

Don't wait — vaccinate.

Protect preteens and teens
with these important vaccines.



Because Life.™

As children grow into preteens and teens, their protection from early childhood vaccines starts to wear off. The Centers for Disease Control and Prevention (CDC) recommends three key vaccines, along with a yearly flu shot. These vaccines:



Protect against serious — sometimes life-threatening — diseases.



Help prevent illness from spreading to family and friends.



Provide long-lasting immunity into adulthood.

Keep reading to learn more about these important vaccines and how they can help protect your child.



Recommended vaccines for preteens and teens

Tdap vaccine

Why it matters:

The Tdap vaccine protects against three serious diseases:

- Tetanus (“lockjaw”).
- Diphtheria (a serious infection).
- Pertussis (whooping cough).

The Tdap vaccine ensures your child stays protected from these conditions, especially as immunity from earlier shots decreases.

When to get it:

- One dose at ages 11–12.

**If missed, your child
should get it ASAP.**

Meningococcal vaccine

Why it matters:

The meningococcal vaccine is the best way to protect your child from life-threatening diseases such as meningitis (infection of the brain and spinal cord lining) as well as bloodstream infections.

When to get it:

- First dose at ages 11–12.
- Booster dose at age 16.
- Some higher risk teens may also need a serogroup B meningococcal vaccine (MenB) between 16–18 years old, especially during outbreaks. This vaccine helps protect against a rare but dangerous infection that can cause meningitis and serious illness.

HPV vaccine

Why it matters:

Human papillomavirus (HPV) is a common virus that can lead to six types of cancer, including cervical and throat cancer. The vaccine provides long-term protection before exposure ever happens.

When to get it:

- First dose at ages 11–12
(can be given as early as age 9).
- Second dose 6–12 months later.
- A third dose is needed if the first two were given less than 5 months apart.

Flu vaccine

Why it matters:

The flu can cause fever, chills, body aches, and serious complications like pneumonia. A yearly flu vaccine helps reduce the risk of severe illness and hospitalization.

When to get it:

- Every year, ideally before the end of October.



Are vaccines safe?

Yes, these vaccines have been extensively studied and are proven to be very safe.

Some mild side effects may include:

- Soreness or redness at the injection site.
- Low-grade fever or tiredness.
- Dizziness or fainting (sitting for 15 minutes after the shot can help prevent this).

Serious side effects are rare, but if your child has allergies to yeast, latex, or eggs, it's important to talk to your physician before your child receives any vaccines.

Keep your child on track.

If your child missed any routine vaccinations, it's not too late to catch up. Schedule an appointment with their physician to ensure they are fully protected.

This is intended to provide general information only and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider regarding your medical condition(s). Coverage for medical services described herein is subject to the terms of your health plan benefit agreement and network coverage varies by plan. Check your member materials for details.

Benefits and/or benefit administration may be provided by or through the following entities, which are independent licensees of the Blue Cross Blue Shield Association:

Western and Northeastern PA: Highmark Inc. d/b/a Highmark Blue Cross Blue Shield, Highmark Choice Company, Highmark Health Insurance Company, Highmark Coverage Advantage Inc., Highmark Benefits Group Inc., First Priority Health, or First Priority Life.

Your plan may not cover all your health care expenses. Read your plan materials carefully to determine which health care services are covered. For more information, call the number on the back of your Member ID card or, if not a member, call 866-459-4418.

Delaware: Highmark BCBSD Inc. d/b/a Highmark Blue Cross Blue Shield.

West Virginia: Highmark West Virginia Inc. d/b/a Highmark Blue Cross Blue Shield.

Visit <https://www.highmarkbcbswv.com/networkaccessplan> to view the Access Plan required by the Health Benefit Plan Network Access and Adequacy Act. You may also request a copy by contacting us at the number on the back of your ID card.

Western NY: Highmark Western and Northeastern New York Inc. d/b/a Highmark Blue Cross Blue Shield.

All references to "Highmark" in this document are references to the Highmark company that is providing the member's health benefits or health benefit administration and/or to one or more of its affiliated Blue companies.



Because Life.™

04/2025 MX4651528