

Teens need vaccines too

Aetna Better Health® of New Jersey can help teens avoid some diseases



We know your friendships and social life are important to you. You don't want something to get in the way of being with friends, especially a serious illness.

The good news is that staying up to date on your vaccines (shots) protects you from getting sick, so you have more time to hang out with your friends!

Vaccines protect against diseases

Vaccines (also called shots or immunizations) can prevent common diseases that used to seriously harm or even kill infants, children, and adults. They help the body's immune system learn how to fight germs. Many vaccines require boosters (Tdap, flu, COVID-19, MenACWY).

CDC ensures all vaccines are safe

Vaccines can have some side effects, but most people have only mild side effects or none at all. The most common side effects include fever, tiredness, body aches, and redness, swelling, and tenderness where the shot was given.

You may need to catch up on shots

That's okay. If you missed shots in your childhood, your doctor will help make sure you get caught up.

Call your doctor today to schedule an appointment. If you need help making an appointment, call Aetna Better Health of New Jersey Member Services at **1-855-232-3596 (TTY: 711)**. Visit [cdc.gov/vaccines](https://www.cdc.gov/vaccines) to learn more and to view the CDC immunization schedules.

We're here for you

AetnaBetterHealth.com/NewJersey

1-855-232-3596 (TTY: 711)

We're open every day, all day long.

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**Aetna Better Health®
of New Jersey**

Teen vaccines protect against serious diseases

COVID-19

Coronavirus symptoms can be mild or severe.

Flu

Influenza (the flu) can cause pneumonia, sinus and ear infections, and worsen underlying conditions.

HPV

Human papillomavirus (HPV) can cause several different types of cancers in men and women.

MenACWY

Meningococcal disease can cause meningitis (brain swelling) or bloodstream infections. MenACWY helps protect against four types of the bacteria that causes meningococcal disease.

Tdap

Diphtheria can make it hard to breathe, and can cause heart damage or failure, and nerve damage.

Tetanus (lock jaw) can cause seizures, muscle spasms, broken bones, and pneumonia (lung infection).

Pertussis (whooping cough) is a respiratory illness causing coughing that can last for months.

	11-12 years	13-15 years	16 years	17-18 years
COVID-19	Vaccination based on shared clinical decision-making			
Flu	1 Dose Annually			
HPV	See notes*			
Men-ACWY	Dose 1		Dose 2	
Tdap	Dose 1			

Source: CDC. "Vaccine Schedules." 11/22/24. [cdc.gov/vaccines/imz-schedules](https://www.cdc.gov/vaccines/imz-schedules).

*HPV vaccination routinely recommended at **age 11-12 years (can start at age 9 years)** and catch-up HPV vaccination recommended for all persons through age 18 years if not adequately vaccinated.

Vaccines greatly reduce the risk of these serious infections.

Source: CDC. "Vaccines & Immunizations." www.cdc.gov/vaccines. Accessed 7/31/25.

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