

When you turn 11

Growing and Changing: A guide to help you and your parents understand your new health care needs

Turning 11 is a big step!

You are becoming more independent, making decisions on your own, and experiencing many physical and emotional changes. With so much going on, it's important to be able to talk with your healthcare provider, parent, or trusted adult.



What changes when you turn 11?

Annual Wellness Visits

An annual wellness visit with your primary care provider is recommended. We will measure your weight, height, and body mass index. We will also check your blood pressure, heart rate, breathing, hearing and vision. At your 11-year-old visit, we will talk about:

- Emotional health and well-being
- Healthy choices
- Puberty and how your body is changing
- Friends, school, activities
- Ways to stay safe
- Immunizations
- Sports Physicals

Immunizations

Immunizations are a safe and effective way to prevent diseases that cause disability and death. You have your whole life ahead of you. Be protected.

Sports Physicals

If you are playing a school sport, sports physicals are required beginning in seventh grade and then every three years after that. Sports physicals help you play safely and prevent injury. Your healthcare provider will review your medical history, current health and check height, weight, blood pressure, pulse, heart, lungs, muscles, and bones. Sports physical forms are available at your school and at mankatoclinic.com. Sports physicals can be done at the annual visit.

Vaccine	Why get vaccinated?	Doses
Tdap vaccine	Tdap vaccine protects you from: Tetanus (T) can cause painful stiffening of the muscles including being unable to open the mouth and swallow. Diphtheria (D) can lead to difficulty breathing, heart failure, paralysis or death. Pertussis (aP) or whooping cough can cause uncontrollable and violent coughing.	Booster at age 11
Meningitis vaccine against types A, C.W. and Y(MenACWY)	Meningitis can cause dangerous infections of the brain and spinal cord that can be fatal.	Dose #1 at age 11 Dose #2 at age 16
Human Papillomavirus (HPV) vaccine	Viruses that can cause cancers of the cervix, genitals, vulva, and throat.	Doses beginning at age 11
COVID-19 Vaccine	Get protected from COVID-19, a contagious respiratory virus that can cause severe illness, shortness of breath, inflammation of the heart, multisystem inflammatory syndrome in children (MIS-C), long-lasting effects or death.	Follow current recommendations
Flu vaccine	Influenza is a contagious virus that can cause high fevers, body aches, and can lead to pneumonia.	1 dose every year in the fall

Call to schedule an appointment.

Pediatrics | 507-389-8529

Family Medicine | 507-625-1811



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