

Adolescents & VACCINES

Why is it important for adolescents to be vaccinated?

- Some vaccines are recommended for adolescents but not for babies
- Risk factors (smoking, sexual activity, living in dorms, sports, drug use)
- Medical conditions
- Required for certain jobs
- College entry requirements
- Cancer prevention

Vaccines received as a baby were a great start, but adolescents need protection against infectious diseases as well. Some vaccines received as a baby may need boosters to continue to provide protection. In addition, new vaccines continue to become available.

Choices teens make today could affect them through out their lifetime. Vaccines help protect them from serious diseases.

IOWA Immunization Program

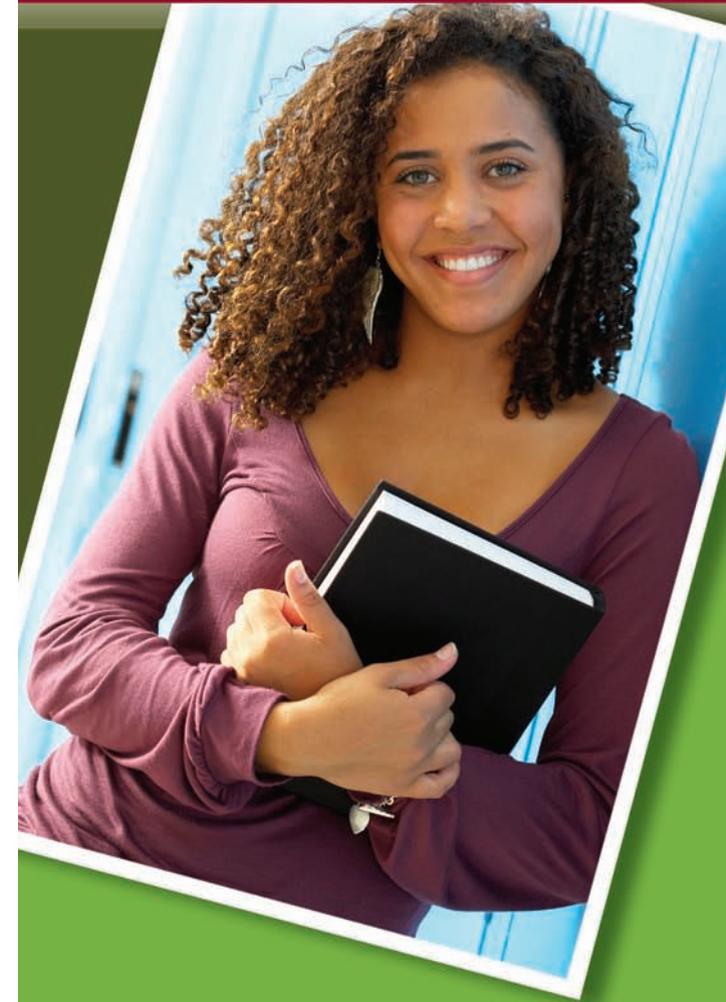
FOR MORE INFORMATION

If you have questions, please call your healthcare provider or the Iowa Department of Public Health at
1-800-831-6293

For additional information on vaccines and diseases please visit:
www.idph.state.ia.us/adper/immunization.asp
www.immunize.org • www.cdc.gov/nip
www.vaccine.chop.edu • www.aap.org

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Adolescent Immunization



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RECOMMENDED VACCINES FOR ADOLESCENTS INCLUDE:

Tetanus, Diphtheria, Pertussis (whooping cough)

When a child is 11 to 12 years old, they should receive a booster dose of tetanus, diphtheria, and acellular pertussis (Tdap) vaccine. This preteen dose of Tdap protects older children from pertussis as well as tetanus and diphtheria.

Meningococcal

Rates of meningococcal disease begin to rise in early adolescence. The meningococcal vaccine protects adolescents from a disease that can infect the brain and spinal cord causing meningitis. Meningococcal vaccine is recommended for all adolescents beginning at 11-12 years of age.

Influenza (flu)

Each year the influenza virus infects many people, including adolescents. Influenza is a highly contagious disease that affects the lungs. An annual vaccination is recommended because the flu strains change each year, and the vaccine changes to match the current strains. You cannot get influenza from the vaccine.

Hepatitis B

Hepatitis B is a virus of the liver that is spread by contact with blood or body fluids of a person who has the hepatitis B virus. It can be transmitted by sharing razors, needles for tattoos and piercing, or through unprotected sex. Three doses of vaccine are needed for protection against hepatitis B.

Hepatitis A

Hepatitis A is spread when someone eats food or drinks water contaminated with the virus or has close contact with a person who has the hepatitis A virus. Good hygiene practices may decrease risk; however, vaccination is the best protection against the hepatitis A virus.

Measles-Mumps-Rubella (MMR)

Two doses of MMR vaccine are recommended for adolescents.

Varicella (Chickenpox)

If adolescents do not have protection against chickenpox disease it is recommended they receive the varicella vaccine. Adolescents who are not protected and get natural chickenpox disease are likely to have more severe symptoms as they get older.

Human Papillomavirus (HPV)

The HPV vaccine protects against four of the most common types of human papillomavirus which are responsible for 70% of cervical cancers and 90% of genital warts. Talk with your healthcare provider about HPV vaccination.

IMMUNIZATION RECORDS

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 Iowa's Immunization Registry Information System (IRIS). Talk with your healthcare provider about entering your immunization record into IRIS.