

Preteen Vaccine Week 2021

Protect Your Preteen's Health—Vaccinate!

The need for vaccination doesn't end with babies and toddlers. Preteens need several different vaccines to protect their health as well. What's more, proof of certain shots is required to enter 7th grade.

"We need to make sure our preteens are protected from vaccine-preventable diseases like pertussis, also known as whooping cough, Human papillomavirus (HPV) and meningitis. By getting them vaccinated, we are helping protect them, our families, and the community from serious, life-threatening illnesses," said Wilma Wooten, MD, MPH, County Public Health Officer.

March 1st-6th is "Preteen Vaccine Week," which focuses on protecting 11 and 12 year-olds against dangerous vaccine-preventable diseases. The County Health and Human Services Agency wants to remind parents that their preteens need vaccines to protect against pertussis, HPV, and meningitis. Incoming 7th graders must also provide proof of having received the Tdap vaccine (tetanus, diphtheria, pertussis) and, beginning in the upcoming school year they will also need two doses of the chickenpox vaccine before starting school. Additional meningitis vaccines are recommended when teens are 16 years old. The flu vaccine is also recommended every year for everyone 6 months or older, not just preteens and teens.

"Protect your preteen's health for the years ahead," Dr. Wooten said. "Ask your doctor about the vaccines recommended for your child at their preteen visit, including a flu vaccination every year."

Making sure students have all the required vaccines is part of the countywide [Live Well San Diego](#) vision, an effort to improve the health and well-being of residents in the region.

Below is a checklist of needed preteen vaccines:

Preteen (11-12 years old) Vaccine Checklist

- Human Papillomavirus (HPV) vaccine; 2 or 3-dose series recommended for girls *and* boys**
- Tdap (tetanus, diphtheria, pertussis) vaccine is required for incoming 7th graders**
- Chickenpox (varicella); proof of two doses is required for 7th grade entry**
- Meningococcal vaccine**
- Flu vaccine; recommended for everyone *every* year**
- Any catch-up vaccines (e.g., 2nd dose of MMR [measles, mumps, rubella])**

Parents should contact their doctor to schedule an appointment for needed vaccines. Parents whose children do not have insurance can contact a County Public Health Center (see a list of Centers here: <https://tinyurl.com/y45h8ymb>) about vaccines at no charge.

For more information about immunizations and the diseases they protect against, please visit these websites:

County of San Diego Immunization Program

www.sandiegocounty.gov/IZ

- <https://tinyurl.com/PreteenVaccineWeek>

California Department of Public Health Immunization Branch (CDPH)

www.GetImmunizedCA.org

CDPH School/Child Care Immunization Requirements

www.ShotsforSchool.org

ShotByShot.org—True stories about people whose lives were affected by vaccine-preventable diseases

<http://www.shotbyshot.org/>