

# Vaccines for Your Preteen

## 11-12 years old to help them stay healthy through adolescence and beyond



### TO DO:

- ☐ TDAP
- ☐ HPV
- ☐ MENINGOCOCCAL
- ☐ FLU
- ☐ CHICKENPOX
- ☐ COVID-19

**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 series is recommended starting at age 9. It prevents warts and several cancers of the reproductive system, as well as throat and mouth cancer. HPV vaccine works best when given during the preteen years. Preteens who are vaccinated earlier need only two shots instead of three.

**Meningococcal** vaccines protect against bacterial meningitis, a very serious infection that can lead to brain damage, arm and leg amputations, kidney damage, and death. 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. Preteens need two shots before starting 7<sup>TH</sup> grade.

**COVID-19** vaccine can protect against serious illness in everyone 6 months and up, including preteens. Preventing COVID-19 infection can mean less time away from school, sports, and social activities.



### 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?