



# Keeping kids healthy

## Back-to-school immunizations

Getting your family ready for the upcoming school year can get busy. School supplies, teacher assignments and bus schedules are likely at the top of your to-do list.

But one of the most important things to remember is to make sure your child is up to date on his or her shots. It's one of the best ways to protect your family, community and schools.

It also helps promote a healthy school year. Plus in many cases, it's the law. Your state may require children to get vaccines against certain diseases before going to school. If you're not sure of what your state requires, check with your child's doctor, your child's school or your health department.

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# Recommended immunizations

Below are some common shots recommended by age. Each state has different requirements. Be sure to check with your health care provider to see what, if any, vaccines or boosters are needed for the upcoming school year.

## 4 - 6 Years

Tetanus, diphtheria, pertussis (Tdap)  
Inactivated polio vaccine (IPV)  
Measles, mumps, rubella (MMR)  
Varicella (chicken pox)  
Flu (influenza; yearly)

## 7 - 10 Years

Flu (Influenza; yearly)

## 11 - 12 Years

Tetanus, diphtheria, pertussis (Tdap)  
Human papilloma virus (HPV)  
Meningococcal  
Flu (influenza; yearly)

## 13 - 15 Years

Flu (Influenza; yearly)

## 16 - 18 Years

Meningococcal  
Flu (influenza; yearly)

**Immunizations are not just for kids.**  
Keep yourself and your children protected.  
Talk to your doctor about health screenings  
and vaccinations for adults.



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