

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:

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
Meningococcal Serogroup B (Meningitis, brain infection)	<ul style="list-style-type: none">• 2 or 3 doses depending on type of vaccine used, beginning at age 16
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">• 2 doses, if vaccinated before age 15 years• 3 doses, if vaccinated after age 15 years
COVID-19	<ul style="list-style-type: none">• Number of doses recommended depends on child’s age and type of COVID-19 vaccination received

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

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