



# 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 with their vaccinations. They think vaccinations are just for little kids. But guess what? There are millions of people between the ages of 11 and 19 who need vaccinations to prevent whooping cough, tetanus, diphtheria, hepatitis B, hepatitis A, chickenpox, measles, mumps, rubella, polio, influenza, meningococcal disease, pneumococcal disease, and human papillomavirus infection. Are you one of them?

Getting immunized is a lifelong, life-protecting job. Make sure you and your healthcare provider keep your immunizations up to date. Check to be sure you've had all the vaccinations you need.

<b>Hepatitis B (HepB)</b>	You need a series of doses of hepatitis B vaccine if you have not already received them.
<b>Measles, Mumps, Rubella (MMR)</b>	Check with your healthcare provider to make sure you've had 2 doses of MMR.
<b>Tetanus, diphtheria, pertussis (whooping cough) (Tdap, Td)</b>	You need a booster dose of Tdap at age 11–12 years. If you're older and already had a Td booster, you should get a Tdap shot to get the extra protection against pertussis. After that you will need a Td booster dose every ten years.
<b>Polio (IPV)</b>	If you haven't completed your series of polio vaccine doses and you are not yet 18, you should complete them now.
<b>Varicella (Var) (chickenpox shot)</b>	If you have not been previously vaccinated and have not had chickenpox, you should get vaccinated against this disease. The vaccine is given as a 2-dose series. Any teenager who was vaccinated as a child with only 1 dose should get a second dose now.
<b>Hepatitis A (HepA)</b>	Anyone can get infected with hepatitis A. That is why many teens want to be protected by vaccine. Some teens, however, have an even greater chance of getting the disease. These risk factors include traveling outside the United States*, babysitting or having household contact with a child who was adopted from a foreign country within the last 60 days, being a male who has sex with other males, using illegal drugs, or having a clotting factor disorder or chronic liver disease. Talk to your healthcare provider about this 2-dose series of shots.
<b>Human Papillomavirus (HPV)</b>	All adolescent girls should get a series of 3 doses of HPV vaccine to prevent cervical cancer. If you haven't had these shots, you should get vaccinated now. Adolescent boys, too, can get the Gardasil brand of the HPV vaccine to prevent genital warts.
<b>Influenza</b>	All children and teens through age 18 years should receive annual vaccination against influenza. All adults who want to be protected from this serious disease should get yearly influenza vaccination every fall or winter.
<b>Pneumococcal disease (pneumococcal shot)</b>	Do you have a chronic health problem? Talk to your healthcare provider about whether you should receive a pneumococcal shot.
<b>Meningococcal disease</b>	This vaccine is recommended for all teens ages 11 through 18 years, college freshmen who will be or are living in dormitories, and those with certain special medical conditions. Ask your healthcare provider.

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

If so, you may need additional vaccines. The Centers for Disease Control and Prevention (CDC) operates an international traveler's health information line. Call (800) 232-4636 or visit CDC's website at [www.cdc.gov/travel](http://www.cdc.gov/travel) for information about your destination. You may also consult a travel clinic or your healthcare professional.