

# Important information for **parents** about **adolescent vaccines**

As kids get older, protection from some of their childhood vaccines can begin to wear off. Adolescents are also at higher risk for other serious, but preventable, diseases. Keep them healthy by staying up-to-date with vaccines especially recommended for their age. Doctors recommend several vaccines starting at the 11-12 year check-up.



## Recommended vaccines for adolescents and the diseases they prevent

### Meningococcal

**The disease:** Meningococcal disease is a serious infection of the lining around the brain and spinal cord. The disease spreads from direct contact with infected persons by coughing, kissing, or sharing anything by mouth, such as water bottles. It can cause pneumonia and bloodstream infection, leading to brain damage, hearing or limb loss, and death.

**The vaccine:** Preteens should receive this vaccine during their 11-12 year check-up. If your teenager missed getting the vaccine at that time, schedule an appointment to get it now - it's not too late!



### Pertussis (“whooping cough”)

**The disease:** Pertussis spreads very easily by coughing and sneezing. It causes coughing fits that can make it hard to eat, drink, or breathe. Pertussis can be life-threatening to infants and pregnant women.

**The vaccine:** A single dose of Tdap is recommended at the 11-12 year check-up, but can be given to older adolescents (and adults) as well. The vaccine prevents against tetanus, diphtheria and pertussis.



### Human Papillomavirus

**The disease:** Human papillomavirus (HPV) is a common virus that is the main cause of cervical cancer in women.

**The vaccine:** This vaccine is recommended for 11-12 year old girls, but can be given up to age 27. The vaccine offers the most protection when girls receive all three doses before they are exposed to the HPV virus. If your teenage daughter missed getting the vaccine when she was 11 or 12, ask her doctor or nurse about getting it now.



**You can keep your adolescent healthy  
and safe with immunizations!**

# Check with your child's doctor or nurse to make sure he/she is up-to-date on vaccines that protect against the following diseases:

- ✓ **Seasonal flu (influenza)** is a virus that spreads easily by coughing and sneezing. Influenza can lead to pneumonia, heart problems, and death. Note: Seasonal flu vaccine will not protect against H1N1 (swine) flu.
- ✓ **Hepatitis A (HepA)** is a virus found in the stool of infected persons. It can cause liver disease.
- ✓ **Hepatitis B (HepB)** can cause lifelong infection, liver damage, liver failure, liver cancer, and death.
- ✓ **Measles, Mumps and Rubella (MMR)** all spread easily by coughing and sneezing. These are among the most serious vaccine-preventable diseases because they can cause severe illness and spread easily.
- ✓ **Polio (IPV)** is highly contagious. It causes flu-like symptoms, but can also cause paralysis and death.
- ✓ **Varicella (chickenpox)** is highly contagious. It causes rash, itching, and fever. It can lead to severe skin infections, pneumonia, brain damage, and death.

**For help finding a healthcare provider or an immunization clinic, call or visit:**



**Public Health**  
Seattle & King County



[www.kingcounty.gov/health/immunization](http://www.kingcounty.gov/health/immunization)



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