

Tween and teen health

Put your teen on the path to wellness. As your child grows into a teen, he or she should continue yearly doctor visits for exams and scheduled immunizations.

These visits give the doctor a chance to talk about:

- The importance of good eating habits and regular physical activity
- Avoiding alcohol, smoking and drugs
- Impact of sexual activity and sexually transmitted disease

Recommended Immunizations for ages 7 to 18					
Vaccine	7-10 years	11-12 years	13-15 years	16 years	17-18 years
Tetanus Diphtheria Pertussis (Tdap)		●			
Human Papillomavirus (HPV) – females and males		●*			
Meningococcal (MCV)		●		●	
Influenza (Flu)	Yearly				

● One dose □ Range of recommended dates

* The CDC recommendation for HPV vaccination for children is three doses at 11-12 years old.

Sources: U.S. Department of Health and Human Services, and the Centers for Disease Control and Prevention, U.S. Preventive Services Task Force

