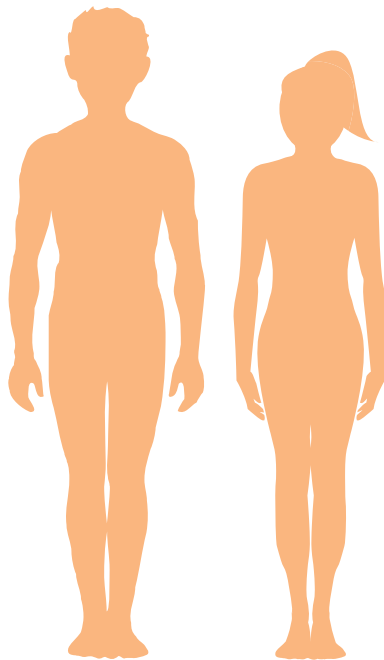


Adolescent Immunization Discussion Guides



American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



IMMUNIZATION SCHEDULE

Use these speaking points with the accompanying family-friendly infographics when talking with patients.

Preteens and teens need vaccines too!

The following vaccines are recommended starting at age 9 years to protect preteens and teens from these diseases:

Disease	Vaccine	Recommended Schedule
Meningococcal sepsis and meningococcal meningitis	Meningococcal ACWY (MenACWY)	At ages 11–12 Teens need a booster dose at age 16.
HPV-related cancers and precancers	Human papillomavirus (HPV)	At ages 9–12 Like with some newborn and infant vaccines, >1 dose of this vaccine is needed.
Tetanus, diphtheria, and pertussis	Tetanus, diphtheria, pertussis (Tdap)	At ages 11–12
Influenza (flu)	Influenza IIV - inactivated vaccine that is given by an injection Influenza LAIV - live attenuated vaccine that is sprayed into the nose	Annually
Dengue	Dengue (DEN4CYD)	Age 9-16 years living in dengue endemic areas AND have laboratory confirmation of previous dengue infection 3-dose series

Why get these vaccines?

- Immunization helps prevent the spread of diseases and protects families and your community.

These vaccines are recommended by the American Academy of Pediatrics (AAP) (<https://www.aap.org/immunization>) and the Centers for Disease Control and Prevention (CDC) (<https://www.cdc.gov/vaccines/schedules>).

These vaccines are safe.

- Before being licensed, each vaccine was carefully studied by scientific experts.
- The Centers for Disease Control and Prevention continually monitors the safety of all vaccines, which are held to the highest standards.
- It is normal and expected to have minor vaccine side effects.
- Most side effects are mild (eg, sore arm).
- Serious side effects (eg, severe allergic reaction) are rare.

Catch-up

- If your teen did not receive one or more of these vaccines between ages 9 to 12, they should receive the vaccines now.

COVID-19 Vaccination

- COVID-19 vaccines are recommended for your preteen or teen. COVID-19 vaccine and booster recommendations may be updated as CDC continues to follow data related to vaccine effectiveness and safety, waning immunity, and protection against variants.
- COVID-19 vaccines and other vaccines may be administered on the same day.
- AAP policy, COVID-19 Vaccines in Infants, Children and Adolescents, can be found at <https://doi.org/10.1542/peds.2022-058700>.
- CDC recommendations for the use of COVID-19 vaccines can be found at: <https://www.cdc.gov/vaccines/hcp/acip-recs/vacc-specific/covid-19.html>.
- CDC interim clinical considerations for use of COVID-19 vaccines can be found at <https://www.cdc.gov/vaccines/covid-19/clinical-considerations/covid-19-vaccines-us.html>.



IMMUNIZATION SCHEDULE

RECOMMENDED FOR CHILDREN, TEENS, AND YOUNG ADULTS 9-18 YEARS OF AGE

	Age 9	Age 10	Age 11	Age 12	Age 13	Age 14	Age 15	Age 16	Age 17	Age 18
Tdap (Tetanus, Diphtheria, Pertussis Vaccine)			✓							
HPV (Human Papillomavirus Vaccine)	✓	2 doses recommended 3 doses if given after age 15								
MenACWY (Meningococcal ACWY Vaccine)			✓					✓		
Flu Vaccine	✓	← Yearly →								
MenB (Meningococcal B Vaccine)								Recommended for some teens	✓	
Dengue Vaccine	✓	Recommended for some children and teens								
Pneumococcal Vaccine	✓	Recommended for some children and teens								
Hib (Haemophilus Influenzae Type B Vaccine)	✓	Recommended for some children and teens								

These shaded circles indicate when the vaccine is recommended for children or teens unless your doctor tells you that your child or teen cannot safely receive the vaccine.

These shaded circles indicate that the vaccine is recommended for children with a health condition that puts them at high risk for serious diseases. Dengue vaccine is recommended only for eligible children in dengue-endemic areas. See vaccine-specific recommendations at www.cdc.gov/vaccines/hcp/acip-recs/index.html.

Catch-up: If your teen did not get their Tdap, HPV, MenACWY or flu vaccinations at the recommended time, they should receive them now.

COVID-19 vaccination is recommended for children, teens and young adults.

The following vaccines are recommended by age 6 and also should be given if a child or teen is catching up on missed vaccines.

- **HepA** (Hepatitis A Vaccine)
- **HepB** (Hepatitis B Vaccine)
- **IPV** (Polio Vaccine)
- **MMR** (Measles, Mumps, Rubella Vaccine)
- **Varicella** Vaccine



WHY VACCINATE?

Use these speaking points with the accompanying family-friendly infographics when talking with patients.

It is important to vaccinate preteens and teens.

Vaccines protect them from diseases that can result in

- Office visits, hospitalizations, and death
- Interference with the teen's busy life, their education, and their ability to work
- Parents' lost time from work

These illnesses can result in serious symptoms and health outcomes.

Flu

- Fever
- Cough
- Sore throat
- Headache
- Chills
- Muscle aches
- Fatigue
- Death

Human papillomavirus

- Genital warts
- Cancers affecting the
 - » Back of the throat, base of the tongue, and tonsils
 - » Anus
 - » Cervix, vulva, and vagina
 - » Penis

All of these cancers can be deadly.

Meningococcal disease

- Meningitis: an infection of the brain and spinal cord
- Meningococcal sepsis: a very serious blood infection
- Blindness
- Deafness
- Loss of limbs
- Other long-term problems
- Death

Tetanus (also known as lockjaw)

- Severe muscle stiffness that is very painful
- Spasms of the breathing muscles, which can lead to death

Diphtheria

- A serious throat infection that can block the airway
- Death

Pertussis (also called whooping cough)

- Severe coughing
- Difficulty breathing
- Death, especially if a baby catches it

COVID-19

- Fever and chills
- Cough
- Congestion or runny nose
- Shortness of breath or difficulty breathing
- New loss of taste or smell
- Sore throat
- Heart palpitations
- Nausea, vomiting and/or diarrhea
- Muscle or body aches
- Chest pain
- Headache
- Fatigue (can be extreme) and/or irritability
- Death

Dengue

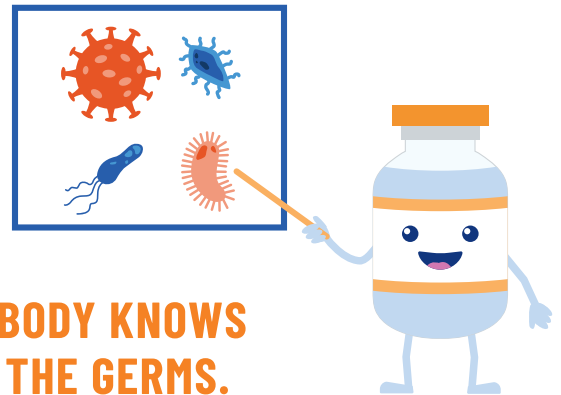
- Fever with nausea
- Headache
- Rash
- Eye, muscle, joint, or bone aches and pains
- Severe bleeding
- Seizures
- Shock
- Damage to liver, heart and lungs
- Death



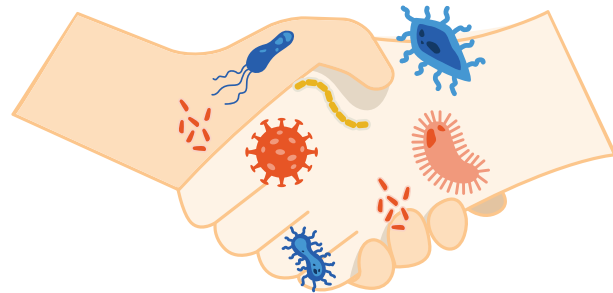
WHY VACCINATE?

PRETEENS AND TEENS NEED VACCINES TO...

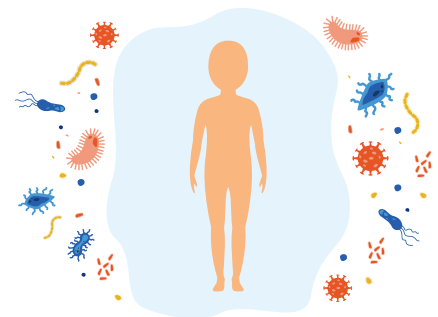
**TEACH THE IMMUNE SYSTEM HOW TO
RECOGNIZE A VIRUS OR BACTERIA SO THEIR BODY KNOWS
HOW TO RESPOND IF THEY ARE EXPOSED TO THE GERMS.**



**PROTECT THEM FROM GERMS
THAT CAN SPREAD EASILY
PERSON TO PERSON.**



**HELP THE IMMUNE SYSTEM
BUILD UP ITS OWN LONG-TERM
PROTECTION TO DISEASES.**



**KEEP THEM SAFE
AND HEALTHY AS
THEY GROW.**

FLU VACCINE

Use the accompanying family-friendly page to start the conversation about the flu vaccine.

Why vaccinate against flu?

- The main reason for preteens and teens to get an influenza vaccine is to protect them. Flu can be serious—even active, healthy teens can have serious complications that require hospitalization.
- The vaccine provides protection from critical and life-threatening illness from influenza. Even in seasons when the vaccine is not an exact match with the circulating strains, it prevents serious complications.
- Vaccination is the best way to prevent influenza in people at high risk of complications if they get infected.
- For most people, flu can cause
 - » Fever
 - » Cough
 - » Sore throat
 - » Headache
 - » Chills
 - » Muscle aches
 - » Fatigue
- Flu can be deadly. Each flu season, about 37 to 199 children and teens die from influenza. About 80% were not fully vaccinated.

Flu vaccine

- There are 2 types of seasonal flu vaccines.
 - » Inactivated (killed) vaccine that is given by an injection (shot)
 - » Live attenuated (weakened) vaccine that is sprayed into the nose (nasal spray)
- Everyone 6 months and older, including preteens and teens, should receive a flu vaccine every year. A flu vaccine is needed every year because
 - » Flu viruses change most years.
 - » Yearly vaccination helps keep immunity up. Without vaccination, immunity can fade within a year.
- It takes about 2 weeks to be fully protected after getting the flu vaccine.
 - » It is best to get vaccinated before flu begins to spread and as soon as the vaccine is available (in late summer or early fall)
 - » Flu can circulate from early fall through late spring and sometimes later. Your preteen or teen should still get the vaccine if they missed getting it at the start of the season.
- Flu vaccine may be given at the same time as other vaccines.

Common side effects of the flu vaccine

- Flu vaccines have been given to hundreds of millions of people for more than 50 years and have a very good safety record.
- Side effects following inactivated flu shot can include
 - » Soreness, redness, and swelling where the shot is given
 - » Fever, muscle aches, and headache
- Side effects following live intranasal flu spray can include
 - » Runny nose or nasal congestion, wheezing, and headache
 - » Vomiting, muscle aches, fever, sore throat, and cough are other possible side effects
 - » If these problems occur, they usually begin soon after vaccination and are mild and short-lived
- Severe side effects are extremely rare

Flu vaccine does not give people the flu

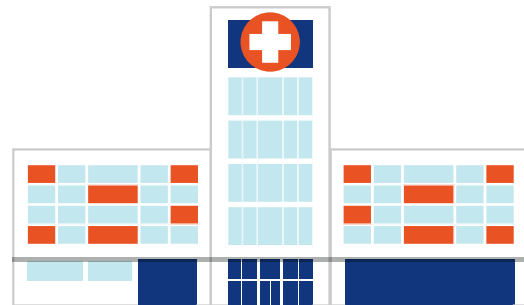
- Some people get a flu-like illness shortly after they get the flu vaccine. There are a few reasons for this.
 - » You may be infected by a virus other than flu. The flu vaccine only prevents illnesses caused by flu viruses.
 - » You may have been infected by a flu virus before the vaccine took effect. It takes about 2 weeks after you receive the vaccine for your body to build protection against the flu.
 - » You may be infected by a strain of the flu virus that is different from those in this year's vaccine.
- Flu vaccines vary in how well they work, and some vaccinated individuals can still get sick. But the flu vaccine still reduces severity of illness in these situations.



FLU VACCINE

THOUSANDS OF CHILDREN
AND TEENAGERS

**ARE HOSPITALIZED WITH
THE FLU EACH YEAR.**



**THE VACCINE PREVENTS
SERIOUS COMPLICATIONS.**



- Many people don't realize it, but the flu can be a very serious illness.
- Even active and healthy kids and teens can become sick with flu and experience serious complications.
- Getting your child vaccinated is the best way to prevent them from severe influenza disease and is especially important for those at high risk for complications.

FLU VACCINES CAN'T GIVE YOU THE FLU.

Some people get flu-like symptoms shortly after they get the flu vaccine. There are a few reasons for this:

- They may have a different virus other than flu. The flu vaccine only prevents illnesses caused by flu viruses.
- They may have been infected by a flu virus before the vaccine took effect. It takes about 2 weeks after you receive the vaccine for the body to build protection.
- They may be infected by a strain of the flu that is different from those in this year's vaccine.
- Flu vaccines vary in how well they work and some vaccinated individuals can still get sick. But the flu vaccine still reduces severity of illness.



HUMAN PAPILLOMAVIRUS VACCINE

Use the speaking points on this page and share the accompanying infographics with families.

About human papillomavirus

- HPV stands for human papillomavirus.
- HPV can cause genital warts and several types of cancers that affect the
 - » Back of the throat, base of the tongue, and tonsils
 - » Anus
 - » Cervix, vulva, and vagina
 - » Penis**All of these cancers can be deadly.**
- HPV is spread by intimate skin-to-skin contact or by having vaginal, anal, or oral sex with someone who has the virus, even if they don't have signs or symptoms. It only takes one encounter or one partner to transmit the infection.
- Exposure to this virus is very common.
 - » Experts estimate that almost all sexually active people will acquire HPV at some point in their lives.
 - » Of new HPV cases, 3 out of 4 are found in people at ages 15 to 24 years.
 - » About 13 million people in the United States, including teens, become infected each year.
- In most people, the virus goes away on its own, but if it lasts it can lead to cancer and other diseases.
- Each year more than 46,000 people are diagnosed with HPV related cancers.
- There is no medicine to cure an HPV infection.

Why vaccinate against HPV?

- Getting HPV vaccine can prevent your preteen or teen from getting many of the strains of HPV that cause cancers. The vaccine that is currently available also prevents genital warts.
- This vaccine works and is long-lasting.

HPV vaccine

- The AAP recommends starting the series between 9 and 12 years. HPV vaccination is recommended for all individuals through age 26 years who are not adequately vaccinated. Some adults 27 through 45 years old also may be eligible for the HPV vaccine.

Why is HPV given at ages 9 to 12?

- To work, HPV vaccine must be given before a person is exposed.
- Every visit after the age of 9 is an opportunity to provide the vaccine to preteens and teens. Almost no 9- to 12-year-olds have HPV infection.
- After receiving human papillomavirus (HPV) vaccine, preteens make more infection-fighting antibodies than teens. That is why only 2 doses of the vaccine, instead of 3, are recommended at ages 9 to 12.
- Early vaccination prevents substantially more cases of precancer (abnormal cells that lead to cancer) than late vaccination.
- Current evidence shows that protection from HPV vaccination does not wear off!

The dosing schedule is as follows:

- All recommended doses of the HPV vaccine are needed for the body to build up enough immunity to protect against infection. This is also true of many of the vaccines that babies get.

Schedule	Recommended For	Dose	Routine Timing of Dose	Minimum Intervals
2-dose	Persons beginning human papillomavirus (HPV) vaccination before their 15th birthday	1st	Today	Minimum interval between the first and second dose is 5 months
		2nd	6–12 mo after first dose	
3-dose	Persons beginning HPV vaccination at age ≥ 15 and those who are immunocompromised	1st	Today	The following minimum intervals should be maintained: <ul style="list-style-type: none">• Between doses 1 and 2: 4 wk• Between doses 2 and 3: 12 wk• Between doses 1 and 3: 5 mo
		2nd	1–2 mo after first dose	
		3rd	6 mo after first dose	

Common side effects of the HPV vaccine

HPV vaccine is very safe. Since the vaccine was licensed in 2006, no serious safety concerns have been linked to HPV vaccination.

Vaccine side effects

- Mild to moderate side effects
 - » Pain, redness, or swelling where the shot was given
 - » Fever
 - Mild (100°F or 37.8°C)

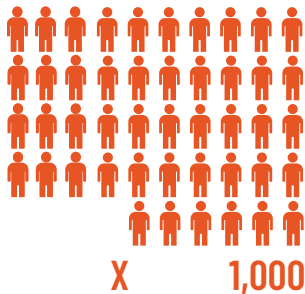
Severe side effects

- Serious illnesses do not happen more commonly in people who received the vaccine compared with those who did not.



HUMAN PAPILLOMAVIRUS VACCINE

HPV IS MORE COMMON THAN YOU THINK

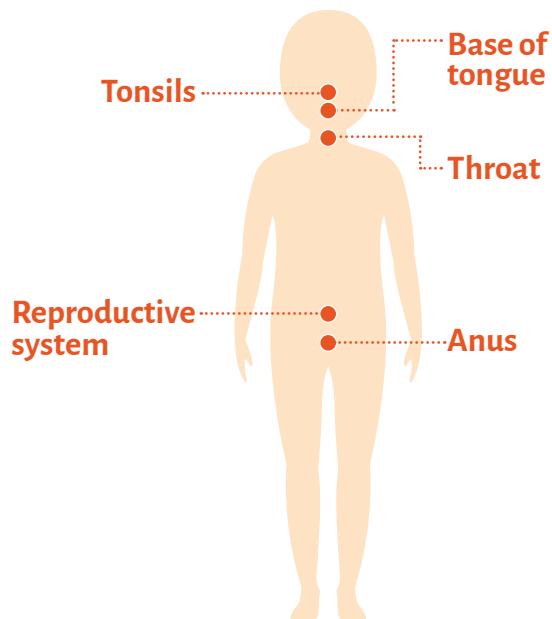


EACH YEAR MORE THAN **46,000** PEOPLE ARE DIAGNOSED WITH HPV-RELATED CANCERS

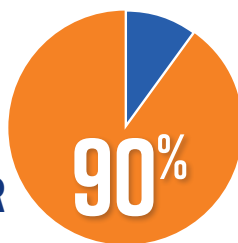


[Here's Why Your Preteen Needs the HPV Vaccine](#)

HPV CAN CAUSE CANCERS IN THE:



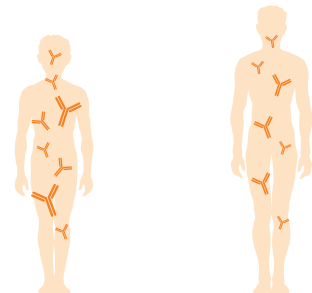
HPV VACCINE PROTECTS AGAINST OVER



OF THE CANCERS CAUSED BY THE VIRUS.

VACCINATING KIDS AT AGES 9–12 YEARS IS MOST EFFECTIVE
PRE-TEENS PRODUCE MORE ANTIBODIES AFTER HPV VACCINATION.

MORE ANTIBODIES EQUALS MORE PROTECTION.



YOUNGER TEENS NEED 2 DOSES

OLDER TEENS NEED 3 DOSES



MENINGOCOCCAL VACCINES

Use the speaking points on this page with the accompanying family-friendly infographics.

About meningococcal disease

- Meningococcal disease is a serious illness caused by a bacteria.
- The bacteria can lead to
 - » Meningitis: an infection of the brain and spinal cord
 - » Meningococcal sepsis: a very serious blood infection
- Anyone can get meningococcal disease, but among young people it is most common in babies and people aged 16 to 23 years.
- Meningococcal disease can lead to
 - » Death
 - » Blindness
 - » Deafness
 - » Loss of limbs
 - » Other long-term problems
- Even if treated soon after infection, 10 to 15 people out of 100 will die. About 10 to 20 out of every 100 survivors will have a long-term disability.
- Rates of meningococcal disease have declined in the United States. In 2019, there were about 371 total cases reported. (<https://www.cdc.gov/meningococcal/surveillance/index.html>).
- There are two meningococcal vaccines, MenACWY and MenB, that protect against different strains of meningococcal disease.
- There are other causes of meningitis that are not prevented by meningococcal vaccines. They include other meningococcal strains that are not in the vaccine, other bacteria (such as *Haemophilus influenzae* type b and streptococci), fungi, and viruses.

Meningococcal ACWY vaccine

- This routinely recommended vaccine (MenACWY) protects preteens and teens from 4 meningococcal bacteria (strains A, C, W, and Y).
- Preteens at ages 11 to 12 years should receive the vaccine.
- The recommended meningococcal vaccine protects preteens and teens from the strains of meningococcus that cause about 3 out of 4 cases of meningococcal disease. However, even people who are vaccinated need to take the signs of meningitis seriously because meningococcal vaccines do not prevent every form of meningitis.
- Booster dose
 - » One dose of meningococcal ACWY vaccine protects a person, but immunity wanes over time.
 - » Your teen will need a booster dose when they are 16.
 - » This will keep your teen fully protected during the rest of the years when they are at highest risk of getting meningococcal disease.

Common side effects of the MenACWY vaccine

- Redness or pain may develop where the shot is given. This lasts 1 to 2 days.
- A small percentage of people who receive the shot will develop a mild fever.
- Serious reactions are very rare.

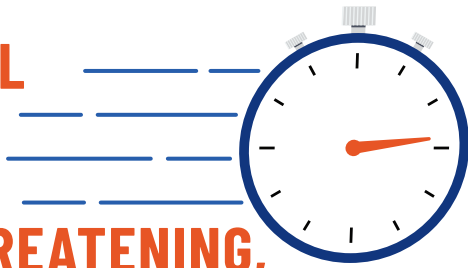
Meningococcal B vaccine

- Protection against meningococcal B disease requires a specific vaccine called meningococcal B vaccine (MenB).
- MenB protects people from one strain of meningococcus (strain B) that causes about one-third of meningococcal disease in the United States. In recent years, there have been many college outbreaks of meningococcal B disease, but overall the disease is rare.
- MenB provides protection against most strains that cause meningococcal B disease. The preferred age for vaccination is 16 through 18 years. It may be given to people who are 16 years old through 23 years old if they are not at increased risk.
- **High-risk people, too:** MenB is recommended routinely for people 10 years or older who are at increased risk for infections from meningococcal B disease.
- More than half of the people who get a MenB vaccine have mild side effects following vaccination:
 - » Soreness, redness, or swelling where the shot was given
 - » Feeling tired (fatigue)
 - » Headache
 - » Muscle or joint pain
 - » Fever or chills
 - » Nausea or diarrhea
- Severe side effects are rare.
- The **two MenB** vaccine brands are different. The same vaccine brand must be used for all doses in a series.
- **MenB schedule:** For protection, more than 1 dose of a MenB vaccine is needed. MenB vaccine can be given at the same time as MenACWY vaccine, if indicated, but at different anatomic sites if feasible.
 - » **How long does protection last?** For most people protection lasts 24 to 48 months after vaccination.



MENINGOCOCCAL VACCINES

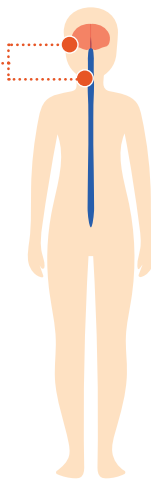
MENINGOCOCCAL DISEASE ACTS FAST AND IS LIFE-THREATENING, SO PRETEENS AND TEENS NEED VACCINES AND BOOSTERS ON TIME TO STAY PROTECTED.



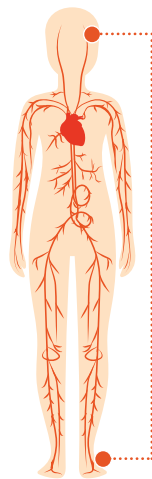
16 TO 23
YEAR OLDS ARE AT THE
GREATEST RISK

MENINGOCOCCAL BACTERIA CAN CAUSE INFECTIONS LIKE:

Meningitis
An infection of the lining of the brain and spinal cord



Bacteremia or septicemia
Bloodstream infections



THERE ARE VACCINES AVAILABLE TO HELP PROTECT YOUR CHILD.

ALL PEOPLE NEED:
MENACWY VACCINE

ONE DOSE

at ages 11–12

BOOSTER

at age 16

SOME ALSO NEED:
MENB VACCINE

MORE THAN ONE DOSE

at ages 10–18
(if high risk)

OR

at ages 16–18
(if eligible)



TETANUS, DIPHTHERIA, PERTUSSIS VACCINE

Use the conversation starters here with the accompanying infographics for families.

About tetanus, diphtheria, and pertussis

Tetanus (also known as lockjaw)

- Tetanus causes severe muscle stiffness that can make it hard or impossible to
 - » Open the mouth
 - » Swallow
 - » Breathe
- One in 5 people who get tetanus will die.

Diphtheria

- Is a serious throat infection
- It can lead to
 - » Breathing problems
 - » Paralysis
 - » Heart failure
 - » Death

Pertussis (also called whooping cough)

- Is a lung disease that causes
 - » Severe coughing
 - » Difficulty breathing
 - » Death

Tetanus, diphtheria, acellular pertussis vaccine

- Babies and younger children are vaccinated against these diseases with the diphtheria, tetanus, acellular pertussis (DTaP) vaccine, but immunity decreases over time, so we all need a booster dose. Tetanus, diphtheria, pertussis (Tdap) vaccine is the booster dose.
- Preteens need to receive this vaccine at ages 11 to 12 years to boost their immunity so they will be better protected against these diseases.
- The Tdap vaccine takes the place of the tetanus diphtheria booster dose that used to be given to teens.
- Recently, there have been several outbreaks of pertussis (whooping cough) throughout the United States.
 - » This is in part because the effect of the childhood vaccine wears off over time.
- If a child did not get the vaccine at ages 11 to 12, they should get it now.
- Vaccinating preteens and teens not only protects them from whooping cough but also protects any babies around them who might be too young to be protected by the DTaP vaccine (eg, baby sister or brother).

Common side effects of the Tdap vaccine

- Redness or pain where the shot was given
- Headache
- Tiredness
- Nausea, vomiting, diarrhea or stomach ache
- Mild fever of at least 100.4°F or 38°C



TETANUS, DIPHTHERIA, PERTUSSIS VACCINE

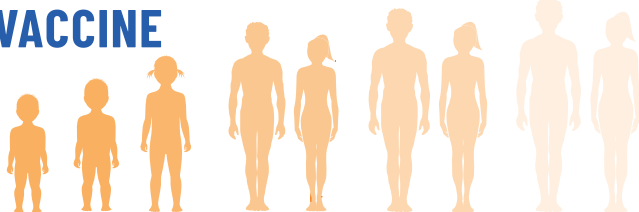
TETANUS, DIPHTHERIA, AND PERTUSSIS

Babies and younger children are vaccinated against these diseases with the DTaP vaccine, but immunity decreases over time. A booster shot called Tdap (tetanus, diphtheria, acellular pertussis) vaccine helps protect older children and teens from the same diseases.

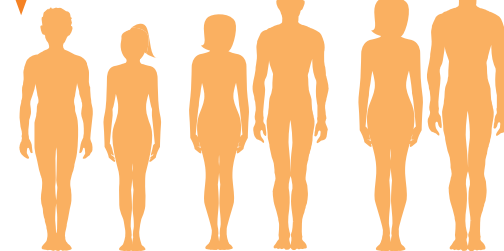
DTaP VACCINE



AGES 0-10



Tdap VACCINE



AGES 11-12



TETANUS

Lockjaw

- Severe muscle stiffness
- Difficulty in opening mouth, swallowing, and breathing
- Death



DIPHTHERIA

Serious Throat Infection

- Breathing problems
- Paralysis
- Heart failure
- Death

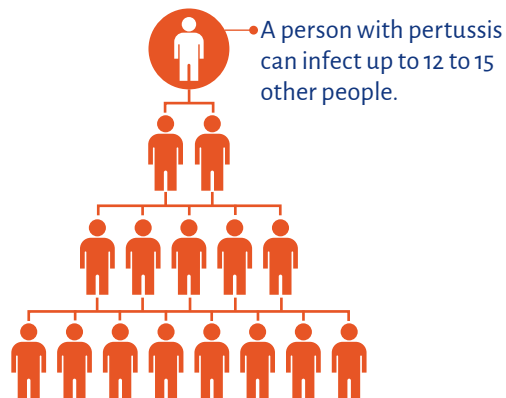


PERTUSSIS

Whooping Cough

- Severe coughing
- Difficulty breathing
- Death

PERTUSSIS IS HIGHLY CONTAGIOUS



DENGUE VACCINE

Pair this page with the infographics page when talking with families about dengue vaccine.

About dengue disease

- Dengue is caused by viruses spread through the bite of an infected mosquito.
- Each year, up to 400 million people around the world are infected with dengue.
- Most people have no symptoms or mild disease.
- Some people experience sudden onset of fever with nausea, vomiting, a rash, and eye, muscle, joint, or bone aches and pains.
- A smaller number of people will have severe disease which is a medical emergency and requires immediate medical attention.
- In rare cases, dengue can have serious side effects and lead to death.

Dengue vaccine

- Dengue vaccine is NOT recommended for travelers.
- Dengue vaccine is recommended for children 9–16 years old who
 - » have a history of dengue infection in the past confirmed by a laboratory test.
 - » live in an area where dengue is common, including the U.S. territories of Puerto Rico, American Samoa, and the U.S. Virgin Islands, and freely associated states including the Federated States of Micronesia, the Republic of Marshall Islands, and the Republic of Palau.
- Three doses are required:
 - » Second dose given 6 months after the first.
 - » Third dose given 6 months after the second.

Common side effects of the dengue vaccine

- Soreness, redness, or swelling where the shot is given, tiredness or weakness, fever, headache, fatigue, or muscle pain can happen after dengue vaccination.
- If a person who has never had dengue in the past gets dengue vaccine, they are at increased risk of severe disease if they become infected with dengue in the future.
- Severe reactions are rare.



DENGUE VACCINE

EACH YEAR
UP TO **400 MILLION**
PEOPLE AROUND THE
WORLD ARE INFECTED

DENGUE DISEASE IS COMMON IN:



DENGUE VIRUS IS SPREAD THROUGH MOSQUITO BITES

- Dengue can cause sudden fever with nausea, vomiting, a rash, and eye, muscle, joint, or bone aches and pains.
- Preteens and teens are at higher risk of serious illness and hospitalization. People who had dengue before are at more risk of severe dengue if they are infected again. It is a medical emergency and requires immediate care. In rare cases, dengue can be deadly.

**DENGUE
VACCINE**
WHO CAN GET IT?

9 TO 16
YEAR OLDS WHO:

- ✓ **have laboratory evidence of previous dengue infection.** Kids with no evidence of previous dengue infection cannot get the vaccine.
- ✓ **currently live where dengue is common** (including Puerto Rico, American Samoa, the U.S. Virgin Islands, and the freely associated states).

The vaccine is not recommended for visitors to these areas.



**THREE DOSES
ARE NEEDED**

DOSE 1

DOSE 2

given 6 months
after the first

DOSE 3

given 6 months
after the second



HELPFUL FACTS ABOUT ADOLESCENT VACCINES

Use these FAQs to answer questions and share the accompanying infographics with families during discussions about vaccines for preteens and teens.

Does it overwhelm a child's immune system to give multiple shots in one visit?

- No. We know vaccines are safe—including when multiple shots are given together. Researchers continue to study vaccines alongside other vaccines. Millions of children have safely received vaccines together.
- Children are exposed to many germs every day. Their immune systems fight those germs, also called antigens, to keep the body healthy. The number of antigens that children fight every day (2,000-6,000) is much more than the number of antigens in any combination of vaccines on the current schedule (150 for the whole schedule). So, children's immune systems are not overwhelmed by vaccines.

Why does my child still need a vaccine if these diseases are mostly gone?

- Many diseases are not as common as they once were because of vaccines. However, the bacteria and viruses that cause them still exist and can still make children very sick. That is why children still need the vaccine to be protected.
- It is because of vaccines that children rarely get serious diseases like tetanus, measles, rubella, meningitis and polio.

Can the shots be spread out over a longer period of time?

- It's not a good idea, for several reasons. Children need to get their vaccines on schedule so they can benefit from all the protection that vaccines give.
- The recommended schedule is designed to protect children when they are most vulnerable to the diseases vaccines prevent.
- In addition, the recommended schedule is designed to work best with a child's immune system at certain ages and at specific time intervals between doses.
- Any length of time without immunizations is a time without protection against vaccine-preventable diseases.

Pain

- Even though shots may hurt, getting a vaccine is much better than having a serious disease such as cancer or meningitis.
- To reduce pain, stroke or apply pressure to the skin before the shot.

Fainting

- Preteens or teens should sit or lie in the office for 15 minutes after getting a shot to prevent injury from falling caused by fainting.

Vaccination at sick visits

- Vaccination during a mild illness is safe and effective. It does not put any extra burden on the immune system.
- Even when a preteen or teen isn't feeling well, it is smart to get any vaccines that are due when in the office.
 - » Families are busy and it is hard to find time to come back another time to get a vaccine.
 - » Receiving the vaccine today reduces the
 - Amount of time a preteen or teen is still at risk for the serious disease
 - Chance of missing the vaccine altogether
 - Time missing school, work, or other activities (if another visit is needed)

Safety

- All vaccines routinely recommended for preteens and teens have been licensed by the Food and Drug Administration and found to be safe and effective.
- The safety of each vaccine continues to be checked after it is licensed.
- The Vaccine Information Statements explain the side effects that can occur after receiving a vaccination.

What is the cost of these vaccines?

- For those who do not have insurance, vaccines can be provided for free through the Vaccines for Children Program.
- Talk with the pediatrician's practice manager about your insurance coverage for vaccines.

How long do these immunizations last?

- The flu vaccine changes most years and is probably only effective for about a year. That's why this vaccine is recommended every year.
- Data suggest human papillomavirus (HPV) vaccination protects for at least 10 years without any evidence of waning immunity.
- The protection that the meningococcal ACWY vaccine offers wanes after about 5 years. This is why teens should get a booster dose at age 16.
- Experts continue to study how long immunity from tetanus, diphtheria, pertussis (Tdap) vaccine lasts. The Centers for Disease Control and Prevention currently recommends that preteens get 1 dose of Tdap followed by Td every 10 years.



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Is it OK for my teen to get multiple shots in one visit?

Yes. We know vaccines are safe—including when multiple shots are given together. Researchers continue to study vaccines alongside other vaccines. Millions of preteens and teens safely receive vaccines together, and they do completely fine.



Why does my child still need a vaccine if these diseases are mostly gone?

Diseases like meningitis, tetanus, measles and polio are mostly gone now, but the bacteria and viruses that cause these diseases still exist—so they still need vaccines to protect them.



Can the shots be spread out over a longer period of time?



It's not a good idea. Here's why:

- Vaccines are recommended at specific ages because that's when they work the best.
- Delaying vaccines leaves them unprotected for a longer time.
- The American Academy of Pediatrics recommends the schedule as ideal for healthy children.

VACCINATION COSTS



You're covered.

Most vaccines are covered by health insurance or available for free through the Vaccines for Children Program. Talk with your pediatrician's practice manager about options.



[Vaccines for Children Program](#)

Make a plan

COMFORT They may feel a pinch or poke when they get the shot. Distraction, numbing or cooling the area and applying a little pressure can help before the poke. It is normal to be sore or have a fever after.

CONTROL They should sit or lie in the office for 15 minutes after a shot in case they feel faint.

CALM Some teens feel faint after shots if they feel stressed. Stress is contagious, but so is calm.



SAFETY

- All vaccines are licensed by the Food and Drug Administration.
- The safety of each vaccine continues to be checked.
- Common side effects are explained in the Vaccine Information Statement.

