

Suggested Timeline for Children and Adolescents (2 to 19 Years)

The information below can help your child stay healthy. You and your doctor may decide to do some of these more or less often.

Your child should see his or her doctor for a Well Child Exam at age:	What to expect:
2 to 10 Years	
2 to 3 years old	Well Child Exam ¹ Immunizations: Flu ²
4 to 6 years old	Well Child Exam ¹ Immunizations: DTaP, IPV, MMR, Varicella (Chicken Pox), Flu ²
7 to 10 years old	Well Child Exam ¹ Immunizations: Flu ²

1. Well Child Exam: Periodic and/or yearly medical exam for children. It includes medical history, physical check up, weight, height, head circumference, and health education. It can also include tests or screenings, such as dental, vision and hearing.
2. Flu: Yearly for children 6 months to 18 years. Two doses should be given to children less than 9 years old, if they are getting the flu shot for the first time, or if they were given only one dose for the first time during the last flu season.

11 to 19 Years	
Yearly Physical Exam	
Blood Pressure, Height, Weight and BMI	
Vision and Hearing Exams (as recommended)	
Dental Exam - every six months	
Tuberculin Test - all teens are screened for risk factors; testing is based on risk	
Pelvic Exam - all sexually active females or starting at 18 to 21 years of age	
Sexually Transmitted Disease (STD) screen - all sexually active teens	
Cholesterol - all teens screened for risk factors; testing based on risk	
Immunizations	
Tetanus, Diphtheria, Pertussis (Tdap)	Recommended at age 11 to 12 years for those who have completed the DTap series and have not been given a Td booster. Td boosters are recommended every ten years.
Hepatitis B (Hep B)	Complete series if needed.

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Polio (IPV)	Complete series if needed.
Measles, Mumps and Rubella (MMR)	Those who have not been given the second dose of MMR, should finish the schedule by 11 to 12 years of age.
Varicella (Chicken Pox)	Those 7 to 18 years old that have not had the chickenpox, should get two doses if not previously vaccinated. If given only one dose, they should get the second dose.
Hepatitis A	Recommended for children and adolescents in selected areas and for certain high risk groups. Two doses should be given six months apart.
Human Papillomavirus (HPV)	First dose should be given to females at 11 to 12 years of age. Second dose should be given two months after the first dose. Third dose should be given at six months after the first dose.
Meningococcal (MCV)	Recommended at 11 to 12 years of age. College freshmen living in a dormitory should get the vaccine, if they have not had it.
Influenza (Flu)	Yearly up to 18 years old. Yearly, for 19 to 49 years of age, if at risk.
Preventive Guidance For Teens	
Work on Having Healthy Habits	<p>Exercise and nutrition</p> <p>Avoid tobacco, alcohol, marijuana or other drugs</p> <p>Sexual abstinence to prevent pregnancy and diseases</p>
Work on Preventing Injuries and Violence	<p>Use seatbelts, helmets, protective sports gear and sunscreen</p> <p>Do not carry or use a weapon of any kind</p> <p>Learn skills on conflict resolution, negotiation and dealing with anger</p> <p>Get help if you are physically or sexually abused or fear you are in danger</p>
Work on being a competent, responsible person	<p>Spend time with family</p> <p>Respect others</p> <p>Learn consequences for unacceptable behavior</p> <p>Discuss sexuality issues</p> <p>Practice handling negative peer pressure</p> <p>Recognize and learn to deal with stress</p> <p>Identify your talents and start planning for the future</p> <p>Participate in school, social, religious, cultural, volunteer and recreational activities</p> <p>Talk with someone if you are often stressed, nervous, sad or feel things are not going right</p>

* Printed copies of information posted on our website are available upon request.