

Teens Need Vaccines, 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!

Free or low-cost vaccines are available. If your child does not have insurance or a health care provider, use the Vaccination Clinic Web Map at [Free at Low-Cost Shots for Children \(www.health.state.mn.us/people/immunize/basics/howpay.html\)](http://www.health.state.mn.us/people/immunize/basics/howpay.html) to find clinics that offer free or low-cost vaccines.

Vaccines your teen needs

Meningococcal conjugate (MenACWY)

What: Protects against four common types of meningitis.

Who: 11- or 12-year-olds (and a booster shot at age 16).

Required for school*: One shot needed for 7th grade and one shot needed for 12th grade.

COVID-19

What: Protects against COVID-19.

Who: Everyone 6 months and older.

Strongly recommended but not required for school.

Tetanus, diphtheria, pertussis (Tdap)

What: Protects against whooping cough (pertussis).

Who: 11- or 12-year-olds instead of the Td booster.

Required for school*: One shot needed for 7-12th grade.

Influenza

What: Protects against flu (given each year).

Who: Everyone 6 months and older.

Strongly recommended but not required for school.

Human papillomavirus (HPV)

What: Prevents six types of cancers caused by HPV.

Who: 11- or 12-year-olds, but can start at 9 years.

Strongly recommended but not required for school.

Meningococcal B (MenB)

What: Protects against another common type of meningitis.

Who: 16-18 year-olds

Recommend talking to your teen's health care provider but not required for school.

*Legal exemptions are available for medical or non-medical reasons.

Note: Polio, MMR, varicella (chickenpox), and Hepatitis B childhood vaccines are also required for kindergarten through 12th grade.

Getting a vaccine doesn't have to be scary!

- Encourage your teen to take slow, deep breaths.
- Bring along their favorite music and headphones.
- Have them make eye contact with someone or focus on something in the room, like a poster.

Accessing your teen's immunization record

Learn how to access your teen's immunization record at [Find My Immunization Record \(www.health.state.mn.us/people/immunize/miic/records.html\)](http://www.health.state.mn.us/people/immunize/miic/records.html). If you do not have internet or mobile access, you can call 651-201-5414 to request your teen's record.