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Social Services | Public Health | Mental Health

news release

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Vaccines for Preteens

The Humboldt County Department of Health & Human Services reminds parents that vaccination is not just for infants, but teenagers also need immunization.

In an effort to raise awareness about vaccines, DHHS's Public Health is joining agencies around California in promoting Feb. 8 through 14 as Preteen Vaccine Week.

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

"Vaccines are the safest and most effective way to protect your children from serious vaccine-preventable diseases," said Susan Wardrip, R.N. and immunization coordinator.

The Centers for Disease Control and Prevention (CDC) recommend that 11 and 12-year-olds receive the following vaccines:

- Tdap (tetanus, diphtheria, whooping cough)
All students entering 7th-grade will need proof of a Tdap booster shot before starting school.
- 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.
- Influenza (flu). Flu vaccine is needed every year.
- 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.

Vaccines are available from clinics and other health care providers. For more information about immunizations, contact the DHHS Public Health Clinic at 707-268-2108. The clinic is located at 529 I St. in Eureka.

For information about preteen immunizations, visit the CDC online at <http://www.cdc.gov/vaccines/who/teens/index.html> .

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