

May, 2015

Dear Parent,

We as parents are great at ensuring our babies receive all of the preventive healthcare they need. But once our babies get a little older, they sometimes fall under our radar screen. You may know that teens need preventive health care too and specifically, they need immunizations. An ideal time to schedule your teen for a check up at the pediatrician's office is at 11 or 12 years of age. Some of these vaccines are newer recommendations from the Centers for Disease Control. Immunizations have been proven to provide important benefits to teens, especially as they grow into adults. Lowering disease rates among teens also assists in lowering the chances of those diseases being spread to those most at risk- the elderly, children and infants. Protection for one means protection for all.

**Recommended teen immunizations:**

**Catch-Up**

<b>Tdap</b> <ul style="list-style-type: none"><li>• Protects against pertussis (or whooping cough) Adolescents and adults can pass this disease to younger children</li><li>• <b>Required for all 7, 8, 9, 10 &amp; 11th graders as of Fall 2015</b></li></ul>	<b>Varicella</b> <ul style="list-style-type: none"><li>• Protects against chickenpox and its complications</li><li>• <b>2 doses are required for all K, 1, 2, 3, 4, 7, 8, 9, 10 &amp; 11th graders as of Fall 2015</b></li></ul>
<b>HPV</b> <ul style="list-style-type: none"><li>• Protects against cervical, vaginal, vulvar and anal cancer and genital warts caused by human papilloma virus</li><li>• Recommended for girls and boys, ages 9-26 years of age</li></ul>	<b>MMR</b> <ul style="list-style-type: none"><li>• Protects against measles, mumps and rubella</li><li>• <b>2 doses are required for all students in grades K-12 as of Fall 2015</b></li></ul>
<b>Meningococcal</b> <ul style="list-style-type: none"><li>• Protects against bacterial meningitis which can cause severe disability or death</li><li>• <b>Required for all 7, 8, 9, 10 &amp; 11th graders as of Fall 2015</b></li><li>• Required for all college students living in on-campus housing</li></ul>	<b>Hep B</b> <ul style="list-style-type: none"><li>• Protects against liver disease contracted through blood and sex.</li><li>• <b>Required for all students in grades K-12</b></li></ul>
<b>Flu</b> <ul style="list-style-type: none"><li>• Protects against Influenza disease</li><li>• Recommended for teens every year</li></ul>	<b>Hep A</b> <ul style="list-style-type: none"><li>• Protects against liver disease contracted through oral contact with viral particles.</li><li>• Recommended if not given in early childhood</li></ul>
	<b>Polio</b> <ul style="list-style-type: none"><li>• Protects against polio</li><li>• <b>At least 3 doses are required for all students in grades K-12</b></li></ul>

What you should do...

- **Schedule an annual medical checkup for your teen at 11-12 years of age**  
**Learn more about vaccine-preventable diseases above by going to:**  
<http://www.cispimmunize.org/>      <http://www.cdc.gov/vaccines/who/teens/index.html>
- **Keep an up-to-date record of your child's immunizations**

Protecting your teenager can take many forms- from talking to them about smoking, drugs and alcohol, and safe driving, to keeping an eye on their friends, their homework, and their curfew. Today, there's one more thing you can protect them from: vaccine-preventable diseases. Call to schedule an appointment with your child's doctor this summer.

Sincerely,  
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