



## Vaccinations for Preteens and Teens and the Diseases They Prevent

Vaccinations are not just for babies and young children. Health experts recommend several vaccinations for preteens and teens. Vaccinations can help protect them from serious diseases, such as whooping cough.

In 2005, health experts including the Centers for Disease Control and Prevention (CDC) recommended that all preteens and teens get a booster shot for continued protection against whooping cough. According to results from the 2006 National Immunization Survey, only 11 percent of 13-17 year-olds had been vaccinated against whooping cough.

This is alarming because thousands of whooping cough cases were reported by the CDC in the United States alone in 2006. That year, more than a quarter of the thousands of whooping cough cases in the U.S. occurred in preteens and teens.

To help prevent children from catching certain vaccine-preventable diseases that spread easily, such as whooping cough, it's important to make sure their shots are up-to-date before the school year begins. Health experts encourage preteens and teens to get these shots.

Here is the list of shots that health experts recommend, as of 2008, for preteens and teens:

### Recommended Vaccinations

- **Tetanus, Diphtheria, and Pertussis (Whooping cough):** Tdap is a single booster shot that helps to protect against all three diseases. Experts recommend that adolescents 11-18 years old get this shot, with preferred age being 11-12 years.
- **Human papillomavirus:** HPV is given to girls at age 11 or 12 to help protect them against certain types of the human papillomavirus, which can cause cervical cancer.
- **Meningococcal:** MCV4 helps protect against meningococcal disease. Experts recommend that adolescents get this single shot at age 11 or 12 years.

### Catch-up Vaccinations

Some adolescents may need to catch up on other shots they missed when they were younger, including:

- Hepatitis B
- Varicella (protects against chickenpox)
- MMR (protects against measles, mumps and rubella)
- Inactivated Poliovirus

### Additional Vaccinations

Some preteens and teens may need additional shots to protect against influenza (flu), hepatitis A and pneumococcal disease. The influenza shot is given yearly to help protect against the flu. Parents should ask their school nurse or healthcare provider what shots their kids need.

**Parents can visit [www.GiveYourKidsABoost.org](http://www.GiveYourKidsABoost.org) for more information about getting their children vaccinated to help keep them healthy and in school.**

GlaxoSmithKline has provided funding and additional assistance to the National Association of School Nurses (NASN) for the "Give Your Kids a Boost!" campaign.