

Do you have a preteen or teen? Protect them against serious diseases!

Leaving their phone at a friend's house, suddenly needing a ride somewhere... you knew there would be days like this. But did you know that you'd also need to take your preteens and teens to get shots?

As they get older, kids are at increased risk for some infections. Plus the protection provided by some of the childhood vaccines begins to wear off, so kids need a booster dose. You may have heard about pertussis (whooping cough) outbreaks recently. Vaccine-preventable diseases are still real. The vaccines for preteens and teens can help protect your kids, as well as their friends, community and other family members.

There are four recommended vaccines that preteens should get when they are 11 or 12 years old. If you have an older kid like a teen, they'll need a booster dose of one of the shots. Plus it's not too late to get any shots they may have missed. You can use any healthcare visit, including sports physicals or some sick visits, to get the shots your kids need. The vaccines for preteens and teens are:

- **HPV vaccine for both boys and girls**, which protects against the types of HPV that most commonly cause cancer. HPV can cause cancers of the cervix, vulva and vagina in women and cancers of the penis in men. In both women and men, HPV also causes mouth/throat cancer, anal cancer and genital warts.
- **Tdap vaccine**, which is a booster against tetanus, diphtheria, and pertussis. Pertussis, or whooping cough, can keep kids out of school and activities for weeks. It can also be spread to babies, which can be very dangerous and sometimes deadly.
- **Meningococcal vaccine**, which protects against meningococcal disease. Meningococcal disease is caused by bacteria and is a leading cause of bacterial meningitis—a serious infection around the brain and spinal cord.
- **Influenza (flu) vaccine**, because even healthy kids can get the flu, and it can be serious. All kids, including your preteens and teens, should get the flu vaccine every year.

Talk with a doctor, nurse or clinic about the vaccines for preteens and teens. Even though they may not realize it, your kids still need you for more than a ride somewhere. They need you to continue protecting their health by getting them these important and life-saving vaccines.

Want to learn more about the vaccines for preteens and teens? Check out <http://www.cdc.gov/vaccines/teens> or call 1-800-CDC-INFO.

HPV
also known as Human Papillomavirus

As parents, you do everything you can to protect your children's health for now and for the future. Today, there is a strong weapon to prevent several types of cancer in our kids: the HPV vaccine.

HPV and Cancer

HPV is short for Human Papillomavirus, a common virus. In the United States each year, there are about 18,000 women and 7,000 men affected by HPV-related cancers. Many of these cancers **could be prevented with vaccination**. In both women and men, HPV can cause anal cancer and mouth/throat (oropharyngeal) cancer. It can also cause cancers of the cervix, vulva and vagina in women; and cancer of the penis in men.

For women, screening is available to detect most cases of cervical cancer with a Pap smear. Unfortunately, there is no routine screening for other HPV-related cancers for women or men, and these cancers can cause pain, suffering, or even death. **That is why a vaccine that prevents most of these types of cancers is so important.**

More about HPV

HPV is a virus passed from one person to another during skin-to-skin sexual contact, including vaginal, oral, and anal sex. HPV is most common in people in their late teens and early 20s. Almost all sexually active people will get HPV at some time in their lives, though most will never even know it.

Most of the time, the body naturally fights off HPV, before HPV causes any health problems. But in some cases, the body does not fight off HPV, and HPV can cause health problems, like cancer and genital warts. Genital warts are not a life-threatening disease, but they can cause emotional stress, and their treatment can be very uncomfortable. About 1 in 100 sexually active adults in the United States have genital warts at any given time.

HPV vaccination is recommended for preteen girls and boys at age 11 or 12 years

HPV vaccine is also recommended for girls ages 13 through 26 years and for boys ages 13 through 21 years, who have not yet been vaccinated. So if your son or daughter hasn't started or finished the HPV vaccine series—**it's not too late!** Talk to their doctor about getting it for them now.

Two vaccines—Cervarix and Gardasil—are available to prevent the HPV types that cause most cervical cancers and anal cancers. One of the HPV vaccines, Gardasil, also prevents vulvar and vaginal cancers in women and genital warts in both women and men. Only Gardasil has been tested and licensed for use in males. Both vaccines are given in a series of 3 shots over 6 months. The best way to remember to get your child all three shots is to make an appointment for the second and third shot before you leave the doctor's office after the first shot.

Is the HPV vaccine safe?

Yes. Both HPV vaccines were studied in tens of thousands of people around the world. More than 46 million doses have been distributed to date, and there have been no serious safety concerns. Vaccine safety continues to be monitored by CDC and the Food and Drug Administration (FDA).

These studies continue to show that HPV vaccines are safe.

The most common side effects reported are mild. They include: pain where the shot was given (usually the arm), fever, dizziness, and nausea. ▶

Why does my child need this now?

HPV vaccines offer the best protection to girls and boys who receive all three vaccine doses and have time to develop an immune response **before** they begin sexual activity with another person. This is not to say that your preteen is ready to have sex. In fact, it's just the opposite—it's important to get your child protected before you or your child have to think about this issue. The immune response to this vaccine is better in preteens, and this could mean better protection for your child. ❖



You may have heard that some kids faint when they get vaccinated. Fainting is common with preteens and teens for many medical procedures, not just the HPV shot. Be sure that your child eats something before going to get the vaccine. It's a good idea to have your child sit or lay down while getting any vaccine, and for 15 minutes afterwards, to prevent fainting and any injuries that could happen from fainting.

The HPV vaccine can safely be given at the same time as the other recommended vaccines, including the Tdap, meningococcal, and influenza vaccines. Learn more about all of the recommended preteen vaccines at www.cdc.gov/vaccines/teens

Help paying for vaccines

The Vaccines for Children (VFC) program provides vaccines for children ages 18 years and younger who are under-insured, not insured, Medicaid-eligible, or American Indian/Alaska Native. Learn more about the VFC program at www.cdc.gov/Features/VFCprogram/

Whether you have insurance, or your child is VFC-eligible, some doctors' offices may also charge a fee to give the vaccines. ■

Jacquelyn's story: "I was healthy—and got cervical cancer."

When I was in my late 20's and early 30's, in the years before my daughter was born, I had some abnormal Pap smears and had to have further testing. I was told I had the kind of HPV that can cause cancer and mild dysplasia.

For three more years, I had normal tests. But when I got my first Pap test after my son was born, they told me I needed a biopsy. The results came back as cancer, and my doctor sent me to an oncologist. Fortunately, the cancer was at an early stage. My lymph nodes were clear, and I didn't need radiation. But I did need to have a total hysterectomy.

My husband and I have been together for 15 years, and we were planning to have more children. We are so grateful for our two wonderful children, but we were hoping for more—which is not going to happen now.

The bottom line is they caught the cancer early, but the complications continue to impact my life and my family. For the next few years, I have to get pelvic exams and Pap smears every few months, the doctors measure tumor markers, and I have to have regular x-rays and ultrasounds, just in case. I have so many medical appointments that are taking time away from my family, my friends, and my job.

Worse, every time the phone rings, and I know it's my oncologist calling, I hold my breath until I get the results. I'm hopeful I can live a full and healthy life, but cancer is always in the back of my mind.

In a short period of time, I went from being healthy and planning more children to all of a sudden having a radical hysterectomy and trying to make sure I don't have cancer again. It's kind of overwhelming. And I am one of the lucky ones!

Ultimately I need to make sure I'm healthy and there for my children. I want to be around to see their children grow up.

I will do everything to keep my son and daughter from going through this. I will get them both the HPV vaccine as soon as they turn 11. I tell everyone—my friends, my family—to get their children the HPV vaccine series to protect them from this kind of cancer. ❖



What about boys?

One HPV vaccine—Gardasil—is for boys too! This vaccine can help prevent boys from getting HPV-related cancers of the mouth/throat, penis and anus. The vaccine can also help prevent genital warts. HPV vaccination of males is also likely to benefit females by reducing the spread of HPV viruses.

Learn more about HPV and HPV vaccine at www.cdc.gov/hpv

For more information about the vaccines recommended for preteens and teens:

800-CDC-INFO (800-232-4636)

<http://www.cdc.gov/vaccines/teens>

Additional Adolescent Vaccine Information

HPV Vaccine information

- HPV vaccination is recommended for all preteens at age 11 or 12 for protection against HPV infection and HPV-related disease.
- The 3-dose series of HPV vaccine is routinely recommended for all females at 11 or 12 years for the prevention of cervical cancer.
 - HPV vaccine is also recommended for teens and young women 13 through 26 years old, who did not receive the three recommended doses when they were younger.
- The 3-dose series of quadrivalent HPV vaccine is routinely recommended for boys at 11 or 12 years for prevention of anal cancer and genital warts.
 - Quadrivalent HPV vaccine is also recommended for all teen boys and men through age 21, who did not get all three doses of the vaccine when they were younger.
 - The vaccine is also recommended for men who have sex with men and men with compromised immune systems (including HIV) through age 26, if they did not get fully vaccinated when they were younger.
 - All males may receive the vaccine through age 26 and should ask their doctor if getting vaccinated is right for them.
- Human papillomavirus (HPV) is a common virus that is primarily spread through sexual contact
- About 6 million people, including teens, become infected with HPV each year
- There are approximately 40 types of genital HPV
 - Some types can cause cancer in both males and females
 - Other types of HPV can cause genital warts in both males and females
- In both males and females, HPV can cause anal cancer and mouth/throat (oropharyngeal) cancer. It can also cause cancers of the cervix, vulva and vagina in women; and cancer of the penis in men.
- CDC reports that every year, there are about 15,000 females and 7,000 males affected by HPV-related cancers.
- Every year about 12,000 females living in the United States will be diagnosed with cervical cancer and 4,000 will die from cervical cancer.
- There are 2 vaccines licensed by the Food and Drug Administration (FDA) and recommended by CDC to protect against HPV-related illness; these vaccines are Cervarix (made by GlaxoSmithKline) and Gardasil (made by Merck)
 - Gardasil was licensed for use in females in June 2006 and for males in October 2009
 - Cervarix was licensed for use in females in October 2009
 - Both vaccines are very effective against HPV types 16 and 18, which cause most cervical cancers—So both vaccines prevent cervical cancer in women
 - Only Gardasil protects against HPV types 6 and 11, the types that cause most genital warts in females and males
 - Only Gardasil has been tested and shown to protect against cancers of the vulva, vagina, and anus
 - Only Gardasil has been tested and licensed for use in males

HPV Vaccine Safety

- All vaccines used in the United States are required to go through years of extensive safety testing before they are licensed by FDA.
- Before licensed by the FDA, Gardasil was studied in more than 29,000 males and females, and Cervarix was studied in more than 30,000 females during clinical trials; Both vaccines were found to be safe and effective.

- FDA and CDC work with healthcare providers throughout the United States to monitor the safety of HPV vaccines, including for any adverse events, especially rare events not identified in the pre-licensure study trials
- As of July 2012, approximately 46 million doses of Gardasil® were distributed in the U.S.

Tdap Vaccine Information

- Tdap vaccine is recommended for preteens at ages 11 or 12 years for protection against tetanus, diphtheria and pertussis (whooping cough)
- These 3 diseases are all caused by bacteria
 - Both diphtheria and pertussis (whooping cough) are spread from person to person;
 - Tetanus enters the body through cuts, scratches, or wounds
- 18,719 cases of pertussis were reported in 2011 in the U.S.
- Protection provided by the DTaP vaccine received in childhood wanes over time, so preteens and teens need a booster vaccine known as Tdap.
 - The Tdap booster not only protects preteens and teens against pertussis, but also the people around them—especially little babies and elders.
- Those 13-18 year olds who haven't gotten the Tdap shot yet should talk with their parents and their doctor about getting it now.

Meningococcal Conjugate Vaccine (MCV4) Information

- The meningococcal conjugate vaccine is recommended for all preteens at age 11 or 12 for protection against some of the bacteria that cause meningococcal disease, such as meningitis or sepsis (bloodstream infection).
- A booster dose is recommended for teens at age 16 to continue providing protection when their risk for meningococcal disease is highest.
 - Teens who received MCV4 for the first time at age 13 through 15 years will need a one-time booster dose at age 16 years.
 - Teens who missed getting the vaccine altogether should ask the doctor about getting immunized now, especially if they are about to move into a college dorm or military barracks.
- Meningococcal meningitis is inflammation of the lining around the brain and spinal cord that is caused by a very serious bacterial infection.
 - This infection can lead to brain damage, hearing loss, learning disabilities, and even death.
 - In addition to death, other types of meningococcal disease can lead to loss of an arm or leg.
- Meningococcus bacteria are spread through the exchange of respiratory and throat secretions (from coughing or kissing).
- Although it can be very serious, meningococcal disease can be treated with antibiotics that can prevent severe illness and reduce the spread of infection from person to person.
 - Quick medical attention is extremely important if meningococcal disease is suspected.

General Adolescent Vaccine Safety

- Fainting—or syncope—can occur after any medical procedure, including vaccination
 - Recent data suggest that syncope after any vaccination is more common in adolescents
- Adolescents and adults should be seated or lying down during vaccination
 - Providers should consider observing patients in seated or lying positions for 15 minutes after vaccination