

Vaccinate Your Adolescent: Think 1–2–3!

As a parent concerned about your child's health, you no doubt are familiar with the vaccines given during the infant and toddler years to help protect against infectious diseases.

Vaccines are important for adolescents as well. Youngsters in their pre-teen and teenage years are at risk for a number of vaccine-preventable diseases.

Four vaccines are routinely recommended for preteens and teens by the Centers for Disease Control and Prevention (CDC):

- **Tetanus, diphtheria, and acellular pertussis vaccine (Tdap).** A single dose of Tdap is recommended at 11–12 years of age.
- **Meningococcal conjugate vaccine (MCV4)*.** A single dose of MCV4 is recommended at 11–12 years of age. A second or booster dose is recommended at 16 years of age – to strengthen protection during a period of increased risk for meningococcal disease from the mid-teens into the early 20s.
* **MCV4** – (Meningococcal conjugate vaccine 4-valent or Meningococcal ACWY vaccine) helps protect against meningococcal disease resulting from infection with serogroups A, C, W, and Y.
- **Human papillomavirus vaccine (HPV).** Three doses of HPV in a 6-month period are recommended beginning at 11–12 years of age for both males and females.
- **Influenza.** Influenza vaccination is recommended once a year, every year, for all people 6 months of age and older.

Think 1–2–3

An easy way to remember the adolescent vaccination schedule is to think 1–2–3:

- **1** dose of Tdap at 11–12 years of age
- **2** doses of MCV4 (1 dose at 11–12 years of age and a second dose at 16 years of age), and
- **3** doses of HPV (with 1 dose at 11–12 years of age followed by 2 more doses over a 6-month period)
- Influenza vaccine is easy to remember, too. It's typically given every fall before the influenza season begins.

If your child doesn't receive the recommended vaccines at the recommended ages, there are specific catch-up schedules that should be followed, as you can see in the following table:

| Routinely Recommended Adolescent Vaccinations | | | |
|--|---------------|------------------------------------|------------------------------------|
| VACCINE | 11–12 YEARS | 13–15 YEARS | 16–18 YEARS |
| Tetanus, diphtheria, and acellular pertussis (Tdap) in place of a Td booster | 1 dose | Catch-up if not already vaccinated | Catch-up if not already vaccinated |
| Meningococcal (MCV4) | 1st dose | Catch-up if not already vaccinated | 2nd dose (age 16) |
| Human papillomavirus (HPV) | 3-dose series | Catch-up if not already vaccinated | Catch-up if not already vaccinated |
| Influenza | Annual | Annual | Annual |

For the complete schedule, go to www.cdc.gov/vaccines/who/teens/downloads/parent-version-schedule-7-18yrs.pdf.

For additional resources on how to improve adolescent immunization coverage for MCV4 and other recommended vaccines, see www.Give2MCV4.org.

MCV4 YOU'RE NOT DONE
IF YOU GIVE JUST ONE
GIVE 2 DOSES to Strengthen Protection

Keeping Up

Staying up to date on vaccines can be a challenge, especially during the adolescent years. Your child may not be going to the doctor's office as often as he or she did as an infant or young child.

But there are plenty of opportunities for your adolescent children to get the shots they need, at the time they are needed, including:

- Annual check-ups or health supervision visits
- School, sports, or camp physicals
- Visits for mild illness
- Periodic visits for chronic illness, such as asthma

Some doctor's offices will schedule vaccine-only visits, especially when a child is overdue for 1 or more vaccinations. Practices may also provide evening or weekend hours that offer flexibility in scheduling appointments. Vaccination at a local pharmacy is another option.

Learn More!

To learn more about adolescent vaccinations and the diseases they are designed to prevent, ask your doctor. Additional information may be found at:

- Immunization Information for Preteens (www.vaccineinformation.org/preteens)
- Immunization Information for Teens (www.vaccineinformation.org/teens)
- Meningococcal Disease and Vaccine Information for Your Patients (www.give2mcv4.org/resources/teen-patients-parents)