

[Click Here](#)

































Last Updated: March 27, 2025 When checking off your back-to-school list, don't forget vaccinations. In California, few young people are immune from the state's strict vaccination requirements for those attending schools and child care programs. State law requires immunization against a host of childhood diseases, including measles, mumps, rubella, whooping cough (pertussis), polio, diphtheria, tetanus, hepatitis B and chickenpox (varicella). Schools generally require proof of vaccinations before students can attend their classes, but there are even better reasons to make sure your children are fully vaccinated. "Vaccinations are the most important, safest and most effective tools we have to prevent a number of deadly diseases," says Dr. Vikram Anand, a specialist in pediatric infectious diseases at Cedars-Sinai. Childhood immunizations fell dramatically during the peak of the COVID-19 pandemic, with the Centers for Disease Control and Prevention (CDC) ordering 14% fewer vaccines in the 2020-21 school year. Drops like these leave communities more vulnerable to the spread and resurgence of vaccine-preventable illnesses such as measles. "While schools provide an important environment for learning and growing, they also provide the perfect opportunity for infections to spread," Dr. Anand says. "Vaccinating children is the best way to prevent this from happening. You're not only keeping your child safe, but you're also protecting sick children with weakened immune systems who can't fight infections." Pediatricians and health officials are urging parents to get back on track. Use the list below to make sure your child is up to date on the immunizations required for California child care programs and schools, according to the California Department of Public Health. Schedule a Primary Care Appointment Online 5 doses diphtheria, tetanus and pertussis (DTaP, DTP or DT); 4 doses OK if one was given on or after fourth birthday 4 doses polio (OPV or IPV); 3 doses OK if one was given on or after fourth birthday 3 doses hepatitis B 2 doses measles, mumps and rubella (MMR), both given on or after first birthday 1 dose varicella (chickenpox) 4 doses diphtheria, tetanus and pertussis (DTaP, DTP, DT, Tdap or Td); 3 doses OK if last dose was given on or after second birthday 4 doses polio (OPV or IPV); 3 doses OK if one was given on or after second birthday 1 dose measles, mumps and rubella (MMR), 2 doses required at seventh grade 1-2 doses varicella (chickenpox); admission at ages 7-12 need one dose; admission at ages 13-17 need two doses 1 dose tetanus, diphtheria and pertussis (Tdap) at seventh grade or out-of-state transfer admission at grades 8-12; 1 dose on or after the seventh birthday The Food and Drug Administration has approved the Moderna and Pfizer-BioNTech COVID-19 shots for children and infants, after an extensive pediatric review. California health officials have delayed implementing any COVID-19 vaccine requirements in schools until at least the 2023-24 school year to allow enough time for full compliance. But the CDC now recommends everyone 6 months and older get vaccinated against the virus that causes COVID-19. The shots lower the risk of developing serious complications from the coronavirus and its evolving variants. Dr. Anand also recommends children get the HPV vaccine, which can prevent human papillomavirus (HPV) infections, a cause of cervical cancer and other cancers. "The HPV vaccine does work better when you give it to children 9 to 11 years old," he says. "In fact, if they get the vaccine before age 14, they only need two doses since they respond much better than older teenagers, who usually need three doses." Adults who want to volunteer at schools will need to check with their school for any vaccine requirements or other health clearances. Universities also usually require vaccinations, and students should make sure their shots are up to date before heading back to campus. What to expect when your child is vaccinated What to expect when your child is vaccinated If you have a kindergartner starting school this year, you're probably well familiar with the list of required vaccinations: DTaP or DT, polio, 2 doses of measles-mumps-rubella, 2 doses of hepatitis A, hepatitis B and 2 doses of varicella (unless the child has had chickenpox). But did you know your rising seventh-grader needs a shot, too? Students entering seventh grade in Tennessee schools must have proof they've had a Tetanus-diphtheria-pertussis booster, or Tdap, shot before school starts, unless they have a medical or religious exemption. Until last year, the state also required proof of two doses of varicella or immunity to chickenpox (if they had it), but that requirement was eased except for students new to the school system. Students who had been in Tennessee schools, the state reasoned, already would have had that verified at a younger age. Nurse practitioner Dena Mashburn, director of nursing for Knox County Health Department, said it's easy for the Tdap requirement to sneak up on parents. When children are younger, we more routinely take them in for physicals, Mashburn said. Younger children tend to be sick more often, and to have developmental screenings, so they're seeing their provider more often. Mashburn said though the Tdap is the only new vaccine required for school entry in the seventh grade (as long as the child is caught up on earlier childhood vaccines), seventh grade is the ideal time to get two other recommended vaccines: meningococcal conjugate and human papillomavirus. The MenACWY guards against four common types of meningococcal bacteria that can cause an infection potentially fatal to the brain and spinal cord. The HPV vaccine, recommended for both boys and girls, was developed to protect against viruses thought to cause cervical and vaginal cancer and genital warts, along with other types of cancers. Approved for U.S. use since 2007, it's given under the brand names Gardasil and Cervarix. Early adolescence is the opportune time to get that vaccine, Mashburn said. They have the best immune response at that age, and were hopefully catching that child before they're exposed to HPV through sexual activity. Those who get the vaccine as an older teen or an adult might need three doses instead of two, she added. Still, she said, studies show the vaccine is safe and effective and is worth it. Its cancer prevention, she said. We don't have another vaccination for preventing cancer. Acceptance of the HPV vaccine has grown, with more than 56 percent of Tennessee 11- and 12-year-olds getting it in 2017, the most recent data available. An annual flu shot also is recommended for teens. While Tennessee has always had high rates of fully vaccinated kindergartners statewide, more than 95 percent of Tennessee kindergartners were fully vaccinated last year, middle-school students once lagged behind. As recently as 10 years ago, fewer than half of 11- and 12-year-olds had received the Tdap, and just more than half got the MenACWY. But by 2017, nearly 90 percent had the Tdap and three-quarters the MenACWY. Vaccinations are available 9 a.m.-4:30 p.m., weekdays at Knox County Health Department clinics: the main clinic, 140 Dameron Ave.; Teague Clinic, 405 Dante Road; and West Clinic, 1028 Old Cedar Bluff Road. Because it's so close to the start of school, Mashburn recommends calling for an appointment, 865-215-5000. Most pediatricians and some clinics also have the vaccines. You can request proof of immunization record from your doctor, local health department or online through the state Department of Health. Getting children vaccinated really does save lives, Mashburn said. You're not only protecting your child, you're likely protecting a child who cannot take the vaccine because of illness or something else that compromises their immunity. Getting as many children as possible in the room vaccinated helps protect those kids. Copyright 2025 American Academy of Family Physicians. All Rights Reserved. Posted: Mar 17th, 2016 at 12:00AM - by e7 Health Middle school vaccines are often times forgotten about since children in this age group do not visit their pediatrician as much as younger children do. But vaccinations are essential for the long-term health and wellness of your child. The following vaccines are all recommended and should be considered for your Middle School child. TDAP Tdap is recommended for anyone 7 years old or older and may be required by your child's school before entering the 7th grade. Tdap vaccine protects you from tetanus, diphtheria, and pertussis diseases. Tetanus is found almost everywhere, including in soil. Cuts, burns, and other abrasions of the skin can introduce tetanus into the body where it leads to extremely painful muscle tightening and lockjaw. Diphtheria is a very rare disease that can lead to breathing problems, paralysis, heart failure, and death. Pertussis is a fairly common condition that leads to severe coughing spells. Pertussis is especially fatal in very young infants and is often passed from adults who don't know that they have it to newborns from their family members or a caregiver. Tdap or Td is needed once every 10 years to provide adequate protection. MENINGITIS This first dose of quadrivalent Meningitis vaccine should be given between 11-12 years old with a booster dose at 16 years old. At 16 years old, your child should also receive the Meningitis Serogroup B vaccine so they are fully protected against the most strains of Meningitis. Meningitis disease has outbreaks in the United States and children between the ages of 16 and 21 are particularly at risk. Meningococcal disease is commonly spread through close contact and by sharing utensils, straws, and by kissing. This disease can cause serious disease very quickly, and can lead to death within days of contracting the disease. It can also lead to meningitis (swelling around the brain and spinal cord), sepsis, and permanent disabilities. This is why many colleges are now requiring students who live in a dorm to receive meningococcal vaccine. HPV HPV vaccine can be given as young as 9 years old, although CDC recommends the series be started at 11-12 years old. Human Papillomavirus (HPV) is the most common sexually transmitted infections in the United States with at least half of all people contracting it at some point in their lifetime. Most people who contract HPV do not know it, but can still spread the disease. HPV causes genital warts as well as cervical, vulvar, vaginal, anal, and oropharyngeal. It is important to get your child vaccinated at a young age as this provides better immunity compared to older ages. HPV vaccine is the only vaccine that can prevent certain types of cancers. INFLUENZA Flu season typically occurs between October and May in the United States and your child should receive the influenza vaccine at the beginning of the Flu season each year. Influenza virus (the flu) causes millions of cases of illness, hundreds of thousands of hospitalizations, and thousands of deaths every year. Becoming ill with the flu can also keep your child out of school for days or weeks, cost you money in doctors visits, and possibly cause hospitalization or death. Each year a new flu vaccine is formulated to match the current influenza viruses that are circulating for the flu season. It takes approximately two weeks to develop protection from the influenza viruses after vaccination, so the sooner you receive your vaccine, the better. PNEUMOCOCCAL If your child has certain medical conditions, like asthma, pneumococcal vaccine is recommended. In the United States, about 50,000 people die each year from pneumococcal disease. Vaccination and appropriate treatment can help prevent many of these deaths. Most of these deaths are in adults 65 and older, very young children, and in people with underlying medical conditions like asthma or who smoke. Pneumonia may be caused by bacteria or a virus. The pneumococcal vaccines can protect you from certain bacterial pneumonias. The most common cause of viral pneumonia is influenza, so getting your yearly flu shot is also highly recommended in these high risk groups. e7 Health has all the vaccines that your middle schooler needs in stock at both our Las Vegas locations. Call us today to schedule your appointment and get your children protected today. Give us a 5-Star Review on Google! It only takes a few seconds! I came to E7 health for a physical exam for employment. Staff was very professional, and I was in and out in thirty minutes Read More Staff was extremely friendly, I was able to walk in without an appointment. Read More Very friendly, informative, and well versed. Felt well taken care of by the doctor and all the staff. Fast, friendly, considerate, all staff met. Read More I was here for an employment physical. They are amazing! I was in and out in less than 10 mins. Read More J was super helpful. Very quick and easy. Read More Rachel was amazing and I was in and out so quick! Ready to start my new job! Thanks Read More J was awesome at talking me through my first time getting blood taken. The doctor that also did my physical was quick and very thorough when letting me know the next steps for getting the test results back :) Read More Quick n staff very nice Read More By following the recommended schedule and fully immunizing your child by 2 years of age, your child should be protected against 16 vaccine preventable diseases. Between 12 and 23 months of age, your child receives the following vaccines to continue developing immunity from potentially harmful diseases. 1st dose of 2 Chickenpox is a very contagious disease known for its itchy, blister-like rash and a fever. Chickenpox is a mild disease for many, but can be serious, even life-threatening, especially in babies, teenagers, pregnant women, and people with weakened immune systems. 4th dose of 5 A DTaP vaccine is the best protection from three serious diseases: diphtheria, tetanus, and whooping cough (pertussis). All three of these diseases can be deadly for people of any age, and whooping cough is especially dangerous for babies. Children should receive flu vaccination every flu season. 1st Dose of 2 Hepatitis A can be a serious, even fatal liver disease caused by the hepatitis A virus. Children with the virus often don't have symptoms, but they often pass the disease to others, including their unvaccinated parents or caregivers. 3rd dose of 3 between 6 months and 18 months Hepatitis B is an infectious and potentially serious disease that can cause liver damage and liver cancer. If babies are infected at birth, hepatitis B can be a lifelong, chronic infection. There is no cure for hepatitis B, but the hepatitis B vaccine is the best way to prevent it. 3rd dose of 3 or 4th dose of 4 Hib disease is a serious illness caused by the bacteria Haemophilus influenzae type b (Hib). Babies and children younger than 5 years old are most at risk for Hib disease. It can cause lifelong disability and be deadly. Doctors recommend that your child get three or four doses of the Hib vaccine (depending on the brand). 3rd dose of 4 between 6 months and 18 months Polio is a disabling and life-threatening disease caused by poliovirus, which can infect the spinal cord and cause paralysis. It most often sickens children younger than 5 years old. Polio was eliminated in the United States with vaccination, and continued use of polio vaccine has kept this country polio-free. 1st dose of 2 The MMR vaccine helps prevent three diseases: measles, mumps, and rubella (German measles). These diseases are contagious and can be serious. 4th dose of 4 Pneumococcal disease can cause potentially serious and even deadly infections. The pneumococcal conjugate vaccine protects against the bacteria that cause pneumococcal disease. Learn more about these vaccines: Guide health care providers in determining recommended vaccines for each age group. Legend Range of recommended ages for all children Range of recommended ages for catch-up vaccination Range of recommended ages for certain high-risk groups or populations Recommended vaccination can begin in this age group Recommended vaccination based on shared clinical decision-making No Guidance/Not Applicable These recommendations must be read with the notes that follow. For those who fall behind or start late, provide catch-up vaccination at the earliest opportunity as indicated by the green bars. To determine minimum intervals between doses, see the catch-up schedule (Table 2). Respiratory syncytial virus (RSV-mAb [Nirsevimab]) 1 dose depending on maternal RSV vaccination status. See Notes 1 dose (6 through 19 months). See Notes Hepatitis B (HepB) 1st dose 2nd dose 3rd dose Rotavirus (RV) RV1 (2-dose series); RV5 (3-dose series) 1st dose 2nd dose See Notes Diphtheria, tetanus, & acellular pertussis (DTaP: