

GET THE FACTS

ABOUT DISEASES THAT CAN AFFECT PRETEENS AND TEENS

HELPFUL INFORMATION FOR PARENTS

The resources below and the information on the reverse can help prepare you for your child's next well visit.

WHAT TO KEEP AT HOME:

It is a good idea to keep records of the following health information:

- ✓ Any health screening results, such as those for vision and hearing
- ✓ Records of any major health problems (including broken bones), surgeries, or hospital stays
- ✓ Records of hearing, vision, and dental visits
- ✓ A list of medicines your child has used in the past or is currently taking. Include prescription and over-the-counter medicines, dietary and herbal supplements, and vitamins and minerals
- ✓ A list of allergies, including to any foods and drugs

IT'S ALSO A GOOD IDEA TO INCLUDE:

- ✓ Your pharmacy name and phone number
- ✓ The poison control phone number
- ✓ Records of insurance claims and payments
- ✓ Written notes from your child's doctors or doctor visits
- ✓ Anything else about your child's health that you think is important

Learn how to help prevent diseases that can affect your preteen or teen.

DIPHTHERIA

HUMAN PAPILLOMAVIRUS (HPV)

INFLUENZA (FLU)

MENINGOCOCCAL DISEASE (MENINGITIS)

PERTUSSIS (WHOOPIING COUGH)

TETANUS (LOCKJAW)

ONLINE RESOURCES:

There are multiple resources that can provide accurate information on diseases that could affect a preteen or teen. Sources include:

- ✓ Centers for Disease Control and Prevention (CDC)
- ✓ American Academy of Family Physicians (AAFP)
- ✓ American Academy of Pediatrics (AAP)
- ✓ American Medical Association (AMA)

See reverse for information about diseases that can affect your preteen or teen. Talk to your child's doctor or health care professional about ways you can help protect your child.



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