

## Preteen Vaccine Week 2023

This year's Preteen Vaccine Week (#PVW) is February 26 - March 4, 2023. PVW is a California observance to raise awareness about the vaccines recommended for preteens ages 11-12 and to encourage well-visits with healthcare providers.

Vaccines are a sure way to protect against certain serious and deadly diseases. They even help stop certain types of cancers. Many preteens missed out on important vaccines during the pandemic – make sure your child isn't one of them! This week, the County of San Diego wants to encourage parents to contact their preteen's healthcare provider and schedule a well-child visit to make sure they are up-to-date with their immunizations. Ensuring children and teenagers in our communities are staying up-to-date on recommended vaccinations.

The human papillomavirus (HPV) vaccine, which can be given starting at age 9, protects against cancers caused by HPV. HPV is estimated to cause nearly 37,000 cases of cancer in men and women every year in the U.S. Preteens also need vaccines against whooping cough (Tdap) and meningitis (MenACWY), when they are 11-12 years old. The COVID-19 vaccine, including the updated (bivalent) booster, is recommended to protect preteens against COVID-19. Under state law, incoming 7th graders must provide proof of having received the whooping cough shot and two doses of chickenpox vaccine before starting school. Flu vaccine is also recommended for everyone 6 months or older, not just preteens and teens.

Parents and guardians should contact their child's healthcare provider to schedule an appointment for any needed vaccines. If you do not have a healthcare provider or insurance, visit the County of San Diego Immunization Clinics webpage for more information about vaccines offered at County Public Health Centers.

Help us to raise awareness and to encourage preteens to get vaccinated. Promoting vaccinations contributes to the Live Well vision of creating a Healthy, Safe, and Thriving San Diego County.

### Recommended Vaccines:

- **One dose of Tdap** vaccine is recommended for preteens at age 11 or 12 to continue providing protection against tetanus, diphtheria, and pertussis (whooping cough)
- **Chickenpox vaccine** protects against more than just an itchy rash. The disease can cause pneumonia or serious skin infections.
- **HPV vaccine** is recommended for preteens and can be started at 9 years to protect against certain types of cancer caused by HPV infection. All genders should receive the HPV vaccine series to protect against cancer.
- **Quadrivalent meningococcal conjugate vaccine (MenACWY)** is recommended for preteens, ages 11 or 12 years, for protection against bacteria that cause meningococcal disease, a very serious illness which can lead to death in as little as 48 hours.

- A yearly **flu vaccine** is also recommended for your preteen and the whole family. Students who haven't yet been immunized in the fall, when it is most helpful, can still benefit from the flu immunization now.
- **Two doses of the COVID-19 vaccine** are recommended for everyone 6 months and older to protect against the serious illness caused by COVID-19. Kids should also get the updated (bivalent) booster dose