Meningococcal meningitis is a rare, but serious disease that can claim a life in as little as one day. Teens are at an increased risk for catching meningitis because of things they often do, like sharing water bottles, living in dorms, and kissing. For the best protection against meningococcal meningitis, and because protection from the vaccine can wear off after five years, children should receive the meningitis vaccine at age 11 or 12 and a second dose at age 16.

Babies and children get a vaccine called DTaP to help protect them from diphtheria, tetanus, and pertussis (whooping cough), but the protection starts to wear off as they get older. All preteens should get one Tdap shot, the booster for DTaP, at age 11 or 12. If they did not receive the Tdap vaccine at this age, they should in their teen years.

Flu symptoms include fever, cough, sore throat, body aches, fatigue and more. Serious outcomes include hospitalization and even death. Preteens and teens should get a flu vaccine every year, ideally by October, but flu vaccines can be given through January or even later.

The Centers for Disease Control and Prevention (CDC) recommends that teens receive at least four vaccines to help protect against serious infectious diseases. A checkup at 16 years old may be a good time to see that teens are up to date on immunizations. 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.

Speak with your physician or a member of the office care team for more information.

*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)