Most vaccines are given to infants and toddlers, however, adolescence is another important time in life to get vaccinated. Children who are 11 to 12 years old should get vaccines to protect against infections that cause tetanus, whooping cough, meningitis, and cancers caused by human papillomavirus, or HPV. Teenagers should receive catch-up shots if they are behind on any immunizations.

Vaccines are a vital part of preventing diseases that can lead to severe illness, disability, and even death. Also, some schools may require up-to-date vaccines to attend. Talk with your health care provider to ensure your children are fully immunized.

Thank you for joining us on *A Minute of Health with CDC*.

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