



# #UDontGetIt

teens need **3** vaccines  
in addition to an annual flu vaccine



[UDontGetIt.org](http://UDontGetIt.org)

#### HERE'S WHAT U DON'T GET:

**Tetanus, Diphtheria, Pertussis, Meningitis, Human Papillomavirus (HPV)**


All are serious diseases that can cause symptoms and complications such as brain damage, severe scarring, amputation of limbs, fever, lockjaw, seizures, irregular heartbeat, difficulty breathing, kidney damage, genital warts, cancer and even death.

**These diseases are preventable if teens receive 3 vaccines.**

**Tdap: 1 dose | MCV4: 2 doses | HPV: 2-3 doses**

**Get your vaccines so #UDontGetIt**



A black and white photograph of three teenagers taking a selfie. The girl on the left is holding a smartphone and has colorful stickers on her arm. The girl in the middle is smiling. The boy on the right is wearing a cap and headphones.

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## PLEASE CONSIDER

- Taking an hour out of your busy life to get a vaccine could avoid a lifetime of hardship for you and your family.
- A shot causes discomfort for a few moments. Any one of these diseases can cause a lifetime of devastating effects or even death.
- Serious side effects from vaccines are extremely rare. The benefits of preventing disease with a vaccine far outweigh the risks.
- It's much easier and more common to contract one of these diseases than you may think.
- Meningococcal disease, though rare, can cripple or kill, often without warning.
- Adolescents 16 to 21 years, along with infants less than one year, have higher rates of meningococcal disease than other age groups.
- HPV is a widespread virus that infects males and females. Half of those newly infected with HPV are between the ages of 15 and 24. It's a major cause of cancer.
- The HPV vaccine prevents many cancers in the genital area, throat, head and neck of young males and females. Cancer kills. This vaccine is saving lives.
- Parents...will your teen's partner have practiced abstinence? There's no way to know—protect your child. HPV vaccine doesn't open the door to sex; it closes the door to cancer.



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