

## Information for Parents: Vaccines for Pre-Teens

As your child gets older, the protection provided by some vaccines can begin to wear off. Your child also develops risks for more diseases as they enter the pre-teen years. Ask your health care provider during your child's 11-12 year old visit about the following vaccines for your pre-teen:

### Pertussis

Pertussis, also known as whooping cough, can cause severe coughing and choking making it hard to breathe or eat. The cough often lasts for three months or more making it hard to sleep, go to school or do other activities. It is spread by coughing, sneezing or close contact with an infected person. Tdap vaccine prevents against whooping cough along with diphtheria and tetanus. Some children may develop redness and pain where the shot was given.

### Meningococcal Disease

Meningitis affects the brain and spinal cord. It can lead to brain damage, severe disabilities or death. Common symptoms include a fever, rash, headache or stiff neck. It is spread through close contact: coughing, kissing and sharing food or drinks. Meningococcal vaccine can protect your child. Some children may develop redness and pain where the shot was given.

### Human Papillomavirus (HPV)

HPV causes cervical cancer in women and genital warts in men and women. Infected persons will have the virus for life and can pass it on to others. HPV vaccine protects against most but not all causes of cervical cancer. Girls need three doses. The vaccine works best if given before girls are exposed to HPV. The most common side effect is soreness where the shot was given.

### Influenza (Flu)

Influenza or "Flu" is an infection of the nose, throat and lungs. It is spread by coughing, sneezing or talking. Children with the flu develop a high fever, headache, dry cough, sore throat and achy muscles very quickly. Each year children die from the flu or its complications. Places where children are in close contact, such as classrooms, make it easier for flu to spread. Pre-teens should have the vaccine every year. There are two types of vaccine: a shot and a nasal spray. Both flu vaccines are safe.

## Help Paying for Vaccines

If your child does not have health insurance or does not have health insurance that covers the cost of these vaccines, ask your doctor or health department about the Vaccines for Children program. If eligible, your child will be able to receive the vaccines at a discounted cost.



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**Check with your child's doctor to make sure your child is not missing any doses for these other childhood vaccines:**

- Hepatitis B
- Measles, Mumps & Rubella
- Polio
- Chickenpox
- Hepatitis A

**More information:** Your health care provider

Ottawa County Health Department: [miOttawa.org/Health](http://miOttawa.org/Health)

Michigan Department of Community Health: [michigan.gov/immunize](http://michigan.gov/immunize)

Centers for Disease Control: [cdc.gov/vaccines](http://cdc.gov/vaccines)

Vaccine Education Center: [vaccine.chop.edu](http://vaccine.chop.edu)