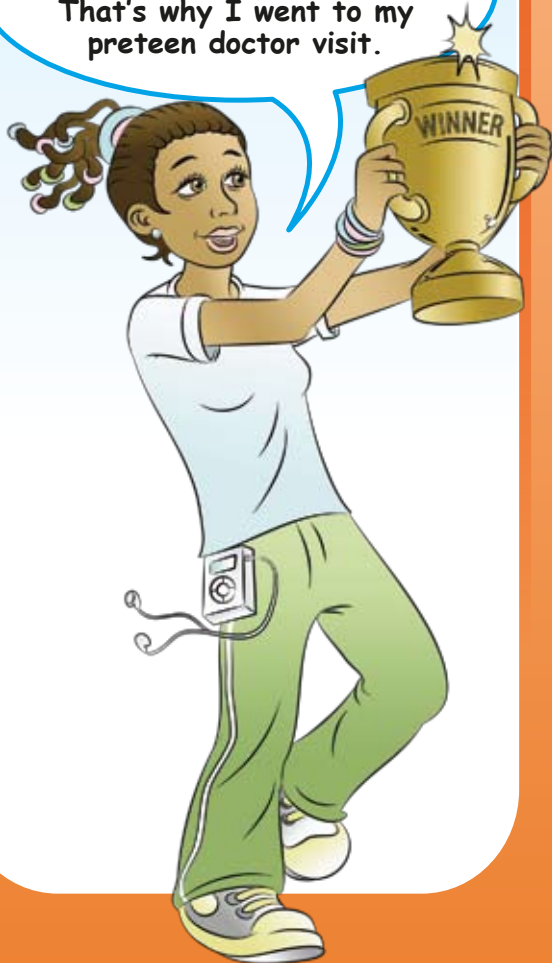


# Check it out!

Whether you're into playing soccer, getting good grades, listening to music, or just hanging out with your friends—if you're 11 or 12 years old, it's time for your preteen doctor visit.

I wanna stay healthy so I can do my best at everything! That's why I went to my preteen doctor visit.



# Want to know more?

Your preteen doctor visit is a great time to ask questions about shots and the diseases they prevent. You can also talk to your parents, school nurse, or local health department's clinic staff.

**For more information, check out:**

[www.bam.gov](http://www.bam.gov)

[www.mybestshot.org](http://www.mybestshot.org)

**For parents:**

[www.GetImmunizedCA.org](http://www.GetImmunizedCA.org)

[www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)

[www.immunize.org](http://www.immunize.org)

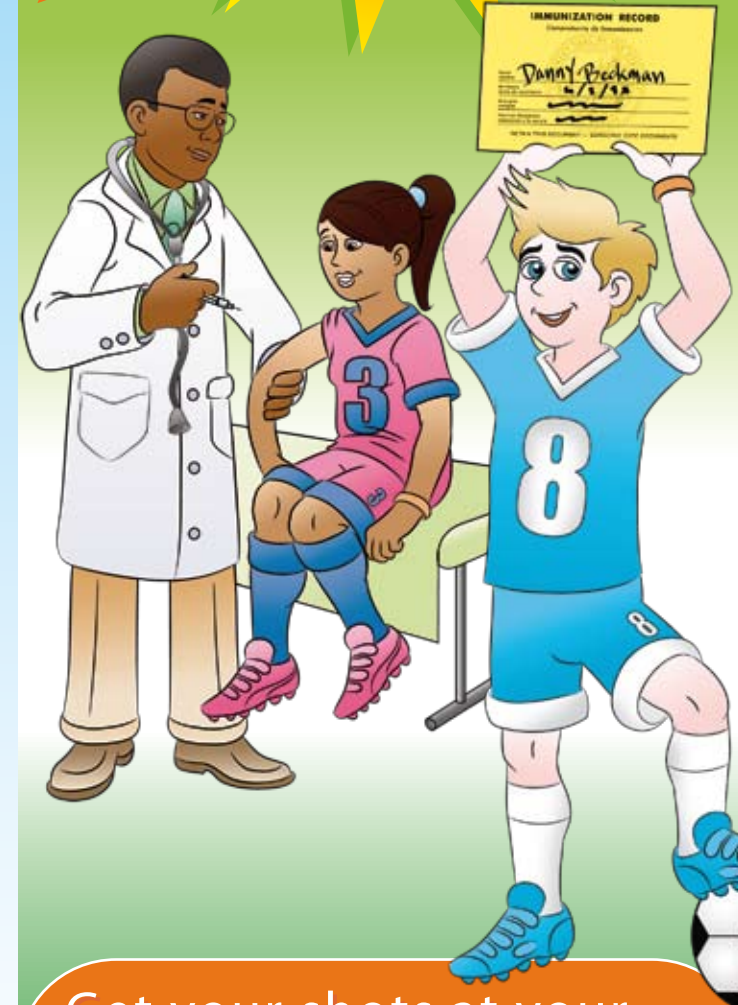
**(800) CDC-INFO / (800) 232-4636**



Arnold Schwarzenegger, Governor—State of California  
Kimberly Belshé, Secretary—Health and Human Services Agency  
Mark B. Horton, MD, MSPH, Director—Department of Public Health  
Immunization Branch  
850 Marina Bay Parkway  
Richmond, CA 94804

**California Kids: Be Protected! Get Immunized!**

IMM-851 (11/10)



Get your shots at your  
**preteen**  
doctor visit!


# What is a preteen doctor visit?

Preteen years are full of changes. It's a good idea to check in with your doctor about ways to stay healthy.

At your preteen visit, you will talk about things like:

- being active
- eating right
- being safe
- standing up to peer pressure
- getting shots (immunizations)

The shots that your doctor recommends will protect you from some very dangerous diseases.




Talking with the doctor was pretty cool. She knew tons of stuff.

# Why should I get shots?

Immunizations are your best shot at preventing some very serious diseases so you can keep doing the things you love to do—instead of being sick.

If you are protected from a disease, you won't pass it on to your friends or family. And, you'll help others by keeping your school and neighborhood disease-free!



Dude, what are you waiting for? Get your shots!

**Did you know?** There's a new rule for school. Before starting the 2011–12 school year, all 7<sup>th</sup>–12<sup>th</sup> graders will need proof of a whooping cough shot called 'Tdap'.

# Ouch! Don't shots hurt?

Getting shots (immunizations) may sting a little, but getting sick from diseases is much worse.

**Shots are worth it!**

Here are some tips to help you relax during shots:

- Have a parent keep you company
- Take slow, deep breaths
- Focus on something in the room, like a poster
- Bring along your favorite music
- Close your eyes and think of your favorite place or activity



**Talk to your parents about your preteen doctor visit!**