

## Adolescent Immunizations

# Immunizations are an important step to prevent illness and keep adolescents healthy.

Over time, protection from childhood vaccines can wear off leaving adolescents at risk for diseases. Health checkups and sports or camp physicals are good opportunities for adolescents to get the recommended vaccines. Vaccines protect not only adolescents, but also their friends, families and communities.

## Vaccines: Your best shot at prevention.

If you have questions about vaccines, ask your healthcare provider.

FOR ADDITIONAL INFORMATION ON VACCINES AND DISEASES, VISIT

- [hhs.iowa.gov/public-health/immunization](https://hhs.iowa.gov/public-health/immunization)
- [www.immunize.org](https://www.immunize.org)
- [www.cdc.gov/vaccines](https://www.cdc.gov/vaccines)
- [www.aap.org](https://www.aap.org)

# Adolescent Immunizations

Immunize for a better life!



Health and  
Human Services  
Public Health



Health and  
Human Services  
Public Health

## Adolescent Immunizations

### WHAT VACCINES DO ADOLESCENTS NEED?

The following vaccines are routinely recommended for all adolescents beginning at 11 years of age. It is important to follow the recommended immunization schedule and vaccinate on time. If your adolescent has not received the following vaccines, talk to their healthcare provider.

#### Tetanus (lock-jaw), diphtheria, pertussis (whooping cough)

The Tdap vaccine protects adolescents from tetanus, diphtheria and whooping cough. Outbreaks of whooping cough occur every 3 to 5 years. Tdap vaccine protects adolescents and those around them from getting sick with whooping cough.

#### Meningococcal

Rates of meningococcal disease begin to rise during adolescence. Meningitis is a bacterial infection that can cause swelling of the lining around the brain and spinal cord. Keeping up to date with meningococcal vaccines is the best defense against disease.

#### Human papillomavirus (HPV)

The HPV vaccine prevents infection from the most harmful kinds of the human papillomavirus. The vaccine is safe and effective and is recommended for both boys and girls beginning at age 11 of age, but can be given as early as age 9. The vaccine works best when given in early adolescence, allowing time for immunity to develop, which means better protection as adolescents get 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:

- cough
- fever
- chills
- sore throat
- muscle or body aches
- runny or stuffy nose
- headache and fatigue

Annual vaccination is recommended since the flu strains may change each year and the vaccine changes to match the current strains.

Adolescents should have received the following recommended vaccines. If your adolescent did not receive these vaccines, talk to their healthcare provider.

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

### ARE VACCINES SAFE?

Vaccines in the United States are safe and effective. Common side effects from vaccines are minor and include soreness where the vaccine was given or a low-grade fever. Such minor symptoms are normal and should be expected as the body builds immunity. Serious reactions are very rare. Anyone who receives a vaccine should be fully informed about both the benefits and the risks. Any questions or concerns should be discussed with your healthcare provider.

### IMMUNIZATION RECORDS

Proof of immunizations may be necessary throughout life. Talk with your healthcare provider about entering immunizations into Iowa's Immunization Registry Information System (IRIS) and to obtain copies of your records.

