## Vacances for Proceens and Teans Help protect your preteen or teen from serious diseases.

Help protect your preteen or teen from serious diseases. Talk with your healthcare provider about vaccines they need to get a healthy start.

The recommended age for the **Tdap** vaccine is 11-12 years old.



The tetanus-diphtheria-acellular pertussis (Tdap) vaccine is a booster vaccine that helps protect your preteen or teen from three serious diseases: tetanus, diphtheria and pertussis (whooping cough).

> The recommended age for the **HPV** vaccine series is 11-12 years old.



The human papilloma virus (HPV) vaccine protects both girls and boys from HPV infection and cancers caused by HPV infection. HPV vaccination is a series of shots given over several months.

> Recommended age for the MCV4 vaccine is 11-12 years old with a booster dose at age 16. MenB series is recommended at 16-18 years old.

## Meningococcal Vaccines

Protects against some of the bacteria that can cause meningitis and blood infections. **MCV4** protects against 4 types of germs that can cause meningitis. **MenB** protects against a different type of germ that causes meningitis.

> Flu vaccines are recommended yearly, ideally by the end of October.

Flu Vaccine

The seasonal influenza vaccine reduces the chance of getting seasonal flu and spreading it to others. Preteens and teens are recommended to get a yearly flu vaccine, ideally by the end of October.



NCHD can provide immunizations to preteens and teens with Medicaid and those that are uninsured. If your private insurance does not pay for immunizations, we may be able to help. Call NCHD for more information or to make an appointment at the clinic nearest you.

Talk with your healthcare provider to make sure your preteen or teen is up to date on all childhood vaccines For more information visit www.cdc.gov/vaccines