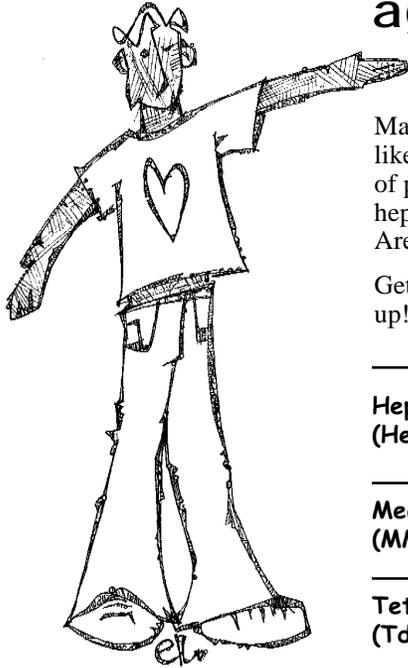

Are you 11-19 years old?

Then you need to be vaccinated against these serious diseases!



Many people between the ages of 11 and 19 think they are done getting immunized against diseases like measles and tetanus. They think shots are just for little kids. But guess what? There are millions of people between the ages of 11 and 19 who need tetanus-diphtheria shots, hepatitis B shots, hepatitis A shots, chickenpox shots, measles-mumps-rubella shots, “flu” and/or pneumococcal shots. Are you one of them?

Getting immunized is a lifelong, life-protecting job. Make sure you and your doctor or nurse keep it up! Don't leave your clinic without making sure you've had all the shots you need.

Hepatitis B (Hep-B)

You need three doses of hepatitis B vaccine if you have not already received them.

Measles, Mumps, Rubella (MMR)

Check with your doctor or nurse to make sure you've had your second dose of MMR.

Tetanus, diphtheria (Td) ("tetanus shot")

You need a booster dose of Td between the ages of 11-16 (if it has been 5 years or more since your last dose). After that you will need a “tetanus shot” every ten years. A tetanus shot is not just something you get when you step on a nail!

Varicella (Var) ("chickenpox shot")

If you have not been previously vaccinated and have not had chickenpox, you should get vaccinated against this disease. Children 12 years of age and under need one dose. Teens 13 years of age and older need two doses.

Hepatitis A (Hep A)

Many teens need protection from hepatitis A. Do you travel outside the United States?* Do you live in a community with a high rate of hepatitis A? Are you a male who has sex with another male? Do you inject drugs? Do you have a clotting factor disorder or chronic hepatitis? Talk to your doctor or nurse regarding your risk factors.

Influenza vaccine ("flu shot")

Do you have a chronic health problem such as asthma, diabetes, heart disease, etc.? “Flu shots” are recommended every fall for many people with chronic diseases. Ask your doctor or nurse if you should have a yearly “flu shot.”

Pneumococcal vaccine ("pneumococcal shot")

Do you have a chronic health problem? Talk to your doctor or nurse about whether you should receive a “pneumococcal shot.”

*** Do you travel outside the United States?**

If so, you may need additional vaccines, including hepatitis A vaccine. Consult your clinic or local health department about recommended and/or required vaccines for your destination.

A special message for parents of 11-12 year olds

A visit to the clinic when a child is 11-12 years old is recommended by the American Academy of Pediatrics, the American Academy of Family Physicians, the American Medical Association, and the U.S. Public Health Service. This visit is a good time to make sure your child has had all the shots he or she needs!