

Are your children 11-19 years old?

Protect them from **serious diseases.**



Vaccines protect children of all ages from serious diseases. Preteens and teens are at greater risk for certain diseases. Talk to their health care provider. Get your children's vaccinations updated at their yearly health checkup or camp/sports physical.

Recommended Age	Recommended Vaccines for Teens	Dose
Starting at 6 months	Influenza, or flu	1 dose every year
11-12 years	Tetanus, Diphtheria, Pertussis (Tdap)	1 dose
11-12 years	Human Papillomavirus (HPV)	2 doses*
11-12 years	Meningococcal ACWY	1st dose
16 years	Meningococcal ACWY	2nd dose, "booster"
16-23 years	Meningococcal B	2 doses

**If they didn't receive a dose before age 15, older teens & young adults need 3 doses.*

Human papillomavirus (HPV)

- **HPV** causes several types of cancer in males and females.
- It is the **most common** sexually transmitted infection in the U.S.
- New HPV infections are **most common** in the late teen years and early 20s.
- HPV vaccine protects against certain cancers and most cases of genital warts.
- HPV vaccine works **best** if two doses are given at age 11 or 12.
- Older teens and young adults need three doses.

Influenza (flu)

- **The flu virus** is very contagious. It infects the nose, throat, and the lungs.
- The flu can cause mild to severe illness and rarely, even death.
- Your children should get the flu vaccine each year as soon as it is available.
- If your child has a chronic health condition, like asthma, it's especially important that they get a flu vaccine.
- The flu vaccine cannot give your child, or anyone else, the flu.

Meningococcal disease

- **Meningococcal disease** is caused by bacteria. It can result in death or lifelong disabilities.
- Teens and young adults are at greater risk of getting this disease.
- At age 11 or 12, all teens need a dose of Meningococcal ACWY vaccine. A booster dose should be given at age 16.
- Meningococcal B vaccine may also be given to healthy 16- to 23-year-olds.



Tetanus, Diphtheria, and Pertussis (whooping cough)

- **Tetanus** is an infection caused by bacteria that enter the body through an open wound. Some unvaccinated people who have tetanus will die.
 - **Diphtheria** is highly contagious. It can cause breathing problems, paralysis, heart failure and death.
 - **Pertussis**, or whooping cough, is also highly contagious. It can be deadly for babies. Babies often get whooping cough from their older siblings or other family members.
- All teens need a dose of Tdap (Tetanus, Diphtheria and Pertussis) vaccine at age 11 or 12.
 - Tdap vaccine protects adolescents from whooping cough. It also helps them avoid infecting others such as babies younger than 6 months. Some infants are too young to get the vaccine or have not yet received the recommended doses.

For more information, visit:

health.ny.gov/prevention/immunization/childhood_and_adolescent.htm

Or

cdc.gov/vaccines/who/teens/index.html

Centers for Disease Control and Prevention



**Department
of Health**