

**TO:** EZIZ Users  
**FROM:** CDPH  
**SUBJECT:** Ensure a healthy future for preteens and teens with vaccines  
**DATE:** 8/22/16

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Dear EZIZ Users:

The theme of the final week of National Immunization Awareness Month ([NIAM](#)) is “Ensure a healthy future for preteens and teens with vaccines.” Adolescents need four vaccines to protect against serious diseases: **HPV** (human papillomavirus) vaccine to protect against cancers caused by HPV; **meningococcal conjugate** vaccine (MenACWY) to protect against meningitis and blood infections (septicemia); **Tdap** vaccine to protect against tetanus, diphtheria, and whooping cough; and a yearly **flu** vaccine to protect against seasonal flu. Teens and young adults may also be vaccinated with a serogroup B meningococcal vaccine.

Vaccines are important for adolescents for a number of reasons:

- As children get older, they are at increased risk of getting certain diseases like cancer-causing HPV infections and meningococcal disease.
- The protection from some childhood vaccines wears off over time, so adolescents need shots to stay protected from serious diseases.
- Specific vaccines, like HPV vaccine, are given during the preteen years (ages 11 to 12) because they are needed before being exposed to the virus.
- Along with protecting adolescents from serious diseases, being vaccinated also protects siblings, friends, and the people who care for them like their parents or grandparents.

Parents can send their preteens and teens to [middle school](#) and [high school](#) – and also off to [college](#) – protected from these vaccine-preventable diseases by ensuring their children are up to date on their vaccines. (Please note: [personal beliefs exemptions](#) are no longer allowed.)

See [Kristen’s Story](#) on [ShotByShot.org](#) to hear about the despair of a family who lost their daughter to an HPV-related cancer – a tragic death that could have been prevented with HPV vaccine. Also, check out our preteen resources page (<http://eziz.org/resources/immunization-promo-materials/>) for educational materials and the NIAM toolkit (<https://www.nphic.org/niam>) for more ideas on how to raise awareness of vaccines for adolescents, including social media messages, template news releases, graphics, and more.

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