VACCINES FOR YOUR PRETEEN

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

Vaccine recommendations for 11-12 year olds

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. The Tdap booster helps older kids, because the protection they got from their baby shots fades over time. This vaccine meets the 7TH grade entry requirement in California.

HPV (Human papillomavirus) vaccine is recommended for preteen girls and boys. It prevents some cancers, including cervical cancer, and genital warts. HPV vaccine works best when given years before the start of sexual activity, which can spread HPV infection. It takes 6 months to complete the 3-dose HPV series.

Meningococcal protects against the devastating bacterial infection meningococcal meningitis. The infection can lead to 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. Preteens need one shot now and a booster at age 16.

Flu (Influenza) is much more serious than the common 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. Flu vaccine is needed every year.

Chickenpox (varicella) is more than just an itchy rash. It can cause pneumonia or serious skin infections. Kids need two shots, but many didn't get their second shot. Ask your doctor if your preteen needs a chickenpox shot.

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? Ask the Doctor

- Does my child need any other catch-up shots (like MMR and hepatitis B)?
- Can all shots be done in the same appointment?
- 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 2nd and 3rd HPV shots today?

? Your Questions

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