Vaccines for teenagers
A smart investment in a healthy future

Learn more about European Immunization Week and find activities in your country on the Immunize Europe Forum (www.immunize-Europe.org) and the WHO/Europe website (www.euro.who.int/ew). For more information contact euvaccine@who.int

#VaccinesWork
#ImmunizeEurope

More information
WHO recommended immunization schedule for children and adolescents
http://www.who.int/immunization/policy/immunization_tables/en/

National routine immunization schedules
http://apps.who.int/immunization_monitoring/globalsummary/schedules

Did you know?

Vaccine-preventable diseases can emerge at any time and severely disrupt the life of a healthy, busy teenager or lead to cancer later in life. By the age of 10 your child should have received nearly all of the recommended doses in the routine childhood schedule. Now is the time to check that no doses were missed along the way and to look ahead at which vaccines are still needed. Staying up to date on immunization is a smart investment in a healthy future.

Catch-up

It is never too late to catch up on missed vaccinations against polio, measles, tetanus, diphtheria, pertussis and several other diseases. It is especially important for girls to be fully immune to rubella, because infection with rubella during early pregnancy can seriously harm the unborn child.

Vaccines recommended during adolescence

Diptheria, tetanus, pertussis

Immunity to diphtheria, tetanus and pertussis can weaken over time, so a booster shot is needed in the teenage years to stay protected well into adulthood.

HPV

WHO recommends that girls be vaccinated against human papillomavirus (HPV) at 9-13 years of age. In some countries the vaccine is also recommended for boys. Infection with the HPV virus causes genital warts and can eventually lead to cervical cancer. The vaccine is most effective if given at the recommended age, before a girl or boy has become sexually active and infected with the virus.

Special needs

During pregnancy, vaccination against seasonal influenza helps protect both the mother and her unborn child. The pertussis vaccine administered near the end of pregnancy will help protect the newborn in its vulnerable first months of life.

A child or teenager at special risk, for example who has a weakened immune system, is living in a closed community such as a boarding school, or is in contact with a chronically ill family member, may be advised to receive hepatitis B, meningococcus and/or annual seasonal influenza vaccines, if these are not already in the national schedule.

International travel

Anyone planning to travel or study abroad may need protection against diseases that are not common in their own country, such as yellow fever, or to provide proof of immunization against measles or polio. Be sure to keep immunization records up to date and review national travel recommendations. For more information see the WHO international travel and health page: http://www.who.int/ith/en/

Checklist for parents

If your son or daughter is 9-18 years old, he or she may be eligible for:

- missed routine vaccine doses
- a diphtheria/tetanus/pertussis booster shot
- the HPV vaccine
- additional vaccines if at special risk
- travel vaccines if planning to visit or stay in high-risk areas