

# 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. Older kids are at risk for diseases that could affect them throughout their lifetime. Health checkups and sports or camp physicals are good opportunities for adolescents to get the recommended vaccines. Vaccines protect not only the health of adolescents but also their friends, families and communities.

# VACCINES

YOUR BEST SHOT AT PREVENTION

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:**

<https://idph.iowa.gov/immtb/immunization>  
[www.immunize.org](http://www.immunize.org) • [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)  
[www.vaccine.chop.edu](http://www.vaccine.chop.edu) • [www.aap.org](http://www.aap.org)

# ADOLESCENT IMMUNIZATIONS

Immunize for a better life!



**IDPH**  
IOWA Department  
of PUBLIC HEALTH

**IOWA  
IMMUNIZATION  
PROGRAM**

September 2021

## What vaccines do adolescents 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 protection in older children as well as 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 90 percent of cervical cancers and genital warts. Both boys and girls should receive a complete HPV vaccine series for full protection. HPV vaccine works best when given to adolescents, 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.

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

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

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### 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 website at <https://idph.iowa.gov/immmtb/immunization> for a list of participating VFC program providers.

### YOUR CHILD'S IMMUNIZATION RECORD

It is important to maintain 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 IRIS, Iowa's Immunization Registry Information System. Talk with your health care provider about entering your immunizations into IRIS and to obtain copies of your immunization records.

**Talk to your health care provider about immunizations today.**

