

# HEALTHY KIDS

## VACCINES PREVENT SERIOUS ILLNESS



<https://create.vista.com/unlimited/stock-photos/159790560/stock-photo-children-playing-soccer>

### What Vaccines Does My Child Need for 7-12 Grade?

#### Required Vaccinations

The state of MN requires\* students in grades 7-12 to be immunized against the following diseases:

**-Meningococcal conjugate (Meningitis)** First shot needed at ages 11-12 for 7th grade entry; Second shot at age 16 for 12th grade entry.

**-Tdap (Tetanus, Diphtheria, Pertussis)**  
One shot needed for 7th grade.

**In addition, the following vaccines are strongly recommended:**

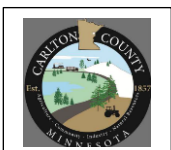
- **HPV:** Age 11-12. Two doses 6-12 months apart
- **Influenza:** Recommended annually
- **Meningococcal B:** Recommended at ages 16-18. Talk to your child's health provider.
- **COVID-19:** Recommended to start series at ages 5+

*\*Minnesota law requires children enrolled in childcare, early childhood education, or school to be immunized against certain diseases, unless the child is medically or non-medically exempt.*

Note: Polio, MMR, varicella (chickenpox), and Hepatitis B childhood vaccines are also required for kindergarten through 12th grade.

### Why are these vaccines needed?

- **Meningococcal conjugate** vaccine protects against four common types of meningitis, an infection of the brain and spinal cord. These can cause severe and permanent nerve and limb damage.
- **Tdap** protects against **Tetanus**- a serious disease of the nervous system, resulting in fever, lockjaw, muscle spasms, headache, seizures, sweating, and trouble swallowing. **Diphtheria**- a highly contagious bacterial disease that can hinder breathing, swallowing, and cause fatal heart and nerve damage. And **Pertussis**- a highly contagious respiratory infection that causes coughing fits. It can be serious to life threatening, especially in infants and young children.
- **Covid-19** and **Influenza** are viruses that can cause serious respiratory symptoms and can sometimes be fatal, especially to the elderly or those with underlying health conditions.
- **HPV** is transmitted through close skin-to-skin contact and can cause cancer of the mouth and throat as well as genital warts and cervical cancer.
- **Meningococcal B** is a less common, but serious infection of the brain and spinal cord caused by a specific strain of meningitis. The CDC found that cases of meningitis spike between the ages of 18-20



For more information visit the [MN Dept. of Health](https://www.health.state.mn.us/people/immunize/index.html) website at:  
[www.health.state.mn.us/people/immunize/index.html](https://www.health.state.mn.us/people/immunize/index.html)

