



# 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"> <li>For 11- or 12-year-olds instead of the Td booster.</li> <li>Tdap vaccine also protects against whooping cough.</li> </ul>  | Updated to reflect new requirements beginning September 1, 2014<br><ul style="list-style-type: none"> <li>1 shot needed for 7-12th grade.</li> </ul> |
| Meningococcal (MCV)                   | <ul style="list-style-type: none"> <li>For 11- or 12-year-olds (and then a booster shot at age 16).</li> <li>Protects against 3 of the 4 most common types of meningitis.</li> </ul>  | <ul style="list-style-type: none"> <li>Needed for 7-12th grade.</li> </ul>   |
| Human papillomavirus (HPV)            | <ul style="list-style-type: none"> <li>For 11- or 12-year-olds.</li> <li>This vaccine, given in a series of 3 shots, prevents most cervical cancer and certain types of anal cancer, vaginal cancers, and possibly mouth and throat cancers.</li> </ul> | <ul style="list-style-type: none"> <li>Strongly recommended, but not required.</li> </ul>  |
| <b>Influenza</b>                      | <ul style="list-style-type: none"> <li>Protects against flu (given each year).</li> </ul>   |  |
| Measles, mumps, rubella (MMR)         | <ul style="list-style-type: none"> <li>For those who only received 1 shot previously.</li> </ul>  | <ul style="list-style-type: none"> <li>2 shots needed for 7-12th grade.</li> </ul>   |
| Chickenpox (Varicella)                | <ul style="list-style-type: none"> <li>For those who have never had chickenpox disease.</li> <li>For those who have not already had 2 doses.</li> </ul>   | <ul style="list-style-type: none"> <li>2 shots needed for 7-12th grade.</li> </ul>   |
| Hepatitis B                           | <ul style="list-style-type: none"> <li>For those who have not already received this series of 3 shots.</li> </ul>   | <ul style="list-style-type: none"> <li>3 shots needed for 7-12th grade.</li> </ul>   |

\*Legal exemption available for medical or conscientious 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 651-201-5503 or 1-800-657-3970.

Immunization Program  
 P.O. Box 64975  
 St. Paul, MN 55164-0975  
 651-201-5503 or 1-800-657-3970  
[www.health.state.mn.us/immunize](http://www.health.state.mn.us/immunize) (3/14)

