

Adolescent Immunization FAQs and Information Guide



PURPOSE:

This information guide provides parents/guardians and adolescent patients with information on adolescent immunizations. It answers common questions and summarizes the required and recommended vaccines, including a description of each vaccine and information on the recommended vaccine schedule.

The Adolescent Immunization FAQs and Information Guide may be distributed anywhere adolescent patients and their parents/guardians may be found, including schools, pharmacies, physician offices and community events.



QUESTION:

What vaccines are recommended for adolescents (10-19 years old)?

ANSWER:

The CDC recommends that adolescents receive the following vaccines:

- Tdap – Tetanus, diphtheria and pertussis
- HPV – Human papillomavirus
- Meningococcal conjugate (MenACWY)
- Meningococcal B (MenB)
- Influenza (flu)
- COVID-19^{1,2}

Your adolescent’s healthcare provider may recommend additional vaccines if they have missed vaccine doses in the past or if they have certain risk factors.



QUESTION:

Are the vaccines recommended or required?

ANSWER:

The Centers for Disease Control and Prevention (CDC) recommends when kids, teenagers and adults should get their vaccines. These recommendations come from a team of experts called the Advisory Committee on Immunization Practices (ACIP).³ The schedule they share tells us what age to get vaccines, how many shots are needed and how long to wait between shots. These recommendations are based on a lot of research, but are not required by law – they’re guidance to help keep us safe.⁴

Some states may require certain vaccines, but usually just for school, jobs or travel requirements. For example, schools might require kids and teens to get shots so they can come to class.^{4,5}

It’s important for kids and teens to get all the recommended vaccines to keep them safe from sicknesses that can be prevented with vaccines.⁶



QUESTION:

Where can I get the vaccines?

ANSWER:

Usually, you can get vaccines at doctor’s offices, health departments and drug stores. Sometimes, there are special programs that give shots at schools or in the community.⁷ The places where teens can get their shots might be limited by state laws and insurance policies.⁸



QUESTION:

How much do the vaccines cost?

ANSWER:

Vaccine prices can change based on a variety of factors. If your teenager has private insurance or Medicaid, most shots to prevent sickness are usually paid for, and a healthcare provider can give them.^{9,10}

If your teenager doesn’t have insurance or if the insurance doesn’t cover the vaccine, there might be ways to get it for a low price or even for free. Some ways to get help include programs like Vaccines for Children (VFC), help from the vaccine companies, discount cards or other programs. You should talk to your doctor to find out what’s the best choice for your family.^{9,10}



QUESTION:
Where can I get more information?

ANSWER:

For more information on the VFC program¹²:
VFC Program | CDC: <https://www.cdc.gov/vaccines/programs/vfc/index.html>

For more information on vaccine schedules and recommendations^{13,14}:
Vaccines for Your Children | CDC: <https://www.cdc.gov/vaccines/parents/index.html>

Vaccine Education Center | Children’s Hospital of Philadelphia: <https://www.chop.edu/centers-programs/vaccine-education-center>

For VFC providers near you:
Call your local health department or visit the state health department website.

For Indiana residents, click the following link to access a VFC provider map¹⁵:
Indiana VFC Provider Map: <https://www.in.gov/health/immunization/vaccines-for-children/vfc-provider-map/>

REQUIRED SCHOOL IMMUNIZATIONS FOR INDIANA ADOLESCENTS^{*11}

Vaccine	Description	CDC Recommended Schedule
Tdap	<p>The Tdap vaccine protects against Tetanus, Diphtheria and Pertussis.</p> <ul style="list-style-type: none"> Tetanus, often called “lockjaw,” is caused by the Clostridium tetani, and it can cause involuntary muscle contractions and death. Diphtheria is caused by Corynebacterium diphtheriae bacteria. It can cause breathing and heart rhythm problems, and can even lead to death. Pertussis, often called “whooping cough,” is caused by the Bordetella pertussis bacteria, and can cause cold-like symptoms, cough and difficulty breathing. Pertussis can be especially dangerous for newborns and babies.¹⁶ 	<p>Multi-dose Schedule:</p> <ul style="list-style-type: none"> 1 shot at 11-12 years old Repeat doses are recommended every 10 years throughout adulthood <p>Additional doses may be recommended by your healthcare provider if there is a potential exposure to tetanus (open wounds, cuts, etc.)¹⁶</p> <p>One dose of Tdap is also recommended between weeks 27 through 36 of each pregnancy.¹⁷</p>
Meningococcal (ACWY)[†]	<p>The Meningococcal ACWY vaccine keeps your teenager safe from a serious illness called meningitis and other sicknesses caused by meningococcal groups named A, C, W and Y. This illness can attack the blood, brain and spine.</p> <p>Meningococcal disease is very dangerous and can lead to death or serious health problems. Getting your teen vaccinated helps protect them from this harmful disease.¹⁸</p>	<p>2-Dose Schedule:</p> <ul style="list-style-type: none"> First dose at 11-12 years old Second dose at 16 years old¹⁸

* School vaccine recommendations and requirements may vary from state to state.

† Combination vaccine may be available; speak with your healthcare provider for additional information.



RECOMMENDED SCHOOL IMMUNIZATIONS FOR INDIANA ADOLESCENTS^{*11}

Vaccine	Description	CDC Recommended Schedule
HPV	The HPV vaccine helps protect against a virus called HPV (Human Papillomavirus) that can cause different types of cancer like cervical, mouth, throat, anal, penile, vulvar and vaginal cancers. A lot of people, about 85%, will get an HPV infection at some point in their lives, but this vaccine can help stop certain types of HPV. It's important for both girls and boys to be vaccinated. This helps keep them safe from these cancers when they grow up. ^{19,20}	<p>2-Dose Schedule (9-14 years):</p> <ul style="list-style-type: none"> • For adolescents that get their first dose before they turn 15 years old • The second dose is given 6-12 months after the first dose <p>3-Dose Schedule:</p> <ul style="list-style-type: none"> • For adolescents that get their first dose after they turn 15 years old • The second dose is given 1-2 months after the first dose • The third dose is given 6 months after the second dose¹⁹
Meningococcal B[†]	The Meningococcal B vaccine protects against meningitis and infections caused by group B. Meningococcal meningitis infections can cause infections of the blood, brain and spinal cord. It's very dangerous and can lead to death or serious health problems. Getting your teen vaccinated helps protect them from this harmful disease. ²¹	<p>For those ages 16-23, based on shared clinical decision-making with your adolescent's provider.</p> <p>Also recommended for those 10 years or older with certain risk factors. Speak to your pediatrician to see if your adolescent is at increased risk.</p> <p>The Meningococcal B vaccine is a 2- or 3-dose series.²¹</p>
Influenza (Flu)	The influenza vaccine protects against seasonal flu viruses. In serious cases, flu can lead to difficulty breathing, lung infections and even death. Getting a flu shot every year can help keep your teenager from getting sick with the flu. ²²	<p>Seasonal Schedule:</p> <ul style="list-style-type: none"> • 1 dose annually, typically in early fall²²
COVID-19	The COVID-19 vaccine protects against the SARS-CoV-2 virus. COVID-19 can cause mild to severe illness. Symptoms of COVID-19 can vary, but often are similar to the flu. By vaccinating your teenager, they can be better protected from the virus. ²³	<p>Schedule depends on age and vaccine chosen:</p> <ul style="list-style-type: none"> • Recommended for all adolescents, per the CDC <p><i>Refer to CDC website for the most up to date recommendations.</i>²³</p>

* School vaccine recommendations and requirements may vary from state to state.

† Combination vaccine may be available; speak with your healthcare provider for additional information.

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