



Vaccines for teens:

A guide for parents of middle school students

Your child is growing up fast. As a parent, you want to do your part to help your child become a happy, healthy young adult. One way to do this is to take your child to their doctor for a wellness checkup at least once a year. At this checkup, your child's doctor will make sure they are up to date on preteen vaccines required by many schools by 7th grade.

These vaccines, or shots, protect your child from illnesses like:

- Tetanus, diphtheria and pertussis (Tdap)
- Meningitis
- Human papillomavirus (HPV)
- Influenza (seasonal flu)



Schedule your child's checkup today

Healthy Blue Member Services

833-388-1405 (TTY 711)

8 a.m. to 5 p.m. Central time,
Monday through Friday

24-Hour Nurse Help Line

833-388-1405 (TTY 711)

Tdap vaccine

This shot protects against tetanus, diphtheria, and pertussis, more commonly known as whooping cough. This is especially important if there are young children in the family or if the teen babysits.

Meningococcal vaccine

This shot protects preteens against types of meningococcal disease, including meningitis. Meningitis is a very serious infection of the tissue around the brain and spinal cord. A second shot is needed at age 16.

HPV vaccine

These shots help prevent HPV infection. HPV can cause genital warts, as well as cervical and mouth/throat cancer. HPV vaccines are given to all preteens regardless of gender in a series of two or three shots over six months at ages 11 and 12 years old. Ask your doctor how your teen can finish or start the HPV series.

Flu vaccine

Getting a yearly flu shot is the best way to protect against the flu.

When should my teen be vaccinated?

A good time to get these vaccines is during their yearly checkup. Your preteen or teen can also get vaccines during any physical exam required for sports, camp, or school. It's a good idea to ask the doctor every year if there are any shots your child may need.

Need more information?

Visit the Centers for Disease Control and Prevention website at cdc.gov/vaccines/teens.

[Shots keep your teen, their friends and their school healthy. Ask the doctor about the new school vaccine changes during your child's annual Healthy Teen checkup.](#)

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Si su lengua materna no es el inglés, podemos brindarle una traducción. También podemos brindarle información en otros formatos sin costo alguno para usted. Esto incluye braille, audio, letra grande y servicios de interpretación del lenguaje de señas estadounidense. Simplemente llámenos al 833-388-1405 (TTY 711).

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