

HELPFUL FACTS ABOUT ADOLESCENT VACCINES

Is it OK for my teen to get multiple shots in one visit?

Yes. We know vaccines are safe—including when multiple shots are given together. Researchers continue to study vaccines alongside other vaccines. Millions of preteens and teens safely receive vaccines together, and they do completely fine.



Why does my child still need a vaccine if these diseases are mostly gone?

Diseases like meningitis, tetanus, measles and polio are mostly gone now, but the bacteria and viruses that cause these diseases still exist—so they still need vaccines to protect them.



Can the shots be spread out over a longer period of time?



It's not a good idea. Here's why:

- Vaccines are recommended at specific ages because that's when they work the best.
- Delaying vaccines leaves them unprotected for a longer time.
- The American Academy of Pediatrics recommends the schedule as ideal for healthy children.

VACCINATION COSTS

You're covered.



Most vaccines are covered by health insurance or available for free through the Vaccines for Children Program. Talk with your pediatrician's practice manager about options.



[Vaccines for Children Program](#)

Make a plan

COMFORT They may feel a pinch or poke when they get the shot. Distraction, numbing or cooling the area and applying a little pressure can help before the poke. It is normal to be sore or have a fever after.

CONTROL They should sit or lie in the office for 15 minutes after a shot in case they feel faint.

CALM Some teens feel faint after shots if they feel stressed. Stress is contagious, but so is calm.

