

# Teens Need Vaccines, Too!

## Schedule your teen's doctor visit today

Doctor visits for school, sports, camp, or minor illnesses are a great time to make sure your teen's immunizations are up-to-date!

Free or low-cost vaccines are available. If your child does not have insurance or a health care provider, use the Vaccination Clinic Web Map at [Free at Low-Cost Shots for Children \(www.health.state.mn.us/people/immunize/basics/howpay.html\)](http://www.health.state.mn.us/people/immunize/basics/howpay.html) to find clinics that offer free or low-cost vaccines.

## Vaccines your teen needs

### Meningococcal conjugate (MenACWY)

**What:** Protects against four common types of meningitis.

**Who:** 11- or 12-year-olds (and a booster shot at age 16).

Required for school\*: One shot needed for 7th grade and one shot needed for 12th grade.

### Tetanus, diphtheria, pertussis (Tdap)

**What:** Protects against whooping cough (pertussis).

**Who:** 11- or 12-year-olds instead of the Td booster.

Required for school\*: One shot needed for 7-12th grade.

### Human papillomavirus (HPV)

**What:** Prevents six types of cancers caused by HPV.

**Who:** 11- or 12-year-olds, but can start at 9 years.

Strongly recommended but not required for school.

### COVID-19

**What:** Protects against COVID-19.

**Who:** Everyone 6 months and older.

Strongly recommended but not required for school.

### Influenza

**What:** Protects against flu (given each year).

**Who:** Everyone 6 months and older.

Strongly recommended but not required for school.

### Meningococcal B (MenB)

**What:** Protects against another common type of meningitis.

**Who:** 16-18 year-olds

Recommend talking to your teen's health care provider but not required for school.

\*Legal exemptions are available for medical or non-medical reasons.

**Note:** Polio, MMR, varicella (chickenpox), and Hepatitis B childhood vaccines are also required for kindergarten through 12th grade.

## Getting a vaccine doesn't have to be scary!

- Encourage your teen to take slow, deep breaths.
- Bring along their favorite music and headphones.
- Have them make eye contact with someone or focus on something in the room, like a poster.

## Accessing your teen's immunization record

Learn how to access your teen's immunization record at [Find My Immunization Record \(www.health.state.mn.us/people/immunize/miic/records.html\)](http://www.health.state.mn.us/people/immunize/miic/records.html). If you do not have internet or mobile access, you can call 651-201-5414 to request your teen's record.