



BRIGHT FUTURES HANDOUT ► PATIENT

9 AND 10 YEAR VISITS

Here are some suggestions from Bright Futures experts that may be of value to you and your family.

✓ TAKING CARE OF YOU

- Enjoy spending time with your family.
- Help out at home and in your community.
- If you get angry with someone, try to walk away.
- Say “No!” to drugs, alcohol, and cigarettes or e-cigarettes. Walk away if someone offers you some.
- Talk with your parents, teachers, or another trusted adult if anyone bullies, threatens, or hurts you.
- Go online only when your parents say it’s OK. Don’t give your name, address, or phone number on a Web site unless your parents say it’s OK.
- If you want to chat online, tell your parents first.
- If you feel scared online, get off and tell your parents.

✓ GROWING AND DEVELOPING

- Ask a parent or trusted adult questions about the changes in your body.
- Share your feelings with others. Talking is a good way to handle anger, disappointment, worry, and sadness.
- To handle your anger, try
 - Staying calm
 - Listening and talking through it
 - Trying to understand the other person’s point of view
- Know that it’s OK to feel up sometimes and down others, but if you feel sad most of the time, let us know.
- Don’t stay friends with kids who ask you to do scary or harmful things.
- Know that it’s never OK for an older child or an adult to
 - Show you his or her private parts.
 - Ask to see or touch your private parts.
 - Scare you or ask you not to tell your parents.
 - If that person does any of these things, get away as soon as you can and tell your parent or another adult you trust.

✓ EATING WELL AND BEING ACTIVE

- Brush your teeth at least twice each day, morning and night.
- Floss your teeth every day.
- Wear your mouth guard when playing sports.
- Eat breakfast every day. It helps you learn.
- Be a healthy eater. It helps you do well in school and sports.
 - Have vegetables, fruits, lean protein, and whole grains at meals and snacks.
 - Eat when you’re hungry. Stop when you feel satisfied.
 - Eat with your family often.
- Drink 3 cups of low-fat or fat-free milk or water instead of soda or juice drinks.
- Limit high-fat foods and drinks such as candies, snacks, fast food, and soft drinks.
- Talk with us if you’re thinking about losing weight or using dietary supplements.
- Plan and get at least 1 hour of active exercise every day.

✓ DOING WELL AT SCHOOL

- Try your best at school. Doing well in school helps you feel good about yourself.
- Ask for help when you need it.
- Join clubs and teams, faith groups, and friends for activities after school.
- Tell kids who pick on you or try to hurt you to stop. Then walk away.
- Tell adults you trust about bullies.

9 AND 10 YEAR VISITS—PATIENT



PLAYING IT SAFE

- Wear your lap and shoulder seat belt at all times in the car. Use a booster seat if the lap and shoulder seat belt does not fit you yet.
- Sit in the back seat until you are 13 years old. It is the safest place.
- Wear your helmet and safety gear when riding scooters, biking, skating, in-line skating, skiing, snowboarding, and horseback riding.
- Always wear the right safety equipment for your activities.
- Never swim alone. Ask about learning how to swim if you don't already know how.
- Always wear sunscreen and a hat when you're outside. Try not to be outside for too long between 11:00 am and 3:00 pm, when it's easy to get a sunburn.
- Have friends over only when your parents say it's OK.
- Ask to go home if you are uncomfortable at someone else's house or a party.
- If you see a gun, don't touch it. Tell your parents right away.

Consistent with *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents*, 4th Edition

For more information, go to <https://brightfutures.aap.org>.

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



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BRIGHT FUTURES HANDOUT ► PARENT

9 AND 10 YEAR VISITS

Here are some suggestions from Bright Futures experts that may be of value to your family.

✓ HOW YOUR FAMILY IS DOING

- Encourage your child to be independent and responsible. Hug and praise him.
- Spend time with your child. Get to know his friends and their families.
- Take pride in your child for good behavior and doing well in school.
- Help your child deal with conflict.
- If you are worried about your living or food situation, talk with us. Community agencies and programs such as SNAP can also provide information and assistance.
- Don't smoke or use e-cigarettes. Keep your home and car smoke-free. Tobacco-free spaces keep children healthy.
- Don't use alcohol or drugs. If you're worried about a family member's use, let us know, or reach out to local or online resources that can help.
- Put the family computer in a central place.
- Watch your child's computer use.
 - Know who he talks with online.
 - Install a safety filter.

✓ STAYING HEALTHY

- Take your child to the dentist twice a year.
- Give your child a fluoride supplement if the dentist recommends it.
- Remind your child to brush his teeth twice a day
 - After breakfast
 - Before bed
- Use a pea-sized amount of toothpaste with fluoride.
- Remind your child to floss his teeth once a day.
- Encourage your child to always wear a mouth guard to protect his teeth while playing sports.
- Encourage healthy eating by
 - Eating together often as a family
 - Serving vegetables, fruits, whole grains, lean protein, and low-fat or fat-free dairy
 - Limiting sugars, salt, and low-nutrient foods
- Limit screen time to 2 hours (not counting schoolwork).
- Don't put a TV or computer in your child's bedroom.
- Consider making a family media use plan. It helps you make rules for media use and balance screen time with other activities, including exercise.
- Encourage your child to play actively for at least 1 hour daily.

✓ YOUR GROWING CHILD

- Be a model for your child by saying you are sorry when you make a mistake.
- Show your child how to use her words when she is angry.
- Teach your child to help others.
- Give your child chores to do and expect them to be done.
- Give your child her own personal space.
- Get to know your child's friends and their families.
- Understand that your child's friends are very important.
- Answer questions about puberty. Ask us for help if you don't feel comfortable answering questions.
- Teach your child the importance of delaying sexual behavior. Encourage your child to ask questions.
- Teach your child how to be safe with other adults.
 - No adult should ask a child to keep secrets from parents.
 - No adult should ask to see a child's private parts.
 - No adult should ask a child for help with the adult's own private parts.

✓ SCHOOL

- Show interest in your child's school activities.
- If you have any concerns, ask your child's teacher for help.
- Praise your child for doing things well at school.
- Set a routine and make a quiet place for doing homework.
- Talk with your child and her teacher about bullying.

Helpful Resources: Family Media Use Plan: www.healthychildren.org/MediaUsePlan

Smoking Quit Line: 800-784-8669 | Information About Car Safety Seats: www.safercar.gov/parents | Toll-free Auto Safety Hotline: 888-327-4236

9 AND 10 YEAR VISITS—PARENT

✓ SAFETY

- The back seat is the safest place to ride in a car until your child is 13 years old.
- Your child should use a belt-positioning booster seat until the vehicle's lap and shoulder belts fit.
- Provide a properly fitting helmet and safety gear for riding scooters, biking, skating, in-line skating, skiing, snowboarding, and horseback riding.
- Teach your child to swim and watch him in the water.
- Use a hat, sun protection clothing, and sunscreen with SPF of 15 or higher on his exposed skin. Limit time outside when the sun is strongest (11:00 am–3:00 pm).
- If it is necessary to keep a gun in your home, store it unloaded and locked with the ammunition locked separately from the gun.

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7-10 years old

Name _____

Height _____ Weight _____ Date _____

BMI _____ percentile _____ %

Fueling your thoughts

- Do you eat breakfast every day?
- Do you eat fruits and vegetables every day?
- How many meals do you eat with your family each week?
- How often do you eat fast foods?
- What do you drink with meals?
- How much physical activity do you get every day?
- What activities do you do as a family? What are your favorite activities?
- How much time do you spend watching TV, playing on the computer, videogames, or texting every day?

Nutrition Advice

Breakfast ~ Eating breakfast every day helps children do well in school and improves overall health.

Lunch ~ Buying school meals can be nutritious and time saving; review school menus with your child and plan ahead. When packing lunches, it is important to include at least 4 out of the 5 food groups (low fat/fat free dairy foods, fruits, vegetables, whole grains and lean protein).

Snacks ~ Eat only when hungry. Stock up on ready-to-eat vegetables, fruit, low fat cheese, yogurt, milk, lean meats, whole grain crackers, bread, low sugar cereal or nuts.

Dinner ~ Eat as many meals as possible as a family at the dinner table. Be sure to slow down, enjoy, and turn off the TV.

Eating Out ~ Keep portion sizes small or share meals (don't "super size").

- Choose fruit or salad instead of French fries, milk instead of soft drinks, baked or broiled instead of fried.
- Limit dressings and mayonnaise; ask for them on the side or choose low fat options.

Beverages ~Think your Drink!

- The best choices are water, low fat (1%) or nonfat (skim) milk and 100% fruit juice (limit fruit juice to 1 cup or 8 oz. serving per day).

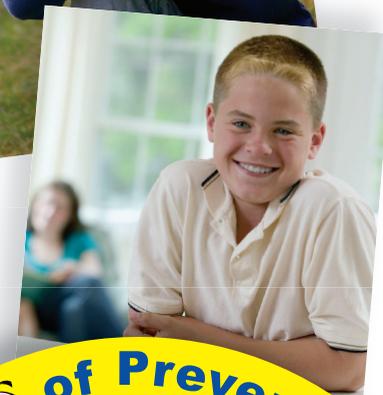
- Limit sweetened beverages such as soft drinks, punch, juice drinks, energy drinks and caffeine containing beverages.

Be Active

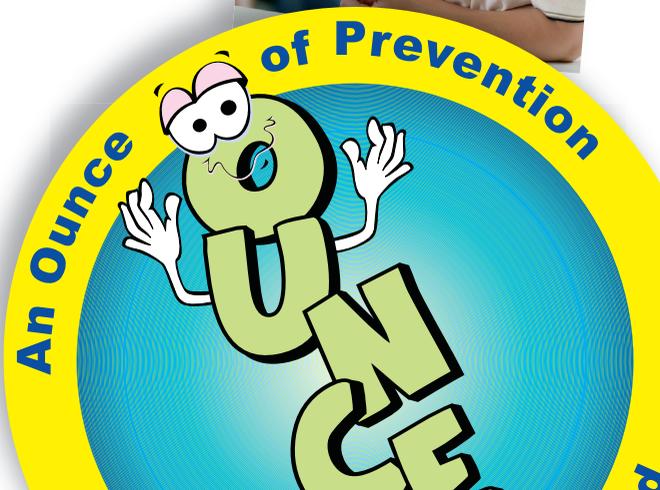
- Be active 60 minutes every day. Focus on FUN, including both organized and free play.
- Count time spent doing chores: car washing, walking the dog, dusting, sweeping, pulling weeds, raking or shoveling snow.

Parents

- Your main job as a parent is to be sure that your child is served a variety of healthy foods (fruits, vegetables, milk, yogurt, cheese, whole grains, meat, poultry, fish & eggs).
- Be a good role model for your kids – be physically active and eat healthy foods.
- "Screen time" (computers, TV, gaming systems, texting, etc) should be limited to 2 hours or less daily (pre-plan how "screen time" will be used).
- Screens may be monitored easily if moved to a common area; keep them out of child's bedroom.
- Make sure your child is sleeping at least 10-11 hours per night. Keeping regular bed time is critical to good health and weight maintenance.
- If you have concerns about your child's weight, physical activity or eating behaviors, ask your healthcare provider.
- For more information visit www.mypyramid.gov



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Puberty: Ready or Not, Expect Some Big Changes

Everyone goes through puberty but not always at the same time or in the same way. It is when your body starts changing from that of a child to that of an adult. At times, you may feel like your body is out of control.

Compared with your friends, you may feel too tall, too short, or awkward. You may feel self-conscious about these changes, but many of your friends probably do too. In general, here's what you can expect. (When the word *girls* is mentioned, it's information for what you can expect if you were born female. When the word *boys* is mentioned, it's information for what you can expect if you were born male.)

When Does Puberty Begin?

There's no "right" time for puberty to begin. But puberty for girls starts a little earlier than for boys, usually between ages 8 and 13 years. Puberty for boys usually starts at about ages 11 to 14 years.

What Changes Can I Expect?

Chemicals called *hormones* will cause many changes in your body.

Hair, Everywhere

Soft hair starts to grow in the pubic area (the area between the legs and around the genitals [the vagina or penis]). This hair becomes thick and very curly. It is not necessary to shave your pubic hair. You may also notice hair under your arms and on your legs. Boys start to get hair on their face or chest. Some girls notice that the hair on their legs has become darker. You may choose to shave or trim unwanted hair.

Acne

During puberty, your skin gets oilier. This oil can cause acne (also called *pimples* or *zits*). Acne is not caused by dirt or certain foods, and you can't catch acne from another person or give it to them. Talk with your doctor or other health care provider about how to treat and control acne. Here are a few skin care tips.

- Do wash your face twice a day. In general, milder soaps and cleansers are better for your skin.
- Do use an oil-free moisturizer on your face after washing.
- Don't pop or pinch your zits. All this does is break open the lining of the oil ducts and make them redder and more swollen. This can also cause scars.
- Don't scrub your skin too hard. This irritates the skin.

Body Odor

You may begin to sweat more. Most people use a deodorant or an antiperspirant to control underarm odor and wetness.

Other Changes (Girls)

Breasts. In most girls, the first sign of puberty is breast development (small, tender lumps under one or both nipples). There may be soreness, which goes away as your breasts grow. Don't worry if one breast grows a little faster than the other. By the time your breasts are fully developed, they usually end up being the same size. When your breasts get larger, you may want to start wearing a tank top or bra under clothing. Some girls are excited about this. Other girls may feel embarrassed, especially if they are the first of their friends to have

breasts. Talk with a parent or another trusted adult to work through your feelings and get advice on tank tops and bras.

Shape. As you go through puberty, you get taller, your hips get wider, and your body begins to build up fat in your belly, hips, thighs, buttocks, and legs. It is normal for girls to develop different body shapes.

Periods. Your menstrual cycle, or “period,” starts during puberty. Most girls get their periods 2 to 2½ years after their breasts start to grow (between 10 and 15 years old). After the first period, it can take up to 2 years for periods to occur every month. When you start having periods, you are able to get pregnant—even if you don’t have a period every month.

During puberty, your ovaries begin to release eggs. A baby may develop in your uterus if an egg connects with sperm during sexual intercourse. To help your body prepare for this, a thick layer of tissue and blood cells builds up in your uterus. If the egg doesn’t connect with sperm, your body does not need these tissues and cells. They turn into a bloodlike fluid and flow out of your vagina. Your period is the monthly discharge of this fluid out of your body.

During your period, wearing a menstrual pad, menstrual cup, or tampon or wearing menstrual underwear protects your clothes. These can be used together and need to be changed every few hours. Most periods last from 3 to 7 days. You may find it helpful to track your periods on a calendar or smartphone app.

Having your period does not mean you have to avoid physical activities like swimming, running, or physical education class. Exercise can even help get rid of cramps and other discomforts you may feel during your period.

Other Changes (Boys)

Height. Around 13 to 15 years old, you will have a *growth spurt*, meaning a large growth in height and shoe size. During this time, you may feel hungrier and eat more. Because you are growing quickly, you won’t be very muscular until the growth spurt stops.

Muscles. As you go through puberty, you get taller, your shoulders get broader, and, as your muscles get bigger, your weight increases. These changes usually occur later in puberty, around 15 to 18 years old.

Penis and testes. During puberty, the penis and testes get larger. There’s also an increase in sex hormones. You may notice that you get erections (when the penis gets stiff and hard) more often than before. This is normal. Even though you may feel embarrassed, try to remember that unless you draw attention to your erection, most people won’t notice it. Also, everyone’s penis is different, so if the size of yours differs from that of another person’s, it doesn’t mean there is anything wrong with you.

Wet dreams. During puberty, your testes begin to produce sperm. So during an erection, you may also ejaculate. Ejaculation is when semen (made up of sperm and other fluids) is released through the penis. This could happen while you are sleeping. You might wake up to find that your sheets or clothes are wet. This is called a *nocturnal emission*, or “wet dream.” This is normal and stops as you get older. Once this starts happening, it is possible to get someone pregnant if you have sex.

Voice cracking. Your voice gets deeper, but it doesn’t happen all at once. It usually starts with your voice cracking. As you keep growing, the cracking stops and your voice stays at the lower range.

Breasts? You may have swelling under your nipples. If this happens to you, you may worry that you're growing breasts. Don't worry, you're not. This swelling is very common and only temporary. Most common ages for male breasts are 11 to 16 years. But if you're worried, talk with your doctor.

New Feelings

Along with physical changes during puberty, there are many emotional changes. For example,

- You may care more about what people think of you because you want to be accepted and liked.
- Your relationships with others may begin to change. Some may become more important and some less so. You'll start to separate more from your parents and identify with others your age.
- You may not like the attention of your parents and other adults at times. Keep in mind that they are also trying to adjust to the changes you're going through. Many teens feel that their parents don't understand them. This is normal. It's usually best to let them know (politely) how you feel and then talk things out together.
- You may lose your temper more easily and may feel that nobody cares about you.
- You may begin to make decisions that could affect the rest of your life.

Talk about your feelings with your parents, another trusted adult, or your doctor or other health care provider. You may be surprised by how much better you feel.

Sex and Sexuality

During this time, many teens also become more aware of their romantic feelings. A look, a touch, or just thinking about someone may make your heart beat faster and may produce a warm, tingling feeling all over. You may not be sure who you like. That's OK and you shouldn't feel worried about these changes. You may ask yourself . . .

- When should I start dating?
- When is it OK to kiss?
- How far should I go sexually?
- When will I be ready to have sexual intercourse?
- Will having sex help my relationship?
- Do I have to have sex?
- How do I know who I like? How do I know if I'm gay, lesbian, or bisexual?
- What is oral sex? Is oral sex really sex?
- Is it OK to masturbate (touching your genitals for sexual pleasure)? Masturbation is a normal private activity that won't harm you. Some people masturbate and some don't.

Remember, talking with your parents or doctor is a good way to get information and to help you think about how these changes affect you.

Decisions About Sex

Deciding to become sexually active can be very confusing. On the one hand, you'll receive many warnings and dangers about having sex. Yet movies, TV, social media, and lyrics in songs will all seem to be telling you that having sex is OK.

It's normal for teens to be curious about sex, but deciding to have sex is a big step. There's nothing wrong if you decide to wait to have sex. Not everyone is having sex. Half of all teens in the United States have never

had sex. Many teens believe that waiting until they are ready to have sex is important. The right time is different for each person.

No one should be forced or pressured to have sex! If you ever are, it's important to never blame yourself and to tell an adult you trust as soon as possible. Medical and counseling supports are available to help someone who has been forced or pressured to have sex.

Deciding to Wait

If you decide to wait, plan how you are going to say no so you are clearly understood. Stay away from situations that can lead to sex. For example, avoid being alone with someone who has been pressuring you to have sex. Or avoid using drugs or alcohol or going to party where people are using drugs or alcohol. Remember, a person who doesn't support your decision to wait may not be the right person for you.

Making Health Decisions About Sex

If you decide to have sex, it's important that you know the facts about birth control, sexually transmitted infections (STIs), and emotions. Sex increases your chances of becoming pregnant, becoming a teen parent, and getting an STI, and it may affect how you feel about yourself or how others feel about you. These are important decisions and are worth talking about with adults who care about you, including your doctor.

Taking Care of Yourself

As you get older, you will need to make many decisions to ensure that you stay healthy.

- Eating right, exercising, and getting enough rest are important during puberty because your body is going through many changes.
- It's also important to feel good about yourself and the decisions you make.
- Whenever you have questions about your health or your feelings, don't be afraid to share them with your parents and doctor or other health care provider.

Visit [HealthyChildren.org](https://www.HealthyChildren.org) for more information.

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Healthy Sleep Habits for Older Children and Teens

Sleep is important at all ages. Sleep problems are common among many children and teens and can affect their focus while at school, work, or home. Not enough sleep (sleep deprivation) can also affect their mood, behavior, emotional health, and weight. Almost one-fourth of all children have some type of sleep problem. Poor sleep habits are often to blame. But sometimes the cause is a medical condition.

The American Academy of Sleep Medicine and the American Academy of Pediatrics recommend that children get the following amount of sleep every day:

- Gradeschoolers 6 to 12 years get 9 to 12 hours
- Teens aged 13 to 18 get 8 to 10 hours.

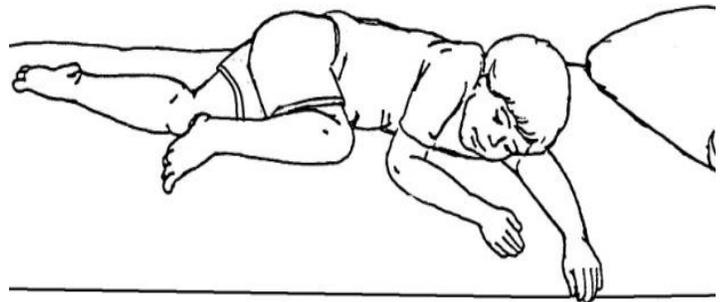
As a child gets older and reaches puberty, sleep patterns may change. Your child may want to sleep longer in the mornings and stay awake later at night, even though the time needed to wake up for school does not change.

What to do

- Make it a family priority to get enough sleep. Set clear limits, such as what time lights must be turned off.
- Have a bedtime routine.
 - Do relaxing things to help wind down, like taking a bath, listening to music, or reading a book.
 - Create a soothing environment. Make sure the room is not too cold or too hot and dim the lights. It is okay to use a nightlight.
 - Spend some special time with your child before turning the lights off. Stick to topics that will not upset him or her.
 - Set an alarm clock for the morning wake-up time.

- Keep a regular sleep schedule. Your child should try to go to sleep and wake up at the same time every day, even on weekends. If he likes to sleep later on the weekends, he should wake up within 2 hours of the weekday wake-up time. For example, if his wake-up time is at 7 AM during the week, then the weekend wake-up time should be no later than 9 AM.
- Your child should avoid daytime naps. Napping during the day can make it harder to fall asleep at night.
- Keep your child active during the day but avoid strenuous exercise before bedtime. Try not to schedule too many activities, especially at night.
- Your child should avoid drinks with caffeine, such as sodas, energy drinks, coffee and tea, especially in the afternoon and evenings.

- Avoid a big meal before bedtime but your child should not go to bed hungry. A light snack before bed is a good idea.



Picture 1 Use the bed only for sleeping.

- Use beds only for sleep. Do not allow eating or watching TV in bed (Picture 1). If needed, completely remove the TV from the bedroom.
- Turn off any device with a lighted screen, such as cell phones, electronic games, and the computer, at least one hour before bedtime. The light from the screens can cause sleep problems that will keep your child awake.
- Teach him to go to sleep when he is sleepy before he gets a “second wind.”

If your child cannot fall asleep after lying in bed for 20 minutes, have him get out of bed and do something until he feels sleepy. It may take up to 2 weeks to see results from these changes. So, do not give up in the first week!

When to call your doctor

Call your doctor or the Nationwide Children's Hospital Sleep Clinic at 614-722-4613 if:

- Sleep problems continue even after you follow the tips above.
- Your child snores or has pauses in breathing when sleeping.
- Your child is excessively drowsy or unexpectedly falls asleep during the day.
- Your child's behavior and success in school changes due to lack of sleep.
- You have any other questions or concerns.

SUGGESTED SCREEN TIME USE BY AGE



18 MONTHS AND YOUNGER

Avoid use of screen media other than video-chatting.



18 - 24 MONTHS

Parents of children 18 to 24 months of age who want to introduce digital media should choose high-quality programming, and watch it with their children to help them understand what they're seeing.



2 - 5 YEARS

Limit screen use to 1 hour per day of high-quality programs. Parents should co-view media with children to help them understand what they are seeing and apply it to the world around them.



6 - 12 YEARS

Place consistent limits on the time spent using media, and the types of media, and make sure media does not take the place of adequate sleep, physical activity and other behaviors essential to health.



12 YEARS AND OLDER

Designate media-free times together, such as dinner or driving, as well as media-free locations at home, such as bedrooms.

HPV (Human Papillomavirus) Vaccine: *What You Need to Know*

Many vaccine information statements are available in Spanish and other languages. See www.immunize.org/vis

Hojas de información sobre vacunas están disponibles en español y en muchos otros idiomas. Visite www.immunize.org/vis

1. Why get vaccinated?

HPV (human papillomavirus) vaccine can prevent infection with some types of human papillomavirus.

HPV infections can cause certain types of cancers, including:

- cervical, vaginal, and vulvar cancers in women
- penile cancer in men
- anal cancers in both men and women
- cancers of tonsils, base of tongue, and back of throat (oropharyngeal cancer) in both men and women

HPV infections can also cause anogenital warts.

HPV vaccine can prevent over 90% of cancers caused by HPV.

HPV is spread through intimate skin-to-skin or sexual contact. HPV infections are so common that nearly all people will get at least one type of HPV at some time in their lives. Most HPV infections go away on their own within 2 years. But sometimes HPV infections will last longer and can cause cancers later in life.

2. HPV vaccine

HPV vaccine is routinely recommended for adolescents at 11 or 12 years of age to ensure they are protected before they are exposed to the virus. HPV vaccine may be given beginning at age 9 years and vaccination is recommended for everyone through 26 years of age.

HPV vaccine may be given to adults 27 through 45 years of age, based on discussions between the patient and health care provider.

Most children who get the first dose before 15 years of age need 2 doses of HPV vaccine. People who get the first dose at or after 15 years of age and younger people with certain immunocompromising conditions need 3 doses. Your health care provider can give you more information.

HPV vaccine may be given at the same time as other vaccines.

3. Talk with your health care provider

Tell your vaccination provider if the person getting the vaccine:

- Has had an **allergic reaction after a previous dose of HPV vaccine**, or has any **severe, life-threatening allergies**
- Is **pregnant**—HPV vaccine is not recommended until after pregnancy

In some cases, your health care provider may decide to postpone HPV vaccination until a future visit.

People with minor illnesses, such as a cold, may be vaccinated. People who are moderately or severely ill should usually wait until they recover before getting HPV vaccine.

Your health care provider can give you more information.



4. Risks of a vaccine reaction

- Soreness, redness, or swelling where the shot is given can happen after HPV vaccination.
- Fever or headache can happen after HPV vaccination.

People sometimes faint after medical procedures, including vaccination. Tell your provider if you feel dizzy or have vision changes or ringing in the ears.

As with any medicine, there is a very remote chance of a vaccine causing a severe allergic reaction, other serious injury, or death.

5. What if there is a serious problem?

An allergic reaction could occur after the vaccinated person leaves the clinic. If you see signs of a severe allergic reaction (hives, swelling of the face and throat, difficulty breathing, a fast heartbeat, dizziness, or weakness), call **9-1-1** and get the person to the nearest hospital.

For other signs that concern you, call your health care provider.

Adverse reactions should be reported to the Vaccine Adverse Event Reporting System (VAERS). Your health care provider will usually file this report, or you can do it yourself. Visit the VAERS website at www.vaers.hhs.gov or call **1-800-822-7967**. *VAERS is only for reporting reactions, and VAERS staff members do not give medical advice.*

6. The National Vaccine Injury Compensation Program

The National Vaccine Injury Compensation Program (VICP) is a federal program that was created to compensate people who may have been injured by certain vaccines. Claims regarding alleged injury or death due to vaccination have a time limit for filing, which may be as short as two years. Visit the VICP website at www.hrsa.gov/vaccinecompensation or call **1-800-338-2382** to learn about the program and about filing a claim.

7. How can I learn more?

- Ask your health care provider.
- Call your local or state health department.
- Visit the website of the Food and Drug Administration (FDA) for vaccine package inserts and additional information at www.fda.gov/vaccines-blood-biologics/vaccines.
- Contact the Centers for Disease Control and Prevention (CDC):
 - Call **1-800-232-4636** (**1-800-CDC-INFO**) or
 - Visit CDC's website at www.cdc.gov/vaccines.

