

Child and Adolescent Check-Up Schedule (Ages: 3 years to 21 years)



Children and teens should visit the doctor each year for a well-child check-up. This visit covers preventive health, immunizations (shots) and other check-ups. These things are not included in school or sports physicals.

Your child will also need immunizations (shots) at some of these well-child appointments. Most of these immunizations are additional doses of shots they received as a baby or toddler. Some of them are new.

Here's a guide to what shots your child should have and when. Call your child's doctor if you have questions.

Vaccine	Disease Prevented	Number of Immunizations and Age for Giving Them
Diphtheria, Tetanus, Pertussis (DTaP)	<p>Diphtheria. This is a disease that causes inflammation (swelling) of the throat and airways, which can block breathing.</p> <p>Tetanus (lockjaw). This is a disease that causes severe, painful spasms of neck, jaw, and other muscles. It can cause death.</p> <p>Pertussis (whooping cough). This is a disease that causes prolonged loud coughing and gasping. It can interfere with breathing and can cause death.</p>	<p>4 doses by 18 months 5th: 4 to 6 years</p> <p>Note: Your child also needs an extra dose (called the Tdap) at 11 to 12 years old. Your child should then get the Tdap booster every 10 years throughout life.</p>
Inactivated Poliovirus (IPV)	<p>Polio. This is an infection that can paralyze the muscles.</p>	<p>3 doses by 18 months 4th: 4 to 6 years</p> <p>Note: Infants, children, and adults traveling to countries where polio is still active, and staying for more than 4 weeks, should get age-appropriate polio vaccines or a polio booster within 12 months before travel.</p>
Measles, Mumps, Rubella (MMR)	<p>Measles. This is a disease that can cause ear infections and pneumonia.</p> <p>Mumps. This is a disease that affects the glands in the neck. It may affect the testes.</p> <p>Rubella (German measles). This is a disease that can cause birth defects in women exposed while pregnant.</p>	<p>1 dose by 15 months 2nd: 4 to 6 years</p>
Varicella	<p>Chickenpox. This is a disease that causes itchy rash, with fever and fatigue. It can lead to scarring, pneumonia, brain inflammation (encephalitis), and other serious infections.</p>	<p>1 dose by 15 months 2nd: 4 to 6 years</p>

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Human Papillomavirus (HPV)	HPV is a sexually transmitted disease that causes genital warts and certain kinds of cancer in both men and women. It is best for both boys and girls to get the HPV vaccine before they become sexually active. Many of the cancers caused by HPV infection can be prevented by this vaccine.	1st: 9 to 14 years 2nd: 6 to 12 months after 1st
Meningococcal	Bacterial meningitis. This is inflammation of the membrane covering the brain and spinal cord. It can result in death.	Once at 11 to 12 years, with a booster at 16 years.
Influenza	Flu. Different strains of the flu appear each year. The flu can be serious, especially for very young children. It can result in pneumonia and hospitalizations. Don't just protect your child! Make sure everyone in your family gets a flu shot each year.	Yearly