

# Highlight

on VACCINATION 4 TEENS

## Content for Office Websites

We know the teenage years are busy and fun (and sometimes a little stressful) for families. During this exciting time, it's important to schedule regular checkups to ensure your teens are healthy, both physically and mentally. There are many health topics parents/guardians, teens, and their physicians will want to discuss at these appointments. Being up to date on vaccinations should be one of them!

The Centers for Disease Control and Prevention (CDC) considers vaccinations to be the best way to help protect teens against serious diseases, which is why it recommends that teens receive at least four vaccines:

- Meningococcal vaccine (MenACWY): one dose at age 11 or 12; second dose at age 16\*
  - The Childhood and Adolescent Immunization Schedule now features a specific 16-year-old immunization visit. This modification, as recommended by the CDC and the Advisory Committee on Immunization Practices (ACIP), highlights the importance of scheduling 16-year-old adolescent patients for necessary vaccinations to help protect them against serious infectious diseases.
- Human papillomavirus (HPV) vaccine: two doses if first dose received before age 15; three doses if first dose received at age 15 years or later
- Tdap (tetanus, diphtheria and pertussis [whooping cough]) vaccine: one dose recommended at age 11 or 12; if they did not receive the Tdap vaccine at this age, they should in their teen years
- Flu vaccine: every year, ideally by October, but vaccinations can continue through January or even later

We want your teen to be healthy just as much as you do! Call us today to check on your teen's vaccination records, and to see if an appointment is needed. We're here to answer any questions you or your teen may have. More information is also available from the CDC at [www.cdc.gov/vaccines/who/teens](http://www.cdc.gov/vaccines/who/teens).

\*MenACWY = Quadrivalent meningococcal vaccine that helps protect against invasive disease caused by serogroups A, C, W, and Y; the CDC also recommends MenB (serogroup B meningococcal vaccine) for certain adolescents at increased risk, e.g., students on college campuses that have recently experienced meningococcal B outbreaks

*Note to family physician offices: The parent vaccination reminder schedule provided in the Highlight on VACCINATIONS 4 TEENS Resource Library can also be posted on your website, based on your preference.*