

# Immunization for Your Adolescent – What You Need to Know



The American Academy of Pediatrics and the Centers for Disease Control and Prevention (CDC) recommend several routine vaccinations for preteens, ages 11 and 12:

- ✓ One dose of Tdap – tetanus, diphtheria and pertussis (whooping cough)

You may remember your preteen had Tdap as a baby, but the vaccine wears off over time and preteens need a booster shot to stay protected.

- ✓ One dose of meningococcal conjugate vaccine

Anyone can get meningococcal disease, but it is most common among teens ages 16–21. Getting the vaccine now can prevent an infection later.

- ✓ Two doses of human papillomavirus (HPV) vaccine

The HPV vaccine prevents several common cervical cancers. Boys and girls get the vaccine in two doses over a six to 12 month period.

- ✓ One dose of flu vaccine

The best way to protect against the flu is to get vaccinated each year. When more people get vaccinated against the flu, it reduces the opportunity for the virus to spread.

Additionally, the CDC recommends preteens catch up on any missed vaccines, such as varicella (chickenpox) or Hepatitis B.

## **Vaccines are safe and effective.**

Before a vaccine is ever approved and licensed, it goes through years of testing. Once approved, the CDC's [Immunization Safety Office](#) continues to monitor its safety. Without vaccination, your preteen is at risk of catching and transmitting diseases. Although many diseases aren't common, outbreaks still occur. Vaccinations help protect the health of your preteen, as well as your family, friends and community.

## **Talk with your doctor.**

If you're taking your preteen for a yearly checkup, school, sports or camp physical, ask your doctor about these vaccines.

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**All CDC-recommended vaccines  
are a covered benefit for TRICARE®  
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To learn more, visit

<http://www.adolescentvaccination.org/>

*1Vaccine Safety- The Centers for Disease Control and Prevention.  
Available at <http://www.cdc.gov/vaccinesafety/index.html>*

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