



**For Immediate Release:**

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## **Protect Your Preteen's Health for the Years Ahead**

Preteen Vaccine Week is February 10-16

LOS ANGELES – Preteen Vaccine Week will be observed across the state from February 10-16 this year. The Los Angeles County Department of Public Health would like to remind parents, guardians, preteens, and providers about the importance of adolescent immunizations.

“All vaccines recommended for 11-12 year olds should be given as part of routine, preteen doctor visits,” said Jonathan E. Fielding, MD, MPH, Director of Public Health and Health Officer. “Seeing their primary care provider at this time helps provide a solid, healthy foundation for a child during some of their most important formative years. It is also an excellent opportunity to discuss other preventive practices, such as healthy diet and exercise, so an adolescent grows into a healthy, informed teen.”

### **Recommended Vaccines**

The Centers for Disease Control and Prevention (CDC) recommends the following vaccines for all 11-12 year olds:

- One dose of meningococcal vaccine, followed by a booster dose at 16 years of age;
- One dose of Tdap (tetanus, diphtheria, and acellular pertussis) vaccine;
- An annual seasonal influenza vaccine;
- Three doses of Human Papillomavirus (HPV) vaccine, which is recommended for both boys and girls to prevent certain types of cancer.

Preteens who have missed any of these recommended vaccine doses should schedule a visit with their doctor or clinic to get caught up.

“The flu season is not over and it is not too late to be vaccinated,” said Dr. Fielding. “Because the flu can continue to spread into the spring, I recommend that anyone 6 months of age and older who has not yet received a flu vaccine do so now. Flu vaccinations are still available in many medical offices, clinics, and pharmacies, but it is wise to call ahead to confirm vaccine availability, clinic hours, and cost.”

### **Middle School Pertussis Immunization Requirement**

California law requires that all students entering, advancing, or transferring into 7th grade show proof they received an adolescent Tdap vaccine. Parents and guardians with students entering 7th grade in 2013 are encouraged to have their children vaccinated now to protect them from disease and avoid a delay in starting school in the fall.

### **Resources for Vaccinations**

All residents are encouraged to contact their regular health care provider for all recommended vaccines. Those who do not have a regular health care provider or health insurance coverage for vaccines can call the LA County Information Line at 2-1-1 from any cell phone or land line in



the county, or visit [www.publichealth.lacounty.gov/ip](http://www.publichealth.lacounty.gov/ip), for referrals to providers offering vaccines at no-cost or a reduced cost.

For more information about adolescent immunization recommendations, vaccine safety information, and information about the Tdap middle school entry requirement, visit:

- [www.publichealth.lacounty.gov/ip](http://www.publichealth.lacounty.gov/ip)
- [www.shotsforschool.org](http://www.shotsforschool.org)
- [www.cdph.ca.gov/programs/immunize/Pages/PreteenVaccineWeek.aspx](http://www.cdph.ca.gov/programs/immunize/Pages/PreteenVaccineWeek.aspx)
- [www.cdc.gov/features/preteenvaccines/](http://www.cdc.gov/features/preteenvaccines/)
- [www.shotbyshot.org](http://www.shotbyshot.org)

The Immunization Coalition of Los Angeles County (ICLAC), a public/private partnership of immunization stakeholders, has joined Public Health in promoting adolescent immunizations during Preteen Vaccine Week. ICLAC partners are providing information and educational materials to community groups, promoting awareness through social media sites, and linking families with resources for low-cost and no-cost vaccines. More information on the coalition and the Preteen Vaccine Week campaign can be found at [www.publichealth.lacounty.gov/ip/ICLAC](http://www.publichealth.lacounty.gov/ip/ICLAC).

The Department of Public Health is committed to protecting and improving the health of the nearly 10 million residents of Los Angeles County. Through a variety of programs, community partnerships and services, Public Health oversees environmental health, disease control, and community and family health. Public Health comprises nearly 4,000 employees and has an annual budget exceeding \$750 million. To learn more about Public Health and the work we do please visit <http://www.publichealth.lacounty.gov>, visit our YouTube channel at <http://www.youtube.com/lapublichealth>, find us on Facebook at <http://www.facebook.com/lapublichealth>, or follow us on Twitter: @LAPublicHealth.

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