

it's easy.

~~CHICKEN POX~~

~~PERTUSSIS~~

~~MEASLES~~

~~HPV~~

~~INFLUENZA~~

~~MEASLES~~

~~MUMPS~~

~~HEPATITIS~~

get vaccinated.

Pennsylvania
Immunization
Education Program

www.getvaxed.org

Vaccines recommended for teens:

Tdap - a combination of three vaccines that protects against tetanus, diphtheria, and pertussis. Tetanus is a nasty germ that affects the muscles. Diphtheria puts such a thick coating in your throat that you have a hard time breathing, and it does other ugly stuff to the body you don't want to think about. Pertussis (whooping cough) can make you cough so hard it will feel like you are ripping a lung.

Meningococcal vaccine - protects against common causes of meningitis (which can make you very sick and cause death).

HPV (human papillomavirus) - protects against cervical cancer and genital and anal warts. One type of HPV vaccine can also be given to males.

Influenza - causes fever, headache, chills, sore throat, diarrhea, and even death. Getting vaccinated is your best protection against influenza. Get the flu vaccine every year!

Check to make sure you got these vaccines when you were younger. If not, get them now:

MMR - protects against measles, mumps, and rubella. These diseases are harder on you when you're grown.

Varicella (chicken pox) - another disease that is harder on you when you're not a kid anymore. When it's bad, it's really bad.

Hepatitis A - a liver disease that can cause vomiting, yellow jaundice, and belly pain. Why get it if you don't have to?

Hepatitis B - a liver disease that can cause liver cancer, and the liver is connected to just about everything the body does.

Polio - is still out in the world. If you never got the shot, you should do it now.

Pneumococcal - if you have some health problems such as with your lungs or heart, you may need this vaccine.

For more information on teen vaccines:

www.getvaxed.org

www.cdc.gov/vaccines/spec-grps/preteens-adol.htm

www.vaccine.chop.edu/adolescents

www.kidshealth.org

www.meningitis-angels.org

