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# Don't wait — vaccinate.

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The Center for Disease Control and Prevention (CDC)\* recommends that preteens have these three vaccinations:

## Tdap

Protects against:

- Tetanus (“lock jaw”).
- Diphtheria (an infection).
- Pertussis (whooping cough).

## Meningococcal

Protects against:

- Disease or illness caused by *Neisseria meningitidis*, a bacteria.
- Meningitis, an infection of the lining around the brain and spinal cord.
- Bloodstream infections.

## HPV (Human papillomavirus)

The HPV vaccination may protect you throughout life and prevents six types of cancer, including cervical cancer in females and throat cancer in males.

\* Centers for Disease Control and Prevention (CDC): [cdc.gov](https://www.cdc.gov)

## Tdap

Preteens should get one Tdap shot between the ages of 11 and 12. Teens who didn't get Tdap as a preteen should talk to their doctor about getting the shot as soon as possible.

## Meningococcal

Preteens and teens are recommended to have a two-dose series of the meningococcal shot — one between ages 11 and 12, and one at age 16.

## HPV

Preteens are recommended to have the HPV vaccination, which protects them from HPV infections that cause cancer.

Two doses of HPV vaccine are recommended for most preteens and teens before their 15th birthday.

- The second dose should be given 6 to 12 months after the first dose.
- Preteens and teens who receive two doses less than 5 months apart will require a third dose.

Preteens and teens who are behind on their routine immunizations should talk with their doctor about catching up on these important vaccines — including their yearly flu shot.

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06/21 MX567018