

## Middle School and High School Students: You need vaccines too!

Vaccines aren't just for babies. As kids get older, the protection provided by some of the vaccines given during childhood can begin to wear off. Older kids can also develop risks for certain infections as they enter the preteen and teen years.

The preteen and teen vaccines not only help protect them, but also their friends, community and family members. There are four vaccines recommended for preteens and teens. All kids should get a flu vaccine every year, and the three other vaccines should be given starting when kids are 11 to 12 years old. Teens may need to catch-up on vaccines they missed when they were a preteen. Teens may also need a booster of a vaccine that requires more than one dose to be fully protected.

Any visit to the doctor—an annual health checkup or a physical for sports, camp or college—can be a good time for preteens and teens to get the recommended vaccinations. Before the visit, review the info on youth vaccines at: [cdc.gov/vaccines/who/teens/index.html](http://cdc.gov/vaccines/who/teens/index.html)

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### Which Vaccines Do Preteens and Teens Need and at What Age?

The following vaccines are recommended by the American Academy of Pediatrics (AAP), the American Academy of Family Physicians (AAFP), the Society for Adolescent Health and Medicine (SAHM) and CDC:

- **Tdap vaccine**
- **Meningococcal conjugate vaccine**
- **HPV vaccine**
- **Flu vaccine**

Be sure to check with the doctor to confirm that your teen has received all recommended childhood vaccines or if they need to "catch-up" on any of the childhood vaccines. Preteens and teens might experience mild side effects, such as redness and soreness, where they get a shot (usually in the arm). Some preteens and teens might faint after getting a shot. Sitting or lying down for about 15 minutes after a vaccination can help prevent fainting. Most side effects are very minor, especially compared with the serious diseases that these vaccines prevent.

### Need Help Paying for Vaccines?

Most health insurance plans cover the cost of vaccines, but you may want to check with your insurance provider before going to the doctor. If you don't have insurance, or if it does not cover vaccines, the Vaccines for Children (VFC) program may be able to help.

The Vaccines for Children (VFC) program provides vaccines at no cost to doctors who serve eligible children. Children younger than 19 years of age are eligible for VFC vaccines if they are Medicaid-eligible, American Indian/Alaska Native (AI/AN) or have no health insurance. "Underinsured" children who have health insurance that does not cover vaccination can receive VFC vaccines through Federally Qualified Health Centers or Rural Health Centers.

For school requirements visit:

[http://health.utah.gov/immu/public/sched\\_school\\_edreq.htm](http://health.utah.gov/immu/public/sched_school_edreq.htm) or  
<http://www.UtahCountyHealth.org/immunizations>

**Content Source: *Preteens and Teens Need Vaccines Too!*** Centers for Disease Control and Prevention,  
<http://www.cdc.gov/Features/PreTeenVaccines/>

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