

# Information for **parents** about **pre-teen vaccines**

**A**s kids get older, protection provided by some childhood vaccines can begin to wear off. Kids can also develop risks for more diseases as they get older. Help your child transition into adolescence in a healthy way by staying up-to-date on pre-teen vaccines. Doctors recommend that all 11 and 12 year olds get the Tdap and Meningococcal vaccines. 11 and 12 year old girls should also get the human papillomavirus (HPV) vaccine.

## **Recommended vaccines and the diseases they prevent**

### **Human Papillomavirus (HPV)**

**Disease** HPV is a common virus. HPV is most common in people in their teens and early 20s. It is the major cause of cervical cancer in women.

**Vaccine** HPV vaccine protects against the types of HPV that most commonly cause cervical cancer and genital warts. This vaccine is recommended for 11 and 12 year old girls. Ideally girls should get 3 doses of this vaccine before their first sexual contact when they could be exposed to HPV. If your teenage daughter missed getting the vaccine when she was 11 or 12, ask her doctor about getting it now.

### **Meningococcal Disease (a common cause of meningitis)**

**Disease** Meningococcal meningitis is a very serious infection of the lining around the brain and spinal cord. It can cause death. Meningococcal bloodstream infection can cause loss of an arm or leg and even death.

**Vaccine** Meningococcal conjugate vaccine (MCV4) protects against these infections. Pre-teens should receive a single shot of this vaccine during their 11 or 12 year old check-up. If your teenager missed getting the vaccine at his/her check-up, ask the doctor about getting it now.

### **Pertussis (Whooping Cough)**

**Disease** Whooping cough is highly contagious with prolonged cough. If it is transmitted to infants, it may be life-threatening.

**Vaccine** Tetanus-diphtheria-acellular pertussis vaccine (Tdap) is an improvement to the old Td booster because it adds protection from whooping cough while still maintaining protection from tetanus and diphtheria. Pre-teens should receive a single shot of Tdap at their 11 or 12 year old check-up.



**Help keep your pre-teen healthy and safe with immunizations.**

### **Check with your child's doctor to make sure your child isn't missing any doses of these childhood vaccines**

#### **Hepatitis B**

**Disease** Can cause lifelong infection, liver damage, liver failure, cancer, and death.

#### **Measles, Mumps and Rubella**

**Disease** Historically these are among the most serious vaccine-preventable diseases.

#### **Polio**

**Disease** Highly contagious; it causes flu-like symptoms, but can also cause paralysis and death.

#### **Varicella (Chickenpox)**

**Disease** Highly contagious; it causes rash, itching, fever and tiredness. It can lead to severe skin infections, scars, pneumonia, brain damage, and death.

Getting your child vaccinated can be easy and inexpensive. For families with health insurance, all or most of the cost of vaccines is usually covered. Children age 18 and younger may be eligible to get vaccines for free through the Vaccines for Children (VFC) program if they are: Medicaid eligible; uninsured; or American Indian or Alaska Native. Doctors can charge a fee to give each shot. However, VFC vaccines cannot be denied to an eligible child if the family cannot afford the fee. To learn more about the VFC program, visit the website at [www.cdc.gov/vaccines/programs/vfc/](http://www.cdc.gov/vaccines/programs/vfc/) or contact your State VFC Coordinator. A list of VFC Coordinators is available at [www.cdc.gov/vaccines/programs/vfc/contacts.htm](http://www.cdc.gov/vaccines/programs/vfc/contacts.htm).

For more information on vaccines, ask your child's healthcare provider or call

**800-CDC-INFO (800-232-4636)**

Website: [www.cdc.gov/vaccines/preteen/](http://www.cdc.gov/vaccines/preteen/)



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