

Your tweens sure can be a handful. They are getting more independent and testing boundaries, but they still need you.



## They still need you to help protect their future.

Preteen and teen vaccines are as easy as 1, 2, 3. 1 dose of Tdap, 2 doses of meningococcal + 3 doses of HPV to protect your preteen from 5 vaccine preventable diseases and cancer.

The best time to start is at their health checkup at 11 or 12 years old, but it's never too late to start protecting their future. Learn more about the protection these vaccines bring...



**Protects against Whooping Cough (pertussis), tetanus, and diphtheria.**

Whooping Cough, sometimes called the "100 day cough" or pertussis, is easy to spread and can be especially harmful for babies and grandparents. Just 1 Tdap shot helps prevent this illness plus tetanus, also called lockjaw, that is caused by being pricked by rusty metal or contaminated soil, and diphtheria that is a serious respiratory infection.



**Protects against meningitis.**

2 shots of the meningitis vaccine is the best way to protect your child from 1 serious disease. Meningitis spreads quickly from person to person through sharing a water bottle or lip-gloss, coughing, kissing or sneezing. Preteens need this shot when they are 11 or 12 years and then a booster shot at age 16. If you have an older teen, it is not too late.



**Protects against HPV (Human Papilloma Virus).**

Research has proven a link between HPV and certain types of cancer. In the US each year, there are about 17,000 women and 9,000 men affected by HPV-related cancers. There is no routine screening to detect these diseases and that's why this preventative vaccine is so important. Getting the HPV vaccine now for your child will protect them and give them a healthy future for years to come.

**Are These Vaccines Safe?** Yes. All of these vaccines were studied in tens of thousands of people around the world. The most common side effects reported are mild. All of the vaccines are saving lives.

Learn more about protecting your child with 3 at [WhyImmunize.org/ProtectMewith3](http://WhyImmunize.org/ProtectMewith3)

