

Vaccines for Your Preteen

Learn about vaccines to help your preteen stay healthy through adolescence and beyond.



Arizona School Vaccine requirements for 11-12 year olds:

Tdap protects against tetanus, diphtheria, and pertussis (whooping cough). Whooping cough can cause vomiting, gasping for air, and trouble sleeping. It may last for months and is very contagious. Tetanus can cause "lockjaw" and diphtheria can cause serious heart and neurological problems. This vaccine is required for children age 11 up to age 12 years old for entry into Arizona schools.

Meningococcal ACWY vaccine protects against bacterial meningitis, a very serious infection that can lead to brain damage, arm and leg amputations, kidney damage, and death. This vaccine is required for children age 11 up to age 12 years old for entry into Arizona schools.

Varicella (chickenpox) vaccine protects against more than just an itchy rash. The disease can cause pneumonia or serious skin infections. One dose of varicella vaccine is required for children age 11 up to age 12 years old for entry into Arizona schools. The CDC recommends a total of 2 doses of the vaccine.

Vaccines Recommended by the CDC:

Influenza (flu) vaccine is needed every year. Flu is much more serious than the common cold. Even healthy young people can get the flu. Children with chronic conditions like asthma and diabetes are especially at risk for pneumonia or even death.

COVID-19 vaccine can protect against serious illness in everyone 6 months and up, including preteens. Preventing COVID-19 infection can mean less time away from school, sports, and social activities.

HPV (human papillomavirus) vaccine series is recommended starting at age 9. It prevents warts and several cancers of the reproductive system, as well as throat and mouth cancer. This vaccine is recommended for both girls and boys. HPV vaccine works best when given during the preteen years. Preteens who are vaccinated earlier need only two shots instead of three.

TO DO:

- TDAP
- HPV
- MENINGOCOCCAL
- FLU
- CHICKENPOX
- COVID-19



Ask the Doctor

- ▶ Does my child need any other catch-up shots?
- ▶ Are there any side effects from these vaccines?
- ▶ Which vaccines are required for school, and can you give me the documentation I need?
- ▶ Will any other shots be needed later on?
- ▶ Can I get an updated shot record?
- ▶ Can I schedule my child's next shot(s) today?

