

# VACCINES FOR YOUR PRETEEN

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

## Vaccine recommendations for 11-12 yr olds

**Tdap** protects against tetanus, diphtheria, and pertussis (or whooping cough). Whooping cough can cause vomiting, gasping for air, and trouble sleeping. It may last for months and is very contagious. The Tdap booster helps older kids because their baby shots wear off. Tdap is required for 7th grade entry in California.

**HPV** (Human papillomavirus) vaccine is recommended for preteen girls and boys. It prevents genital warts and cancer, including cervical cancer, later in life. HPV vaccine works best when given years before the start of sexual activity, which can spread HPV infection. The vaccine is given in three injections over six months.

**Flu** (Influenza) usually causes fever, chills and body aches that is different from a cold. Even healthy young people can get the flu. Children with chronic conditions like asthma or diabetes are especially at-risk for pneumonia or even death. Kids need flu vaccine every year.

**Meningococcal** protects against the devastating bacterial infection meningococcal meningitis. The infection can cause 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. The vaccine protects with one shot now and a booster at age 16.

**Chicken pox** (varicella) is more than just an itchy rash. It can cause pneumonia or serious skin infections. Many kids don't get a recommended second booster shot. Ask the doctor if your preteen needs a chicken pox booster.

To Do

- Tdap
- HPV
- Flu
- Meningococcal
- Chicken pox



## ? Ask the Doctor

- What vaccines does my child need today?
- Does my child need any other catch-up shots (like MMR)?
- How are preteen shots different from baby shots?
- What age should my child get the vaccines?
- Can all shots be done in the same appointment?
- Are there any side effects from these vaccines?
- How long does the protection last?
- Will any booster shots be needed later on?
- Which vaccines are required for school?
- What documentation do I need?
- Is there any cost for preteen shots?
- Can I get an updated shot record after this visit?

## ? Your Questions

GetImmunizedCa.org IMM-1054 (1/12)

California Department of Public Health  
Immunization Branch • 850 Marina Bay Pkwy • Richmond CA 94804

