

## 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 <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>
Influenza	<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)

