

Preteens need shots, too!

Call to schedule your child's preteen doctor visit today!

Remember to bring your child's immunization record card. The preteen doctor visit is key to a healthy start for adolescence. It's also the perfect opportunity to discuss ways to stay healthy, such as eating right, being active, and standing up to peer pressure. The doctor will also recommend immunizations to protect your child from some serious diseases. Some immunizations help strengthen your child's baby shots and others are specifically for preteens. If you are concerned about the cost of shots, free or low cost immunizations are available. Talk to your doctor or clinic.

Shots for 11- to 12-year-olds

Which vaccine?	Who and why?	Required by school law? (Unless you get a legal exemption*) Updated to reflect new requirements beginning September 1, 2014
Varicella (chickenpox)	<ul style="list-style-type: none"> For those who have never had chickenpox disease. For those who have not already had two doses. Why? Teens can be much sicker with chickenpox. 	<ul style="list-style-type: none"> 2 shots needed for 7-12th grade.
Hepatitis B	<ul style="list-style-type: none"> For those who have not already received this series of 3 shots. 	<ul style="list-style-type: none"> 3 shots needed for 7-12th grade.
Measles, mumps, rubella (MMR)	<ul style="list-style-type: none"> For those who only received 1 shot previously. 	<ul style="list-style-type: none"> 2 MMR shots needed for 7-12th grade.
Tetanus, diphtheria, pertussis (Tdap)	<ul style="list-style-type: none"> For preteens instead of the Td booster. Tdap vaccine also protects against whooping cough. 	<ul style="list-style-type: none"> 1 shot needed for 7-12th grade.
Meningococcal (MCV)	<ul style="list-style-type: none"> For preteens before they go into 7th grade (and then a booster shot at age 16). Protects against 3 of the 4 most common types of meningitis. 	<ul style="list-style-type: none"> Needed for 7-12th grade.
HPV (human papillomavirus)	<ul style="list-style-type: none"> For girls and boys starting around 11 years of age. This vaccine, given in a series of 3 shots, prevents most cervical cancer and certain types of anal cancer, vaginal cancers, and possibly mouth and throat cancers. 	Not required by law but highly recommended.
Influenza	<ul style="list-style-type: none"> Protects against flu (given each year). 	

*Legal exemption available for medical or conscientious reasons

Help your preteen stay calm during shots

Encourage your preteen to:

- Bring along his/her favorite music
- Remember to breathe—take slow, deep breaths
- Make eye contact with you or another supportive person
- Close his/her eyes and think of a favorite place or activity
- Focus on something in the room, like a poster
- Tell you about a fun upcoming activity
- Remember that getting shots may sting a little, but it's much better than getting sick

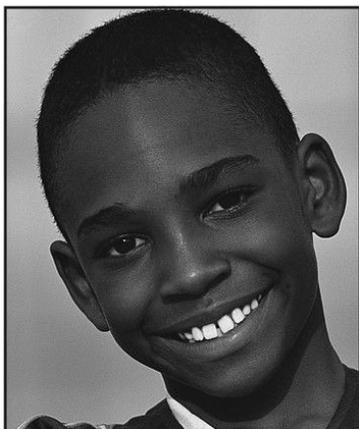
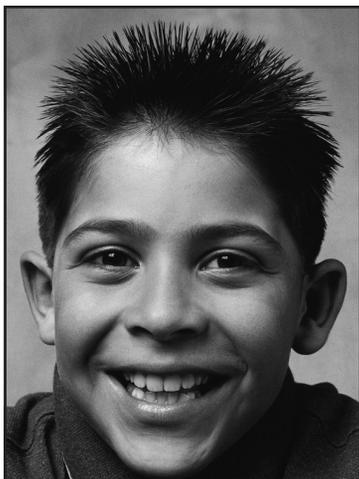
Vaccinate older teens too!

Several newer vaccines (Tdap, MCV, and HPV) may not have been available when your older kids were preteens. Check with your doctor or clinic to see if they need to catch up on their shots.

Immunization Program
P.O. Box 64975
St. Paul, MN 55164-0975
651-201-5503 or 1-800-657-3970
www.health.state.mn.us/immunize (12/13)



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