ADOLESCENT IMMUNIZATIONS

are an important step to prevent illness and stay healthy.

As kids get older, protection from some childhood vaccines begins to wear off; boosters are necessary to prolong protection. Plus, older kids are at risk for diseases that could affect them throughout their lifetime. Health check-ups and sports or camp physicals are a good opportunity for adolescents to get the recommended vaccines. Vaccines protect not only the health of adolescents, but also their friends, families and communities.

IOWA Immunization Program

IMMUNIZE FOR A BETTER LIFE!

If you have questions, please call your health care provider or the Iowa Department of Public Health at

1-800-831-6293

FOR ADDITIONAL INFORMATION ON VACCINES AND DISEASES, PLEASE VISIT:

www.idph.state.ia.us/adper/immunization.asp
www.immunize.org • www.cdc.gov/vaccines
www.vaccine.chop.edu • www.aap.org

IDPH Iowa Department of Public Health

IDPH 7/13

IOWA Immunization Program

ADOLESCENT IMMUNIZATION

IMMUNIZE FOR A BETTER LIFE!

What vaccines does my adolescent need?

The following vaccines are routinely recommended for all adolescents beginning at 11–12 years of age. If your child is older, these vaccines are still necessary and should be received. It's not too late to vaccinate!

TETANUS, DIPHTHERIA, PERTUSSIS (WHOOPING COUGH)

Outbreaks of pertussis occur every 3–5 years. Tdap vaccine protects adolescents from tetanus, diphtheria and pertussis disease. This preteen dose of Tdap boosts pertussis immunity in older children and protects those around them.

MENINGOCOCCAL

Rates of meningococcal disease begin to rise in early adolescence and continue to remain elevated through college age. Meningitis is a bacterial infection that can cause swelling of the lining around the brain and spinal cord. Keeping up to date with the recommended immunizations is the best defense against meningococcal disease.

HUMAN PAPILLOMAVIRUS (HPV)

The HPV vaccine protects against the most common types of human papillomavirus, which are responsible for 70 percent of cervical cancers and 90 percent of genital warts. Both boys and girls should receive three doses of HPV vaccine for full protection. HPV vaccine works best when given to adolescents, allowing time for immunity to develop, which means better protection as your child gets older.

INFLUENZA (FLU)

Influenza is a contagious infection of the nose, throat and lungs caused by a virus. The flu is generally spread to others when an infected person coughs or sneezes. Flu symptoms include a cough, fever, chills, sore throat, muscle or body aches, runny or stuffy nose, headache and fatigue. Annual vaccination is recommended because flu viruses change from year to year.

Your adolescent should have received the following recommended childhood vaccines when they were younger. If your child did not receive these vaccines, schedule an appointment to talk to your child's health care provider.

- Hepatitis B
- Hepatitis A
- Measles-Mumps-Rubella (MMR)
- Varicella (chickenpox)

IS HELP AVAILABLE FOR THE COST OF VACCINES?

Check to see if your health insurance covers vaccines. If your child does not have health insurance or does not have insurance that covers vaccines, ask your health care provider or local public health agency about the Vaccines for Children (VFC) program. The VFC program provides vaccine to eligible children from birth through 18 years of age. Ask your health care provider if they participate in the VFC program or visit the Immunization Program Web site at www.idph.state.ia.us/adper/immunization.asp for a list of participating VFC program providers.

YOUR CHILD'S IMMUNIZATION RECORD

It is important to keep immunization records in a safe place. Proof of immunizations may be necessary throughout life. The Iowa Department of Public Health does not maintain historical paper immunization records. However, immunization records can be entered into a permanent statewide electronic database called Iowa's Immunization Registry Information System (IRIS). IRIS contains a public record access feature that allows parents or adults to search for their own or their child's immunization record at https://iris.iowa.gov. If records are not found, talk with your health care provider about entering your immunization record into IRIS.

Talk to your health care provider about immunizations today.

Immunize for a better life!