



A CUP OF HEALTH WITH CDC

Teens Need Vaccines

*National, Regional, State, and Selected Local Area Vaccination Coverage
Among Adolescents Aged 13-17 Years — United States, 2017*

Recorded: August 21, 2018; posted: August 23, 2018

[Announcer] This program is presented by the Centers for Disease Control and Prevention.

[Dr. Dooling] Welcome to *A Cup of Health with CDC*, a weekly feature of the *MMWR*, the Morbidity and Mortality Weekly Report. I'm your host, Dr. Kathleen Dooling.

Most vaccines are given to infants and toddlers during the first two years of life. However, several shots are recommended for adolescents to prevent serious diseases later in life.

Tanja Walker is with CDC's National Center for Immunization and Respiratory Diseases. She's joining us today to discuss the importance of keeping adolescents up-to-date on recommended vaccines. Welcome to the show, Tanja.

[Ms. Walker] Hi Kathleen.

[Dr. Dooling] Tanja, what vaccines are recommended for older children?

[Ms. Walker] Well, in addition to flu vaccine, which is recommended annually for everyone older than six months, we recommend adolescents get three vaccines at 11 or 12. The meningococcal vaccine, which protects against several strains of meningitis; the human papillomavirus, or HPV vaccine, which protects against cancers caused by HPV; and Tdap, which protects against tetanus, diphtheria, and pertussis, or whooping cough. Teens are also recommended to receive a booster dose of meningococcal vaccine at age 16 and teens and young adults age 16 to 23 years may also be given serogroup B meningococcal vaccine to protect against another type of meningococcal bacteria.

[Dr. Dooling] Wow! Are most adolescents in the U.S. up-to-date on their vaccines?

[Ms. Walker] The majority of adolescents are receiving Tdap and meningococcal vaccines. Also, even more adolescents are receiving the first dose of HPV vaccine. In fact, each year since 2013, there has been about a five percent increase in the number of adolescents beginning the HPV vaccine series. This year, about half of all adolescents were up-to-date with the HPV vaccine series. While we are pleased, we would like to see coverage rates be even higher.

[Dr. Dooling] What about adolescents who are behind on their vaccines?

[Ms. Walker] It's never too late to catch-up if your child or teen's vaccinations are not up-to-date. Contact your child's provider to schedule an appointment for catch-up vaccines.

[Dr. Dooling] What immunizations are required for school attendance?

[Ms. Walker] School requirements vary by state. Most states require Tdap and many states require the meningococcal vaccine. However, we recommend that all preteens receive three vaccines to protect against infections that can cause meningitis, HPV cancers, and whooping cough.

[Dr. Dooling] How can parents ensure their children are current on all their immunizations?

[Ms. Walker] You can get an immunization tracking card from your child's doctor or from your health department to keep record of the child's vaccines. Be sure to keep the card in a safe place that you can easily access and make sure you take it to each of your child's doctor's visits.

[Dr. Dooling] Where can listeners get more information about recommended vaccines for adolescents?

[Ms. Walker] Listeners can go to [cdc.gov/vaccines/parents](https://www.cdc.gov/vaccines/parents).

[Dr. Dooling] Thanks, Tanja. I've been talking today with Tanja Walker about the importance of ensuring adolescents are up-to-date on their vaccines.

Vaccines are a vital part of preventing diseases that can lead to severe illness, disability, and even death. Talk with your health care provider to ensure your children are fully immunized.

Until next time, be well. This is Dr. Kathleen Dooling for *A Cup of Health with CDC*.

[Announcer] For the most accurate health information, visit [cdc.gov](https://www.cdc.gov) or call 1-800-CDC-INFO.