RECOMMENDED IMMUNIZATIONS FOR CHILDREN 11 & OLDER:

- **Tdap** *(Tetanus, Diphtheria, Pertussis)*
- **MCV4** *(Meningococcal)*
- **HPV** *(Human Papillomavirus)*
- **Flu** *(Seasonal)*

PREVENTION EDUCATION

- **Healthy Lifestyles**
  - Physical Activity and Nutrition - HealthySD.gov
- **Risk Reduction**
  - Tobacco - SDQuitline.com
  - Suicide - SDSuicidePrevention.org

GET THEM INVOLVED

Older children can start taking charge of their own health by:

- Making their own appointments.
- Going to appointments by themselves or asking a parent or friend to go with them.
- Talking to the provider about their health problems and concerns.
- Writing down questions to ask their provider.
- Asking questions about the medicines they may need to take.

DENTAL EXAM

Keep smiles healthy with an annual DENTAL EXAM and TWO CLEANINGS per year.

To FIND A DENTIST visit www.insurekidsnow.gov/coverage/find-a-dentist/index.html

EYE EXAM

An annual EYE EXAM is recommended.