

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.



## Meningococcal (MenACWY) vaccine\*

2 doses of MenACWY; first dose at age 11 or 12, second dose at age 16

- Meningococcal meningitis is a rare but serious disease that can claim a life in **as little as one day**
- **Teens are at 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



## Tdap vaccine

1 dose recommended at age 11 or 12

- 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



## Human papillomavirus (HPV) vaccine

2 doses if first dose received before age 15;  
3 doses if first dose received at age 15 or later

- **HPV can cause various cancers** in both boys and girls
- About **14 million people**, including teens, become infected with HPV each year
- The HPV vaccine is recommended for **boys and girls at age 11 or 12** to help protect them before they are ever exposed to the virus. If your teen has not been vaccinated yet, they still should be



## Flu vaccine

1 dose each year

- Flu can lead to **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

\*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