

# Vaccines for Preteens and Teens: What Parents Should Know

All boys and girls need three vaccines at ages 11-12 to protect against serious diseases. Preteens and teens should also get a yearly flu vaccine, as well as any vaccines they missed when they were younger.

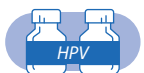


## What vaccines does my child need?



Dose 1: Ages 11-12  
Dose 2: Age 16

**Meningococcal vaccines** protect against a type of bacteria that can cause serious illnesses. The two most common types of illnesses include infections of the lining of the brain and spinal cord (meningitis) and bloodstream. All preteens should get the meningococcal conjugate vaccine (MenACWY). Teens may also receive a serogroup B meningococcal vaccine (MenB), preferably at 16 through 18 years old.



Dose 1: Ages 11-12  
Dose 2: 6-12 months later

**HPV vaccine** protects both girls and boys from future infections that can lead to certain types of cancer. Children who get their first dose on or after their 15th birthday will need three doses.



Dose 1: Ages 11-12

**Tdap vaccine** protects against three serious diseases: tetanus, diphtheria, and pertussis (whooping cough).



Yearly Dose:  
Ages 6 months and older

**Flu vaccine** helps protect against seasonal flu. Even healthy preteens and teens can get very sick from flu and spread it to others. The best time to get an annual flu vaccine is before flu begins causing illness in your community, ideally before the end of October. Flu vaccination is beneficial as long as flu viruses are circulating, even in January or later.

## When should my child be vaccinated?

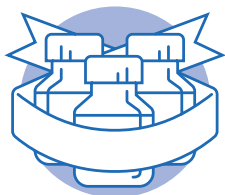
A good time to get these vaccines is during a yearly wellness check. Your child can also get these vaccines at a physical exam required for school, sports, or camp. **If your child missed any doses of recommended vaccines, ask your doctor or nurse about getting them now.**

## Are these vaccines safe?

**These vaccines have been studied very carefully and are very safe.** They can cause mild side effects, like soreness or redness in the part of the arm where the shot is given. Some preteens or teens might faint after getting a shot. Sitting or lying down when getting a shot, and then for about 15 minutes after the shot, can help prevent fainting. Serious side effects are rare. It is very important to tell the doctor or nurse if your child has any serious allergies, including allergies to yeast, latex, or chicken eggs, before they receive any vaccines.

## Can I get help paying for these vaccines?

Most health insurance plans cover routine vaccinations. The Vaccines for Children (VFC) program also provides vaccines for children 18 years and younger who are uninsured, underinsured, Medicaid-eligible, American Indian, or Alaska Native. Learn more at [www.cdc.gov/Features/VFCprogram](http://www.cdc.gov/Features/VFCprogram).



Talk to your child's doctor or nurse about the vaccines your child needs or visit [www.cdc.gov/vaccines/parents](http://www.cdc.gov/vaccines/parents)

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