

# HealthyActions

Achieving Your Goals for Healthy Living



## Immunization Reminder Card – Teens

Keep track of your child's shots. The doctor will have a form for you to use. Your child will need it for school and college.

### Adolescent Immunization Reminder

\_\_\_\_\_ (date)

Dear \_\_\_\_\_,

Your child is growing quickly. Pre-teens and teens may be as big as adults, but they still need to be protected by their parents. One way you can protect your child is to make sure they get the shots they need.

Your child should have these shots by the time they are 13 years old!:

- Hepatitis B (3 or 4 doses)
- Polio (4 doses)
- Measles, mumps, & rubella (MMR) (2 doses)
- Varicella (chickenpox) (2 doses)
- Tetanus, diphtheria, and pertussis (4 doses DTaP and 1 booster Tdap)
- Meningococcal (1 dose)
- Human papillomavirus (HPV) (girls only) (3 doses)
- Other: \_\_\_\_\_
- Other: \_\_\_\_\_

Check-ups are important. We want to make sure your child is growing and developing. We want to make sure your child is protected from serious diseases.

Please call our office to schedule your child's check-up. Our phone number is: \_\_\_\_\_. Please call weekdays from \_\_\_\_ AM to \_\_\_\_ PM. We will be happy to answer any questions you may have.

Sincerely,



# Immunization Reminder Card – Teens

**Immunizations** are not just for babies. As children grow older, they are at risk for getting different diseases. New vaccines can now protect your child from diseases that may cause cancer or brain infection.

## **Immunization**

Becoming immune to (protected from) a disease. Immunizations are usually vaccinations. They are also called vaccines or shots. Immunizations strengthen your immune system.

## **Immune system**

Protects the body from germs, bacteria, and viruses. Also protects against cancer cells.

## **Why Immunize? A Parent's Guide to Protecting Your Child (Pre-Teen)**

### **Protect Your Child from Serious Diseases**

One new vaccine will protect your child from meningococcal (muh-nin-juh-cockle) disease. It can be spread by coughing and sneezing. It can cause meningitis, which is an infection around your brain and spinal cord. Meningitis is often fatal. Your doctor may want to give this vaccine before your child goes to college or high school.

Another new vaccine will protect your child from human papillomavirus (pap-uh-lo-muh-virus) (HPV). It is spread by sexual contact. It can cause genital warts or cervical cancer. Your daughter may not be sexually active now, but the HPV vaccine will protect her now *and* in the future.

Talk to your doctor about these vaccines.

### **Are Vaccines Really Necessary?**

Many diseases are becoming rare in the United States. Travelers from other countries can carry diseases into our country. Children who are not immunized can get these diseases. They can cause paralysis (loss of movement), mental changes, cancer, deafness, blindness, or even death.

### **Are Vaccines Safe?**

Vaccines are created and tested over many years. They are licensed by the government only when they are effective and safe. Every batch is tested for safety. Side effects are monitored. Serious side effects are reported.

Your child may have mild side effects from a shot, such as:

- Soreness where the shot was given.
- A low-grade fever.

Serious reactions are very rare. Your child is far more likely to be harmed by diseases than by the shots that prevent them.

## **Reference**

1. CDC. "Recommended Immunization Schedules for Persons Aged 0-18 Years—United States, 2007." Available at: <http://www.cdc.gov/mmwr/pdf/wk/mm5551-Immunization.pdf>. Accessed June 21, 2007.