



STATE OF HAWAII  
DEPARTMENT OF HEALTH  
P. O. BOX 3378  
HONOLULU, HI 96801-3378

In reply, please refer to:  
File:

September 2018

Dear Parents/Guardians:

Immunizations are an important part of protecting the health of your preteen or teen. Vaccinations during the preteen/teen years are important because over time, the protection provided by childhood vaccines can decrease. Preteens and teens are also at risk for different diseases as they get older.

Four (4) vaccines are routinely recommended for preteens and teens. These vaccines protect against serious, sometimes life-threatening diseases.

- Pertussis (whooping cough; [http://health.hawaii.gov/docd/disease\\_listing/pertussis/](http://health.hawaii.gov/docd/disease_listing/pertussis/))
- Meningococcal infection ([http://health.hawaii.gov/docd/disease\\_listing/meningococcal/](http://health.hawaii.gov/docd/disease_listing/meningococcal/))
- Human papillomavirus (HPV; [http://health.hawaii.gov/docd/disease\\_listing/human-papillomavirus-hpv/](http://health.hawaii.gov/docd/disease_listing/human-papillomavirus-hpv/))
- Influenza (flu; [http://health.hawaii.gov/docd/disease\\_listing/influenza-flu/](http://health.hawaii.gov/docd/disease_listing/influenza-flu/))

Information about these vaccines and the diseases they prevent is also attached. While no vaccine is 100% effective at preventing disease, the best way to protect your preteen or teen from these diseases is through vaccination.

Like any medication, vaccines can sometimes cause side effects. The side effects from vaccines are almost always minor (such as redness and swelling where the shot was given) and go away within a few days. Serious side effects after vaccination, such as severe allergic reactions, are very rare. Before getting vaccinated, we encourage you to tell your healthcare provider if your child has any severe allergies and discuss any questions you might have.

Vaccinating your preteen or teen will protect them from serious diseases and help prevent the spread of these diseases in our schools and communities. Please join our commitment to healthy children and healthy communities.

Sincerely,

A handwritten signature in blue ink, appearing to read "Sarah Y. Park".

Sarah Y. Park, M.D., F.A.A.P.  
State Epidemiologist

Attachment

# Vaccines for Preteens and Teens: What Parents Need to Know



Vaccinating preteens and teens is important because the protection provided by childhood vaccines can decrease over time. They are also at risk for different diseases as they get older. Vaccines are recommended beginning at age 11 or 12 years. Older teens who were not vaccinated earlier should be immunized as soon as possible. Ask a healthcare provider if your preteen or teen is up-to-date.

Disease	Vaccine	When and How Many
<b>Pertussis (Whooping Cough)</b> is highly contagious and causes severe coughing fits that can last for weeks.	Tetanus, diphtheria, and pertussis (Tdap) vaccine	One dose at age 11 or 12 years
<b>Meningococcal infection</b> can be very serious, even deadly. About 1 in 10 people with meningococcal disease will die from it.	Quadrivalent meningococcal vaccine (MCV4)	Two doses: one at age 11 or 12 years and a booster dose at age 16 years
	Serogroup B meningococcal vaccine (MenB)	Two or three doses at age 16 - 18 years
<b>Human Papillomavirus (HPV)</b> is a common virus that can cause 6 different cancers and genital warts.	Human papillomavirus (HPV) vaccine	Two or three doses, depending on age, starting at age 11 or 12 years
<b>Influenza or “flu”</b> can cause mild to severe illness, and in some cases, can cause death.	Flu vaccine	One dose every year

Recommended by the Centers for Disease Control and Prevention, the American Academy of Pediatrics, and the American Academy of Family Physicians

For more information, visit [health.hawaii.gov](http://health.hawaii.gov)

