



Catch Up on Routine Vaccinations

Many students have missed vaccinations over the past few years. According to a recent study, about **40% of parents reported** that their youngest child missed a routine medical visit due to the COVID-19 pandemic. A third of parents also reported their child had missed a vaccination.¹

Routine vaccinations protect your child, family, and community from life-threatening, preventable diseases. It is important to work with your child’s doctor to make sure they are caught up on regular check-ups and medical care, including missing vaccines. Vaccination requirements for school vary by state, so check with your state health department or local school district.

CDC/AAP Recommended Vaccinations for School-Age Children

The COVID-19 vaccine is now approved and recommended for children 6 months of age and older.

4-6 YEARS	<ul style="list-style-type: none">• Diphtheria, Tetanus, and Pertussis (DTaP) – 5th dose*• Polio (IPV) – 4th dose• Measles, Mumps, and Rubella (MMR) – 2nd dose• Chickenpox (Varicella) – 2nd dose• Flu (Influenza) – 1 dose every year <p><i>* Some children may only require 4 doses depending on timing.</i></p>
7-10 YEARS	<ul style="list-style-type: none">• Human Papillomavirus (HPV) – 2 doses total*• Flu (Influenza) – 1 dose every year <p><i>* Although routinely given at ages 11-12, the HPV vaccine can be given as early as age 9 to prevent cancers and infections caused by HPV. If the HPV vaccine series is not started until age 15, 3 doses are necessary.</i></p>
11-12 YEARS	<ul style="list-style-type: none">• Meningitis (Meningococcal ACWY) – 1st dose• Human Papillomavirus (HPV) – 2 doses total• Tetanus, Diphtheria, and Pertussis (Tdap) – 1 dose• Flu (Influenza) – 1 dose every year
13-18 YEARS	<ul style="list-style-type: none">• Meningitis (MenACWY) – 2nd dose*• Flu (Influenza) – 1 dose every year <p><i>* Some teens should also receive the Meningococcal B vaccine.</i></p>

¹Teasdale, Chloe, et al. “Missed routine pediatric care and vaccinations in US children during the first year of the COVID-19 pandemic.” *Prev Med.* 2022 May; 158: 107025.





Don't be late!

**Are you and your
family up to date?**

Tdap Vaccination

THE VACCINE

The Tdap vaccine protects your child against tetanus, diphtheria, and pertussis (which are all serious, life-threatening illnesses).

TETANUS, often called “lockjaw,” causes painful stiffening of the muscles. Tetanus can lead to serious health problems, including being unable to open the mouth, having trouble swallowing and breathing, or death.

DIPHTHERIA can lead to trouble breathing, heart failure, paralysis, or death.

PERTUSSIS, also known as “whooping cough,” can cause uncontrollable, violent coughing that makes it hard to breathe, eat, or drink. Pertussis can be especially serious in babies and young children, causing pneumonia, convulsions, brain damage, or death. In teens and adults, it can cause passing out and broken ribs.

Source:
[Tdap Vaccine Information Statement | CDC](#)

WHEN TO SCHEDULE YOUR APPOINTMENT

11-12 years old

Teens should get their routine Tdap vaccine starting at age 11. Do not wait until high school to get this important vaccine.

Tdap boosters are given every 10 years after that.

Children ages 4-6 should have already received 4 doses of the DTaP vaccine as a baby. They will typically get their 5th dose before entering Kindergarten. (The DTaP vaccine is similar to the Tdap vaccine but is used during early childhood.)

If your child has not received the recommended number of DTaP vaccines, see your doctor at any age to begin getting caught up!

Pregnant people should receive a Tdap vaccine during every pregnancy. This helps to protect their babies after birth.

Source:
[Birth-18 Years Immunization Schedule | CDC](#)

Meningococcal ACWY Vaccination

THE VACCINE

The Meningococcal ACWY vaccine protects your child from meningococcal disease caused by serogroups (groups of similar bacteria) A, C, W, and Y.*

Meningococcal disease can cause life-threatening illnesses such as meningitis (an infection of the lining of the brain and spinal cord) and bloodstream infections. Even when it is treated, meningococcal disease kills 10 to 15 infected people out of 100. And, of those who survive, about 10 to 20 out of every 100 will suffer permanent disabilities such as hearing loss, brain damage, kidney damage, limb amputations, nervous system problems, or severe scars.

Source:
[Meningococcal Vaccine Information Statement | CDC](#)

WHEN TO SCHEDULE YOUR APPOINTMENT

11-12 years old and again at 16 years old

Adolescents/young adults ages 16-23 are at a greater risk for meningococcal disease (meningitis).

*There is a different meningococcal vaccine adolescents can get to protect against meningitis caused by serogroup B. Talk to your doctor about this vaccine (which should be given between 16-18 years old).

Source:
[Serogroup B Meningococcal Vaccine Information Statement | CDC](#)