



# PROTECT THEIR FUTURE

## **PRETEENS AND TEENS: WHAT PARENTS SHOULD KNOW**

### **When should my child be vaccinated?**

The best time for your child to receive these vaccines is during their annual wellness check-up. They can also get vaccinated during a school, sports, or camp physical exam. If your child has missed any recommended doses, talk to their healthcare provider about catching up as soon as possible to ensure they stay protected.

### **Are these vaccines safe?**

Yes! Vaccines are carefully tested and monitored to ensure they are safe and effective for your child.

Most preteens and teens experience only mild side effects, such as:

- Soreness, redness, or swelling at the injection site
- Temporary tiredness, headache, or mild fever

Some teens may feel lightheaded or faint after getting a vaccine. To prevent this, it's best for them to sit or lie down during the shot and stay seated for about 15 minutes afterward. Serious side effects are extremely rare. However, it's important to let the doctor or nurse know if your child has any severe allergies—especially to yeast, latex, or eggs—before getting vaccinated. If you have any concerns, talk to your child's healthcare provider. Vaccines are one of the safest and most effective ways to protect your child's health.

### **Can I get help paying for these vaccines?**

Most health insurance plans cover routine vaccinations. The Vaccines for Children (VFC) program also provides vaccines for children 18 years and younger who are uninsured, underinsured, Medicaid-eligible, American Indian, or Alaska Native. Learn more at [cdc.gov/vaccines-for-children/vfc-information-for-parents/](https://cdc.gov/vaccines-for-children/vfc-information-for-parents/).

### **Is your teen up-to-date on their hepatitis B, MMR (measles, mumps and rubella), polio and varicella vaccinations?**

The hepatitis B series, two MMR vaccinations, polio series, and two varicella vaccinations are required for entrance into Georgia public schools and all University System of Georgia Colleges. Many other colleges may require certain vaccines as well.

# VACCINE RECOMMENDATIONS



	TYPE OF VACCINE	VACCINE DESCRIPTION
	<p><b>Tdap Vaccine</b></p>	<p>Protects against three serious diseases: tetanus, diphtheria, and pertussis (whooping cough).</p> <p>Tdap vaccine is routinely recommended at age 11-12 years.</p>
	<p><b>HPV Vaccine (human papillomavirus)</b></p>	<p>Protects both girls and boys from future infections that can lead to certain types of cancer.</p> <p>HPV vaccination is routinely recommended at age 11-12 years but can start at age 9. Children who get their first dose on or after their 15th birthday will need three doses.</p>
	<p><b>Meningococcal Vaccines</b></p>	<p>Protect against a type of bacteria that can cause serious illnesses. The two most common types of illnesses include infections of the lining of the brain and spinal cord (meningitis) and bloodstream.</p> <p>All preteens should get the meningococcal conjugate vaccine (MenACWY) at age 11-12 years with a booster dose at age 16 years. Teens may also receive a serogroup B meningococcal vaccine (MenB), preferably at 16 through 18 years old.</p>
	<p><b>Flu Vaccine</b></p>	<p>Helps protect against seasonal flu. Even healthy preteens and teens can get very sick from flu and spread it to others.</p> <p>The best time to get an annual flu vaccine is before flu season begins causing illness in your community, ideally before the end of October. Flu vaccination is beneficial as long as flu viruses are circulating, even in January or later.</p>
	<p><b>COVID-19 Vaccine</b></p>	<p>Helps protect against a contagious viral infections of the nose, throat, or lungs that may feel like a common cold or flu caused by the virus, SARS-CoV-2 that spreads easily from person to person.</p> <p>One or more doses of updated COVID-19 vaccine is recommended for all preteens and teens depending on health status.</p>

For more information visit [dph.georgia.gov/immunizations](https://dph.georgia.gov/immunizations) and [cdc.gov/vaccines](https://cdc.gov/vaccines)