

## How Can Parents Help?

Help your preteen become a healthy adolescent by staying up-to-date on recommended immunizations. Make an appointment with your child's healthcare provider today.

## Are these Vaccines Safe and Effective?

All of these vaccines have been studied extensively and are safe and effective. Preteens may experience mild side effects such as redness and soreness at the injection site. These vaccines are recommended by the American Academy of Pediatrics, the American Academy of Family Physicians, and the Centers for Disease Control and Prevention.

## Can I Get Help Paying for Vaccines?

Ask your child's healthcare provider about the Vaccines for Children (VFC) program. Through this program, eligible children (ages 18 years and younger without health insurance, with QUEST/Medicaid, or who are American Indian/Alaska Native) can receive these vaccines free.



**For more information, talk to your preteen's healthcare provider or call:**

**Immunization Branch  
Department of Health**

Oahu: 586-8332

Neighbor Islands: 1-800-933-4832

**Other Resources:**

- 2-1-1 Aloha United Way information and referral line
- 1-800-CDC-INFO (1-800-232-4636)
- [www.cdc.gov/vaccines/](http://www.cdc.gov/vaccines/)



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We provide access to our activities without regard to race, color, national origin (including language), age, sex, religion, or disability. Write or call the Department of Health Immunization Branch or the departmental Affirmative Action Officer at P.O. Box 3378, Honolulu, HI 96801-3378, or at 586-4616 (voice/tty) within 180 days of a problem.

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# Keep Preteens Up-To-Date, Vaccinate!

A message from your Hawai'i State Department of Health

# Which Vaccines Do Preteens Need?

## Why do Preteens need to be Vaccinated?

Vaccines are not just for infants. As children get older, the protection provided by childhood vaccines can wear off. Preteens are also at risk for different diseases as they enter their teenage years. Help your preteen stay healthy by keeping them up-to-date on recommended immunizations.



## When Should Preteens be Vaccinated?

Healthcare providers recommend several vaccines for preteens at their 11 or 12 year old check-up. These vaccines prevent serious, sometimes life-threatening diseases.

### DISEASE

### VACCINE

#### Pertussis (Whooping Cough)

Pertussis (whooping cough) is highly contagious and causes severe coughing fits. The coughing can cause your preteen to miss weeks of school, sports, and social activities.

The Tdap vaccine protects against three serious diseases: tetanus, diphtheria, and pertussis. All preteens should get one Tdap shot at age 11 or 12 years.

#### Meningococcal infection

Meningococcal infection can be very serious, even deadly. Even with antibiotic treatment, about 1 in 10 people with meningococcal disease will die from it. About 20% of survivors will have long-lasting disabilities, such as loss of limb or brain damage.

The meningococcal conjugate vaccine protects against many types of bacteria that cause meningococcal disease. Preteens should receive this vaccine when they are 11 or 12 years old and a booster shot at age 16 years.

#### Human Papillomavirus (HPV)

HPV is a common virus that has many different strains or types. HPV infection can cause cervical cancer in women and penile cancer in men. HPV can also cause anal cancer, throat cancer, and genital warts in both men and women.

HPV vaccines are given to preteens when they are 11 or 12 years old. Three shots are needed over a six month period for full protection.

#### Influenza

Influenza or "flu" is a contagious infection of the nose, throat, and lungs. Flu can cause mild to severe illness, and in some cases can cause death.

The influenza vaccine is available as a shot or nasal spray. The single best way to protect against the flu is to have your preteen vaccinated each year.

