

# VACCINES FOR YOUR PRETEEN

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

## 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. It prevents warts and several cancers of the reproductive system. HPV vaccine works best when all doses are given well before the start of sexual activity, which can spread HPV infection.

**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. Kids need two shots, but many didn't get their second shot. Ask your doctor if your preteen needs a chick-enpox shot.

**Measles** vaccine protects against a highly contagious disease that can lead to brain damage and death. 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

To Do

- Tdap
- HPV
- Meningococcal
- Flu
- Chickenpox
- Measles

