throat and mouth cancer in men and women. HPV vaccine works best much better during the preteen years than when given later. Kids who are vaccinated earlier need only two shots instead of three.

**Meningococcal** vaccines protect against the devastating bacterial infection, meningococcal meningitis. The infection can lead to brain damage, arm and leg amputations, kidney damage, and death. It is more common among teens and young adults who are in close contact with others at home or school. Preteens need to get immunized now and again at age 16.

**Flu** (influenza) vaccine is needed every year. Flu is much more serious than the common cold. Even healthy young people can get the flu. Children with chronic conditions like asthma and diabetes are especially at risk for pneumonia or even death.

**Chickenpox** vaccine protects against more than just an itchy rash. The disease can cause pneumonia or serious skin infections. Preteens need two shots before starting 7<sup>th</sup> grade.

## ? Ask the Doctor

- Does my child need any other catch-up shots (e.g., MMR, chickenpox, and hepatitis B)?
- Are there any side effects from these vaccines?
- Which vaccines are required for school, and can you give me the documentation I need?
- Will any other shots be needed later on?
- Can I get an updated shot record?
- Can I schedule my child's next HPV shot(s) today?

## ? Your Questions