

Your Immunization Checklist: From childhood to adulthood

By Jeanne Sager

VACCINES YOUR TEEN NEEDS TO START COLLEGE

College brings with it dorm life, and plenty of kids living on top of one another – and infecting each other.

Now's the time to make sure all their childhood shots are up to date, with an emphasis on the following:

□ MCV –

What it's for: To prevent four types of bacterial meningitis, an infection of the fluid surrounding the brain and spinal cord. The four types prevented include three that cause most infections in the United States and a fourth responsible for epidemics in Africa.

When it's given: Administered to pre-teens at 11 or 12, there is just one dose.

□ Varicella –

What it's for: Preventing the disease better known as chicken pox

When it's given: Although now given to young kids, the varicella vaccine is administered to students entering college who have no history of the vaccine and no history of illness.

□ MMR –

What it's for: To prevent the measles, mumps and rubella, three viral illnesses that are passed person to person.

When it's given: Most Americans last received the MMR at age 4 or 5, but the CDC recommends another dose for students entering a post-secondary institution.