



Preteens need shots, too!

Call to schedule your child's preteen doctor visit today!

Remember to bring your child's immunization record card. The preteen doctor visit is key to a healthy start for adolescence. It's also the perfect opportunity to discuss ways to stay healthy, such as eating right, being active, and standing up to peer pressure. The doctor will also recommend immunizations to protect your child from some serious diseases. Some immunizations help strengthen your child's baby shots and others are new for preteens. If you are concerned about the cost of shots, free or low cost immunizations are available. Talk to your doctor or clinic.

Shots for 11- to 12-year-olds

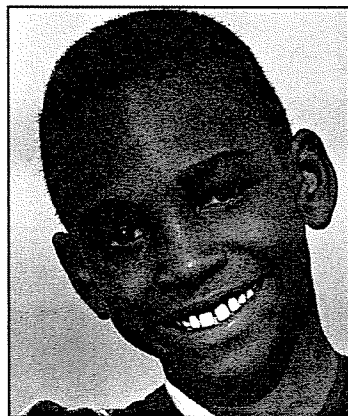
Which vaccine?	Who and why?	Required by school law? (Unless you get a legal exemption*)
Varicella (chickenpox) New! 2 doses now recommended	<ul style="list-style-type: none"> • For those who have never had chickenpox disease. • For those who only received 1 shot previously. • Why? Teens can be much sicker with chickenpox. 	<ul style="list-style-type: none"> • 2 shots will be needed in fall 2009.
Hepatitis B	<ul style="list-style-type: none"> • For those who have not already received this series of 3 shots. 	<ul style="list-style-type: none"> • 3 shots needed for 7th grade.
Measles, mumps, rubella (MMR)	<ul style="list-style-type: none"> • For those who only received 1 shot previously. 	<ul style="list-style-type: none"> • 2 measles shots needed for 7th grade.
Tetanus (New Tdap vaccine)	<ul style="list-style-type: none"> • For preteens instead of the Td booster. • The new Tdap vaccine also protects against whooping cough. 	<ul style="list-style-type: none"> • 1 shot needed at age 11 or older.
New! Meningococcal (MCV4)	<ul style="list-style-type: none"> • For preteens before they go into 7th grade. • Protects against 3 of the 4 most common types of meningitis. 	Not required by law but highly recommended.
New! HPV (human papillomavirus)	<ul style="list-style-type: none"> • For girls starting around 11 years of age. • This new vaccine, given in a series of 3 shots, prevents most cervical cancer in adulthood. 	
Influenza	<ul style="list-style-type: none"> • Protects against flu (given each year). 	

*Legal exemption available for medical or conscientious reasons

Help your preteen relax during shots

Encourage your preteen to:

- Bring along his/her favorite music
- Remember to breathe—take slow, deep breaths
- Make eye contact with you or another supportive person
- Close his/her eyes and think of a favorite place or activity
- Focus on something in the room, like a poster
- Tell you about a fun upcoming activity
- Remember that getting shots may sting a little, but it's much better than getting sick



Pictures courtesy of Microsoft Office Online

New vaccines!

Make sure older teens get them too.

Several new vaccines may not have been available when your older kids were preteens. Check with your doctor or clinic to see if they need to catch up on their shots.

Immunization Program
P.O. Box 64975
St. Paul, MN 55164-0975
651-201-5503 or 1-800-657-3970
www.health.state.mn.us/immunize (12/08)



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