

## PRETEEN VACCINES



Preteens (11-and 12-year olds) are recommended to receive additional immunizations at this age. Preteens are at an age where they're becoming more independent. Seeing a health care professional now will help them make better health decisions in



the future. The preteen doctor visit is an excellent time to discuss the challenges of growing up and preventive measures such as eating right, standing up to peer pressure, and getting immunized. The following immunizations are recommended for 11 and 12 year-olds:

- Meningococcal vaccine (MCV4) that protects against certain serious types of bacterial meningitis and other related infections
- Tetanus booster (Tdap) that also protects against diphtheria and whooping cough (pertussis)
- Human papillomavirus (HPV) vaccine series that can protect girls against cervical cancer in adulthood
- A second chickenpox (varicella) vaccine, unless they have received 2 doses as a child or have had chickenpox
- Hepatitis A vaccine is recommended for children and adolescents living in California because of historically higher rates of hepatitis A in the state.
- An influenza (flu) vaccine every year.

- [Preteens Need Additional Immunizations](#) (Los Angeles County Department of Public Health, Immunization Program)
- [What Shots Does My Adolescent Need, and When?](#) (California State Department of Public Health, Immunization Branch) (exit)
- [Preteen Doctor Visit Brochure](#) [Español](#) (Spanish) (California State Department of Public Health, Immunization Branch) (exit)
- [Pre-teens and Adolescents, What Parents, Pre-teens, and Adolescents Should Know](#) (Centers for Disease Control and Prevention [CDC]) (exit)

**BOARD OF SUPERVISORS PROCLAMATION: 2009 PRETEEN VACCINE WEEK**

**PRESS RELEASE: TIME TO VACCINATE YOUR PRETEEN, JANUARY 13, 2009**