

## SHOT AT GOOD HEALTH

Vaccinations don't just give your middle schooler protection against preventable diseases, they're often recommended before your child can start class! Give your middle schooler a shot at good health with these vaccines:

- ❑ **Tdap** – Get 1 booster at 11 or 12 years old to protect your child against three illnesses in one mighty shot!
  - *Diphtheria* - serious respiratory illness that can be deadly for children.
  - *Tetanus* – bacterial disease that affects your nervous system, commonly called lockjaw.
  - *Pertussis* - serious respiratory illness that can be deadly to infants.
- ❑ **HPV** – It literally prevents cancer! Both boys and girls need complete the HPV vaccine series to prevent HPV infections that are known to cause cancer.
- ❑ **Meningococcal ACWY** – First shot at age 11 or 12 will help protect against four strains of meningococcal bacteria, which causes infections of the lining of the brain and spinal cord. Your child will need a second dose when they go off to college.
- ❑ **Flu** – Get this shot annually to help avoid this nasty illness.

### It's NEVER Too Late

It is never too late to get up to date on all vaccines. Just ask your health care provider to catch up your tween!

- ❑ **Pneumococcal**
- ❑ **Hepatitis A**
- ❑ **Hepatitis B**
- ❑ **Polio**
- ❑ **Measles, Mumps and Rubella (MMR)**
- ❑ **Chickenpox**



### Get more information online:

#### **Teen Vaccine Schedule →**

<http://www.cdc.gov/vaccines/who/teens/downloads/parent-version-schedule-7-18yrs.pdf>

#### **How important is the HPV Vaccine? →**

<https://drive.google.com/file/d/0B7VnhgvtID00NDhSQ1ZQa1BRdHc/view?pref=2&pli=1>

#### **HPV Vaccine:**

##### **▪ Basics →**

<http://www.cdc.gov/vaccines/parents/diseases/teen/hpv-basics-color.pdf>

##### **▪ In-Depth →**

<http://www.cdc.gov/vaccines/parents/diseases/teen/hpv-indepth-color.pdf>

#### **Flu Vaccine →**

<http://www.cdc.gov/vaccines/parents/diseases/teen/flu-basics-color.pdf>

#### **Meningococcal Vaccine →**

<http://www.cdc.gov/vaccines/parents/diseases/teen/mening-basics-color.pdf>

#### **Tdap Vaccine →**

<http://www.cdc.gov/vaccines/parents/diseases/teen/tdap-basics-color.pdf>

