



FROM THE OFFICE OF DR.

# Why does my child need more shots?

When a baby is born and for the first 18 to 24 months of his or her life, a number of vaccinations are given to ward off diseases. Except for the flu shot, which needs to be given every year, no more vaccinations are usually needed during childhood. However, when your child reaches preadolescence (11 to 13 years of age), he or she will most likely require additional shots for one or all of the following reasons:

- Not all doses of childhood vaccines were given;
- Booster (additional) doses are needed to maintain the body's ability to fight off infection;
- You want your child to receive one or both of two new vaccines that are available (see below).

Following is the list of recommended vaccinations for preadolescents and adolescents:

**Varicella (chickenpox):** A total of two doses are needed. If your child has received only one dose, a second dose is needed. If your child never received this shot and is at least 13 years old, two doses are needed 4 weeks apart.

**Hepatitis A:** A total of two doses are needed. If your child has received only one dose, the second one will be given.

**Hepatitis B:** A total of three doses are needed. If your child has received only one or two

doses, the remaining dose(s) will be given (if two doses are needed, they will be given at separate appointments).

**Measles, mumps, rubella:** All three vaccines are combined into one shot. A total of two doses are needed. If your child has received only one dose, the remaining dose will be given.

**Influenza:** Given yearly for those children at high risk for the flu (ask your doctor for more details).

**Tetanus, diphtheria, pertussis:** All three vaccines are combined into one shot. A booster dose is needed, for older children and adolescents, ideally between the ages of 11 and 12 years.

**NEW! Meningococcal conjugate vaccine:** Prevents meningococcal disease, a potentially fatal bacterial infection that can affect both girls and boys, especially those in high school. Only one dose is needed. Ideally, it would be

given at 11 to 12 years, but can also be given to those entering high school or college if it is has not been given previously. This should be given at the same time as the tetanus, diphtheria, and pertussis booster if both are needed and available.

**NEW! Human papillomavirus vaccine (girls):** Protects against a sexually transmitted disease called human papillomavirus, the leading cause of cervical cancer and genital warts. A total of three doses are needed. The second dose is given 2 months after the first, and the third dose is given 4 months after the second.

Both of the new vaccines are recommended by the US Centers for Disease Control and Prevention and the American Academy of Pediatrics.

For more information on any of these vaccines, please consult your child's pediatrician.