

Staying Healthy: Preventive Services Recommendations for Children and Teens

Birth through 18 Years

Use these recommendations as a guide. When you know about preventive services—and when to have them—you're helping your child to stay healthy and prevent certain illnesses and diseases.

Preventive services can include:

- ▶ Check-ups
- ▶ Lab tests
- ▶ Medicines
- ▶ Exams
- ▶ Screenings
- ▶ Vaccines
- ▶ Counseling

Talk with your child's doctor or other healthcare professional about which preventive services are best for them.



This brochure is divided into two sections:



Vaccines



Health Screenings and
Other Preventive Services



Vaccines^{1,2}

This vaccine schedule and timing of each dose is considered ideal for healthy children—and the best way to protect them from certain diseases. If your child has certain medical conditions or a weakened immune system, they may need additional or different vaccines. Always consult your child’s doctor about the most appropriate vaccine schedule for your child.




The recommendations below are for routine vaccination. If your child misses a recommended vaccine, talk with your child’s doctor about when to get it. If your child needs to catch up on a missed vaccine that requires more than one dose, the series doesn’t need to start over no matter how much time has passed between doses.

It’s important to keep track of which vaccines your child has received. Without this information your child may not be able to attend school, play sports, or travel abroad. Your child’s doctor or clinic will keep records of the vaccines given to your child in their clinic. Ask for an official copy and keep it in a safe place.

If you’re not sure which vaccines your child has had or may still need, or if you have any questions about vaccines, let your child’s doctor know.

Recommendations for Children from Birth through 6 Years Old

| Vaccine | Age | Number of Doses | For Your Information  |
|--|--|-----------------|--|
| Hepatitis B^{3,4} | At birth | dose 1 | If your baby didn’t get their first dose of the Hepatitis B vaccine at birth, they should begin the series as soon as possible. |
| | 1 to 2 months | dose 2 | |
| | 6 to 18 months | dose 3 | |
| RSV antibody³⁻⁵ Respiratory syncytial virus | Babies younger than 8 months of age and born during or are entering their first RSV season | 1 dose | <ul style="list-style-type: none"> If you received the RSV vaccine during pregnancy, your baby may not need to be immunized In most regions of the U.S., RSV season starts in fall and peaks in winter. But the timing and severity of RSV season can vary from place to place and year to year. <p>Ensure your child is protected from RSV. Talk with your child’s doctor about the right time for your child to get the RSV antibody based on the RSV season where you live.</p> |
| | Some children 8 to 19 months of age who are at increased risk of severe RSV disease and entering their second RSV season | 1 dose | |

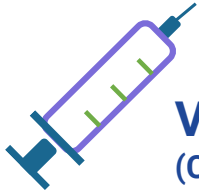
Staying Healthy: Recommendations for Children and Teens




Vaccines—Recommendations for Children from Birth through 6 Years Old (Continued)



| Vaccine | Age Group | Number of Doses | For Your Information |
|---|------------------------|---|---|
| Rotavirus ³ | 2 months | dose 1 | A third dose at 6 months may be needed depending on which brand of rotavirus vaccine your child received. |
| | 4 months | dose 2 | |
| DTaP ^{3,4,6} Diphtheria, tetanus, and pertussis (whooping cough) | Primary series: | | Broken skin caused by a cut or injury, such as stepping on a nail, is one way tetanus enters the body. In such cases, another tetanus shot may be needed. |
| | 2 months | dose 1 | |
| | 4 months | dose 2 | |
| | 6 months | dose 3 | |
| | Booster shots: | | |
| | 15 to 18 months | dose 4 | |
| 4 to 6 years | dose 5 | | |
| Hib ^{3,4} Haemophiles influenzae type b | Primary series: | | A third primary dose may be needed at 6 months depending on which brand of Hib vaccine your child received. |
| | 2 months | dose 1 | |
| | 4 months | dose 2 | |
| | Booster shot: | | |
| 12 to 15 months | dose 3 | | |
| Pneumococcal ³ | 2 months | dose 1 | |
| | 4 months | dose 2 | |
| | 6 months | dose 3 | |
| | 12 to 15 months | dose 4 | |
| Polio ³ | 2 months | dose 1 | |
| | 4 months | dose 2 | |
| | 6 to 18 months | dose 3 | |
| | 4 to 6 years | dose 4 | |
| COVID-19 ^{3,4} | 6 months to 6 years | At least 1 dose of the updated COVID-19 vaccine (2023-2024 Formula) | Depending on your child's age and vaccination status, they may need more than 1 dose of the COVID-19 vaccine. If your child has a medical condition that has weakened their immune system, talk with your child's doctor about the right COVID-19 vaccine dosing and schedule for them. |
| Influenza/Flu ^{3,4} Influenza | 6 months and older | 1 dose each year | Any flu vaccine can be used that's right for your child's age and health status. Some children 6 months through 8 years may need to start with 2 doses followed by 1 each year. |



Vaccines—Recommendations for Children from Birth through 6 Years Old (Continued)


| Vaccine | Age Group | Number of Doses | For Your Information  |
|---|-----------------|-----------------|--|
| MMR^{3,4} Measles, mumps, rubella | 12 to 15 months | dose 1 | The MMRV vaccine, which includes varicella (chickenpox) may be used if you prefer. |
| | 4 to 6 years | dose 2 | |
| Chickenpox^{3,4} | 12 to 15 months | dose 1 | |
| | 4 to 6 years | dose 2 | |
| Hepatitis A^{3,4} | 12 to 23 months | 2 doses | The two doses should be given at least 6 months apart. |





Vaccines (Continued)

Recommendations for Children 7 to 18 Years Old

| Vaccine | Age | Number of Doses | For Your Information  |
|--|---|---|---|
| COVID-19^{3,7} | 7 to 18 years | At least 1 dose of the updated COVID-19 vaccine (2023-2024 Formula) | If your child has a medical condition that has weakened their immune system, talk with your child's doctor about the right COVID-19 vaccine schedule for them. |
| Influenza/Flu³ | 9 years and older | 1 dose each year | Any flu vaccine can be used that's right for your child's age and health status. Some children 7 to 8 years old may need to start with 2 doses followed by 1 each year. |
| HPV³ Human papillomavirus | 11 to 12 years (can start at 9 years) | 2 to 3 doses depending on age | Children starting the vaccine series at 9 to 14 years need 2 doses at least 5 months apart. Those starting at 15 years or older need 3 doses at least 5 months apart between dose 1 and dose 3. |
| Meningococcal ACWY³ | 11 to 12 years | dose 1 | The meningococcal ABCWY vaccine is an option for those who are receiving the meningococcal ACWY and meningococcal B vaccines at the same time. |
| | 16 years | dose 2 | |
| Meningococcal B³ | Teens and young adults ages 16 to 23 (16 to 18 preferred) | 2 doses depending on vaccine | For the meningococcal B vaccine, it's recommended that you and your child talk with their doctor and decide together if a meningococcal B vaccine is right for them. |
| Tdap^{3,6} Tetanus, diphtheria, pertussis (whooping cough) | 11 to 12 years | 1 dose | 1 dose of Tdap is recommended during each pregnancy. Broken skin caused by a cut or injury, such as stepping on a nail, is one way tetanus enters the body. In such cases, another tetanus shot may be needed. |






Health Screenings and Other Preventive Services

Health screenings and other preventive services can help your child avoid certain illnesses or help find health problems early when they are often most treatable.


Recommendations for Children 6 Months to 18 Years Old

| Service | Age Group | How Often | For Your Information  |
|--|---|-------------------------|---|
| Fluoride Supplementation to Prevent Tooth Decay⁸ | Starting at 6 months with no signs of cavities or tooth decay | As determined by doctor | It's recommended that only children whose water supply lacks fluoride be prescribed a fluoride supplement by their doctor to help prevent cavities. |
| Fluoride Varnish to Prevent Tooth Decay⁸ | Younger than 5 years with no signs of cavities or tooth decay | As determined by doctor | It's recommended that all babies and children have a fluoride varnish applied to their teeth by a dentist starting when their first tooth appears. |
| Skin Cancer Prevention Counseling⁹ | 6 months to 24 years | As determined by doctor | It's recommended that young adults, teens, children, and the parents of young children with fair skin get counseling to reduce the risk of skin cancer. Some steps you can take to lower the risk of skin cancer include: <ul style="list-style-type: none"> • Using sunscreen with an SPF 15 or higher • Wearing hats, sunglasses, or sun-protective clothing • Avoiding the sun and seeking shade during midday hours (10am to 4 pm) • Avoiding indoor tanning beds or booths |
| Vision Screening for Amblyopia (lazy eye)¹⁰ | 3 to 5 years | At least once | This screening is done to detect lazy eye or any factors that put your child at higher risk of getting it. If not treated, it can lead to permanent vision loss in the affected eye. |
| Screening for Obesity¹¹ | 6 years and older | As determined by doctor | All children and teens should be screened for obesity using a body mass index (BMI) measurement. Children who are obese should be offered or referred by their doctor to a comprehensive program to help them reach a healthier weight. Some of these programs are designed for children, teens, and their parents. |



Health Screenings and Other Preventive Services

(Continued)


| Service | Age Group | How Often | For Your Information  |
|--|--|-------------------------|---|
| Anxiety Screening¹² | 8 to 18 years | As determined by doctor | All young people ages 8 to 18 are at risk of anxiety and should be screened. Certain factors increase their risk. If your child is diagnosed with anxiety, it's recommended that parents, the child, and their doctor work together to decide what treatment is right for them. |
| Depression Screening¹³ | 12 to 18 years | As determined by doctor | All young people aged 12 to 18 are at risk of depression and should be screened. Certain factors increase their risk. If your child is diagnosed with depression, it's recommended that parents, the child, and their doctor work together to decide what treatment is right for them. |
| Tobacco Use Prevention Counseling¹⁴ | School-aged children and teens younger than 18 years who haven't started using tobacco | As determined by doctor | Young people are at risk of starting tobacco use. It's recommended that all school age children and teens get education and counseling from their primary care doctor to help prevent tobacco use. Note: Tobacco use is using any product that contains tobacco. This includes cigarettes, cigars, e-cigarettes, hookah pens, smokeless tobacco, and vapes. |
| Screening for HIV¹⁵ | Teens and adults starting at age 15 | As determined by doctor | Testing is also recommended for teens younger than 15 years who are at higher risk for HIV. |
| Sexually Transmitted Infections (STIs) Prevention Counseling¹⁶ | Sexually active teens and adults at increased risk for STIs | As determined by doctor | Teens and adults at increased risk of getting an STI should be offered counseling about safe sex and preventing STIs. STIs often don't have symptoms which may delay diagnosis and treatment. This can also lead to the spread of infection to others. If not treated, STIs can cause health problems. |





Health Screenings and Other Preventive Services (Continued)

Adult Screenings Recommended for Teens 18 Years Old

| Service | Age Group | How Often | For Your Information  |
|--|--|-------------------------|--|
| Counseling to Promote Healthy Diet and Physical Activity for Cardiovascular Disease (CVD) Prevention¹⁹ | 18 years and older who are at higher risk of CVD | As determined by doctor | Those with 1 or more risk factors for CVD should be offered or referred by their doctor to counseling to promote a healthy diet and physical activity. Risk factors include high blood pressure, high cholesterol levels, metabolic syndrome or a high estimated risk for CVD. |
| High Blood Pressure Screening^{17,18} | 18 to 39 years old without known high blood pressure | Every 3 to 5 years | High blood pressure (also called hypertension) is very common and increases a person's risk of heart attack and stroke. It usually has no symptoms so it's important to get it checked. |
| Tobacco Use Assessment and Counseling²⁰ | Any person 18 years and older who uses tobacco | As determined by doctor | Tobacco use is a leading cause of preventable disease and death in the U.S. If your child smokes or uses any form of tobacco and wants to quit, there are treatments that can help them quit successfully. |



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