



# 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 (Hep B)</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 two 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</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 (Hep A)</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 travel outside the United States,* being a male who has sex with other males, using illegal drugs, 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 and genital warts. If you haven't had these shots, you should get vaccinated now.
<b>Influenza</b>	Anyone wanting to get protection from this serious disease can get an annual vaccination each fall or winter. It is especially important if you have close contact with a young child (age 0–59 months) or an adult over the age of 50 years, or if you have a chronic health problem (e.g., asthma, diabetes, heart 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</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 (877) 394-8747 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.