



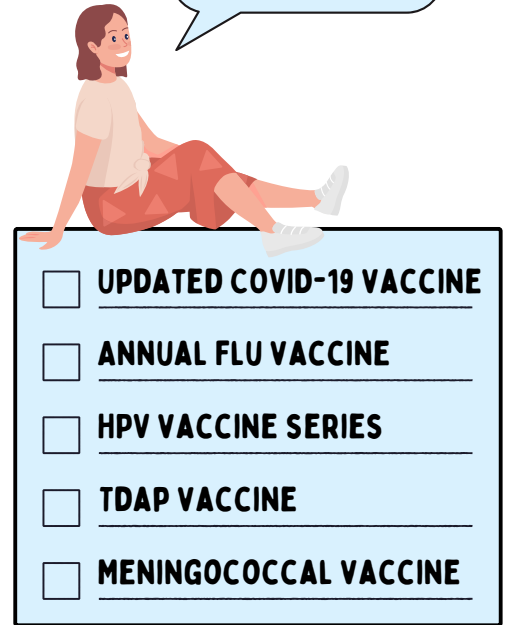
VACCINES FOR TEENS

WHAT VACCINES ARE RECOMMENDED FOR TEENS?

COVID-19 vaccine

Everyone aged 6 months and older should get at least 1 dose of the most updated formulation of COVID-19 vaccines to protect against serious the current circulating strains and from illness. Staying protected helps teens avoid missing school, sports, and other important activities.

STAY UP TO DATE
WITH RECOMMENDED
VACCINES



Flu (influenza) vaccine

An annual flu vaccine is recommended for everyone aged 6 months and older. The best time to get the flu vaccine is in the fall. Flu is a contagious respiratory illness caused by the influenza viruses and causes severe disease every fall and winter, resulting in hospitalizations and deaths. Even healthy teens can get very sick from flu. Teens with chronic conditions like asthma or diabetes are at higher risk for hospitalization from flu complications.

HPV (human papillomavirus) vaccine series

The HPV vaccine helps to prevent cervical, oropharyngeal, cervical, anal, vaginal, and penile cancers caused by HPV. The HPV vaccine series is recommended for all teens at the age of 11-12 years, but the first dose can be given as early as age 9 to provide a longer period of time to complete the series before sexual debut.

Tdap (tetanus, diphtheria, pertussis) vaccine

Teens need to get a dose of Tdap at age 11-12, during pregnancy and every 10 years as adults to boost their immunity. The Tdap vaccine protects against tetanus, diphtheria, and pertussis (whooping cough). Whooping cough is a very contagious respiratory illness that can spread when a person coughs or sneezes and lead to severe illness.

Meningococcal vaccine

The meningococcal vaccine is recommended for all teens and college-bound students. It protects against bacterial meningitis, a very serious infection that can lead to brain damage, serious bloodstream infection with long lasting organ damage, or death.

For more information visit CDC's vaccines schedule for teens:

[cdc.gov/vaccines/schedules/easy-to-read/adolescent-easyread.html](https://www.cdc.gov/vaccines/schedules/easy-to-read/adolescent-easyread.html)

[Ph.lacounty.gov/vaccines](https://ph.lacounty.gov/vaccines)





VACCINES FOR TEENS

WHY ARE VACCINES IMPORTANT?



- Vaccines teach our immune system to recognize and attack harmful bacteria and viruses.
- Vaccines are the best tool keep us protected against diseases like polio, measles, and chickenpox that previously caused hundreds of children to die or have long lasting disability.
- Vaccines are tested to ensure that they are safe and provide protection against disease before being approved for use. After they are approved and widely available, they monitored for safety by the several systems including v-safe, VAERS, and the Vaccine Safety Datalink.

WHY DO TEENS NEED TO RECEIVE RECOMMENDED VACCINES?

- It is important for teens to stay up to date on all their recommended vaccines, including the HPV, meningitis, flu and COVID-19 vaccines.
- During adolescence, teens need to boost their immunity against certain diseases like tetanus, diphtheria, and pertussis. Adolescence is also the perfect time to catch up on any vaccines that teens might have missed during childhood.
- When teens stay up to date on all recommended and school-required vaccines, they protect themselves from disease and help keep their families, friends, classmates, teachers, and others in the school community healthy.



WHERE TO GO TO GET VACCINES?



- Make an appointment with your teen’s pediatrician to stay up to date on all recommended and school-required vaccines.
- If your teen doesn’t have a primary health care provider, you can find a list of free and low-cost vaccination clinics by visiting: ph.lacounty.gov/vaccines or calling at 1-833-540-0473.
- If you’re unsure about which vaccines your teen needs, call your teen’s pediatrician or get a copy of your teen’s digital vaccine record by visiting: myvaccinerecord.cdph.ca.gov/