

Vaccines are safe and will help protect your child from many diseases. Serious side effects from these vaccines are very rare.

Please check in with your child's provider to be sure your child has had all recommended vaccines.

Questions?

Visit VaxMaineKids.org to learn more.



Preteen & Teen Immunization Schedule

11-12 years	13-18 years
Tdap	
MCV4	MCV4 *
HPV	
Influenza (yearly)	Influenza (yearly)

* Booster at age 16



Vaccines for Preteens and Teens

Between 11-18 years old



Our goal is to offer your family the best care possible, which includes making sure your child is up to date on all vaccines.

MaineHealth

WWW.MAINEHEALTH.ORG

Tdap (Tetanus, Diphtheria, Pertussis) Vaccine

Preteens should get 1 shot of Tdap between 11 and 12 years old.

The Tdap vaccine combines 3 vaccines into 1 shot. Tdap is a booster shot that protects against tetanus, diphtheria, and pertussis.

- **Tetanus** is also called lockjaw. It is caused by a germ found in soil, which can enter the body through a cut or scrape. It causes painful muscle stiffness and breathing problems and can make you unable to move parts of your body (paralysis).
- **Diphtheria** is easily spread by coughing and sneezing. Symptoms can make it hard to swallow and breathe.
- **Pertussis** is also called whooping cough. It is easily spread by coughing and sneezing. It causes painful coughing that you can't stop.



Meningococcal (MCV4) Vaccine

Preteens should get 1 shot of MCV4 between 11 and 12 years old. Teens should get a booster shot at age 16.*

The MCV4 vaccine protects against some of the bacteria that cause meningococcal disease. It is spread through coughing, kissing, or sneezing. There are many types of meningococcal disease. The two most common are meningitis and a blood infection called sepsis.

- Meningitis is spread through coughing, kissing, or sneezing and causes swelling of the lining around the brain and spinal cord. It is very serious and can lead to brain damage, hearing loss, learning problems, and even death.
- Sepsis causes your blood pressure to drop and can be very serious. It can also cause major organs and body systems to stop working the right way and can lead to loss of limbs.

It is very important for teens to be vaccinated against meningococcal disease before moving into a college dorm, military barracks, or any environment in which they will be living closely with others. If teens are about to live in any of these environments and got their first dose more than 5 years ago, it is recommended that they get a booster dose before living in any of these environments.

*Note: For teens who got the first dose of meningococcal vaccine between 13 to 15 years of age, the booster dose should be given between 16 to 18 years of age.

HPV Vaccine

Preteens should get 2 shots of HPV over 6 months between 11 and 12 years old.

The HPV vaccine protects against several types of cancer caused by Human papillomavirus (HPV) infection. It is recommended for both girls and boys up to 26 years old. It may be given starting at age 9. This vaccine works best for boys and girls when given well before they become sexually active.

For persons initiating vaccination before age 15, the recommended immunization schedule is 2 doses of HPV vaccine; for those initiating vaccination at age 15 years or older, the recommended immunization schedule is 3 doses of HPV vaccine. This is because the vaccine produces better immunity when given early.

- HPV is easily spread by skin-to-skin contact during sexual activity. HPV can cause cervical, vaginal, anal, and vulvar cancer in women as well as penile and anal cancer in men. It can also cause some head and neck cancers in both men and women. Some types of HPV can cause genital warts.

Flu (Influenza) Vaccine

Preteens and teens should get the seasonal flu vaccine every year.

Influenza (flu) is very easily spread by coughing, sneezing, and even talking. You can also get the flu by touching something that has the flu virus on it and then touching your eyes, nose, or mouth. Symptoms include fever, chills, cough, sore throat, headache, muscle aches, and tiredness. The flu can lead to pneumonia (lung infection) and dehydration (loss of body fluids) and can make you have to go to the hospital. It is especially dangerous for very young children and people with long-term conditions like asthma and diabetes.