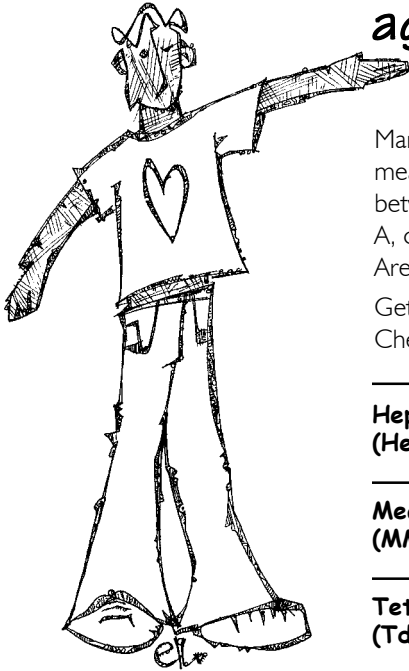


# Are you 11–19 years old?

## Then you need to be vaccinated against these serious diseases!



Many people between the ages of 11 and 19 think they are done getting immunized against diseases like measles and tetanus. They think shots 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 tetanus, diphtheria, hepatitis B, hepatitis A, chickenpox, measles, mumps, rubella, influenza, pneumococcal disease, and/or meningococcal disease. Are you one of them?

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

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### **Hepatitis B (Hep B)**

You need a series of doses of hepatitis B vaccine if you have not already received them.

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### **Measles, Mumps, Rubella (MMR)**

Check with your health care provider to make sure you've had your second dose of MMR.

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### **Tetanus, diphtheria (Td) ("tetanus shot")**

You need a booster dose of Td after your 11th birthday (if it has been five years or more since your last dose). After that you will need a Td booster dose every ten years. A "tetanus shot" is not just something you get when you step on a nail!

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### **Varicella (Var) ("chickenpox shot")**

If you have not been previously vaccinated and have not had chickenpox, you should get vaccinated against this disease. Children 12 years of age and under need one dose. Teens 13 years of age and older need two doses.

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### **Hepatitis A (Hep A)**

Many teens need protection from hepatitis A. Do you travel outside the United States? Do you live in a community with a high rate of hepatitis A? Are you a male who has sex with other males? Do you inject drugs? Do you have a clotting factor disorder or chronic hepatitis? Talk to your health care provider regarding your risk factors.

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### **Influenza vaccine**

Do you have a chronic health problem such as asthma, diabetes, heart disease, etc.? Vaccination against influenza is especially recommended every fall for people with chronic diseases, although anyone who wants to avoid getting influenza can get vaccinated.

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### **Pneumococcal vaccine ("pneumococcal shot")**

Do you have a chronic health problem? Talk to your health care provider about whether you should receive a "pneumococcal shot."

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### **Meningococcal disease**

Going to college? If so, make sure you ask your health care provider about your risk for life-threatening meningococcal disease. You may want to get the vaccine that prevents it.

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

If so, you may need additional vaccines, including hepatitis A vaccine. Consult your health care provider or local health department about recommended and/or required vaccines for your destination.