

**Tdap vaccine is required for 7<sup>th</sup> grade.**

**Additional vaccines are recommended for 11 years and older.**

There are four vaccines recommended for preteens—these vaccines help protect your children, their friends, and their family members.

While your kids should get a flu vaccine every year, the three other preteen vaccines should be given when kids are 11 to 12 years old.

The following vaccines are recommended by the American Academy of Pediatrics, the American Academy of Family Physicians, and CDC:

**Meningococcal Vaccine:**

Meningococcal vaccine helps protect against some of the bacteria that can cause meningococcal disease, a serious and sometimes fatal infection of the blood, brain and spinal cord. A booster is recommended at age 16.

**HPV Vaccine:**

Human papillomavirus vaccine helps protect against cancers of the mouth, throat, genitals and reproductive organs. Two to three doses are needed depending on the age when you begin.

**Tdap Vaccine:**

One dose of Tdap is recommended for protection against tetanus, diphtheria and pertussis (whooping cough) and is required for 7<sup>th</sup> graders in Oregon.

**Vaccine Benefits:**

The vaccines recommended for preteens can prevent very serious diseases like meningitis and HPV cancers. Even illnesses like pertussis (whooping cough) or the flu can be unpredictable and could cause a preteen to get very sick and possibly miss weeks of school and other activities. You can help protect your preteen from these vaccine-preventable diseases by getting the vaccines recommended for them when they are 11 or 12 years old.