

# Do you have an **11** or **12** year old?

## If yes, help prepare your child for the adolescent years ahead.



“ I recommend that all 11 and 12 year olds get a check-up to monitor their growth, talk about their development, and get updated on their vaccines.”



Your child is growing up and you can't be by her side every minute. Getting her vaccinated against meningitis, tetanus, whooping cough, and cervical cancer is one thing that you can do to help protect her for years to come.

## **Schedule a pre-teen check-up today!**

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/)



DEPARTMENT OF HEALTH AND HUMAN SERVICES  
CENTERS FOR DISEASE CONTROL AND PREVENTION

