

Recommended Immunizations for Adolescent Athletes

Based on recommendations from the American Academy of Pediatrics, Centers for Disease Control and Advisory Committee on Immunization Practices, your adolescent should have the following vaccines:

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| Tetanus/Diphtheria/Pertussis (DTAP) (Lockjaw, whooping cough) | <ul style="list-style-type: none">• 4-5 vaccines prior to kindergarten• 1 vaccine at age 11-12 years• Booster every 5-10 years |
| Polio (IPV, OPV) | <ul style="list-style-type: none">• 4 vaccines prior to kindergarten |
| Measles, Mumps, Rubella (MMR) | <ul style="list-style-type: none">• 1 dose at 1 year• Booster at kindergarten, 2 doses needed before age 11 years |
| Varicella (Chicken pox) | <ul style="list-style-type: none">• If your adolescent has not had chicken pox, 2 doses are needed• 1 dose at 1 year• Booster at kindergarten, 2 doses needed before age 11 years |
| Hepatitis B (Hep B) (Liver infection) | <ul style="list-style-type: none">• 3 doses prior to kindergarten• If no vaccine in the past, adolescent needs 3 doses |
| Meningococcal (MCV4) (Meningitis, brain infection) | <ul style="list-style-type: none">• If no vaccine in the past, vaccinate starting at age 11-12 years• Booster at age 16-18 years |
| Influenza (“Flu”) | <ul style="list-style-type: none">• 1 dose every year, usually in the fall and winter months |
| Human Papilloma Virus (HPV) (Boys and Girls) | <ul style="list-style-type: none">• 3 doses, starting at age 9-11 years |

If your adolescent is missing any of these vaccines, please contact your physician.

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