



# 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 kids. But guess what? There are millions of people between the ages of 11 and 19 who need vaccinations to prevent diseases like whooping cough, hepatitis B, hepatitis A, chickenpox, measles, mumps, influenza, meningitis, and human papillomavirus infection.

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)</b>	You need a dose of Tdap at age 11–12 years. If you're older and haven't received it yet, you should get a dose of Tdap soon. After that you will need a tetanus-diphtheria (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 adolescents and teens should get a series of 3 doses of HPV vaccine, beginning at age 11–12 years. The vaccine protects against HPV (the most common cause of cervical cancer) and certain other types of cancers.
<b>Influenza</b>	Every person, beginning at age 6 months and continuing throughout their lifetime, should receive annual vaccination against influenza every fall or winter. Vaccination is the most effective step you can take to be protected from this serious disease.
<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 (MCV4)</b>	All teens ages 11–18 years need a dose of MCV4. If you received a dose when you were age 11–15 and are now age 16–18, you need a booster dose. If you are age 19–21 years and are a first-year college student living in a residence hall, you need a dose of MCV4 if you never received it before or received a dose when you were younger than age 16 years. Check with 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 provider.