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Social Services | Public Health | Behavioral Health

news release

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Vaccine awareness week focuses on preteens

Humboldt County Department of Health & Human Services (DHHS) is reminding parents and caregivers about the importance of immunizations for their preteens ages 11 and 12 and teenagers.

DHHS's Public Health branch is joining agencies throughout California in promoting the annual Preteen Vaccine Week Feb. 26 through March 4.

This annual, weeklong campaign was designed to focus on the health of preteens by encouraging regular doctor visits and up-to-date vaccines.

Supervising Public Health Nurse Melinda McLarin said, "Vaccines are the safest and most effective way to protect your children from serious vaccine-preventable illness and diseases."

The Centers for Disease Control and Prevention (CDC) recommend that young people ages 11 and 12 years old receive the following vaccines:

- COVID-19
- Tdap (tetanus, diphtheria, whooping cough)- All students entering 7th grade need proof of a Tdap booster shot before starting school. This vaccine is recommended for young people between the ages of 11 and 12 years old.
- HPV (human papillomavirus)- This is a three-dose series recommended for boys and girls.
- Meningococcal- Preteens need one shot now and a booster between ages 16 and 18.
- Varicella (Chickenpox)- Check with your health care provider to make sure both doses have been administered, it is common for children not to receive the second dose.
- Influenza (flu) vaccine is needed every year.

For more information about immunizations, contact your child's health care provider or the Public Health Clinic if they do not have one. Public Health is hosting a preteen vaccination clinic on Friday, March 3, from 9 a.m. to 3:30 p.m., closed noon to 1 p.m. for lunch. The clinic is located at 529 I St. in Eureka. Call 707-268-2108 to make an appointment. Public Health Clinic is also available for vaccine appointments Wednesdays from 9 a.m. to 3:30 p.m., closed noon to 1 p.m. and Thursdays from 9 to 11:30 a.m.

For the full childhood vaccine schedule, visit <https://www.cdc.gov/vaccines/schedules/>.

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