



Teens need shots, 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!

If you are concerned about the cost of shots, free or low cost immunizations are available; talk to your doctor or clinic. Remember to bring your teen's immunization record.

Which vaccine?	Who?	Required by school law?*
Tetanus, diphtheria, pertussis (Tdap)	<ul style="list-style-type: none"> • For 11- or 12-year-olds instead of the Td booster. • Tdap vaccine also protects against whooping cough. 	<ul style="list-style-type: none"> • Yes. 1 shot needed for 7-12th grade.
Human papillomavirus (HPV)	<ul style="list-style-type: none"> • For 11- or 12-year-olds. • Prevents most cervical cancer and certain types of anal, vaginal, and penial cancers, as well as mouth and throat cancers caused by HPV. 	<ul style="list-style-type: none"> • No, but strongly recommended.
Meningococcal conjugate (MenACWY)	<ul style="list-style-type: none"> • For 11- or 12-year-olds (and then a booster shot at age 16). • Protects against the 4 most common types of meningitis. 	<ul style="list-style-type: none"> • Yes. Needed for 7-12th grade.
Meningococcal B (MenB)	<ul style="list-style-type: none"> • 16-18 year-olds may be vaccinated with MenB. • Protects against another common type of meningitis. 	<ul style="list-style-type: none"> • No. Talk to your provider to see if your teen should get this vaccine.
Influenza	<ul style="list-style-type: none"> • Protects against flu (given each year). 	<ul style="list-style-type: none"> • No, but strongly recommended.
Measles, mumps, rubella (MMR)	<ul style="list-style-type: none"> • For those who have not already had 2 doses. 	<ul style="list-style-type: none"> • Yes. 2 shots needed for K-12th grade.
Chickenpox (Varicella)	<ul style="list-style-type: none"> • For those who have not already had 2 doses or had chickenpox disease. 	<ul style="list-style-type: none"> • Yes. 2 shots needed for K-12th grade.
Hepatitis B	<ul style="list-style-type: none"> • For those who have not already had this series of 3 shots. 	<ul style="list-style-type: none"> • Yes. 3 shots needed for K-12th grade.

*Legal exemption available for medical or non-medical reasons.

Shots don't have to be scary! Suggestions to give your teen:

- Bring along their favorite music & headphones
- Breathe! Take slow, deep breaths
- Make eye contact with you or another supportive person
- Close their eyes and think of a favorite place or activity
- Focus on something in the room, like a poster
- Tell you about a fun upcoming activity
- Remember that getting shots may sting a little, but it's much better than getting sick

Looking for immunization records?

For copies of your teen's immunization records, talk to your doctor or call the Minnesota Immunization Information Connection (MIIC) at 651-201-3980.