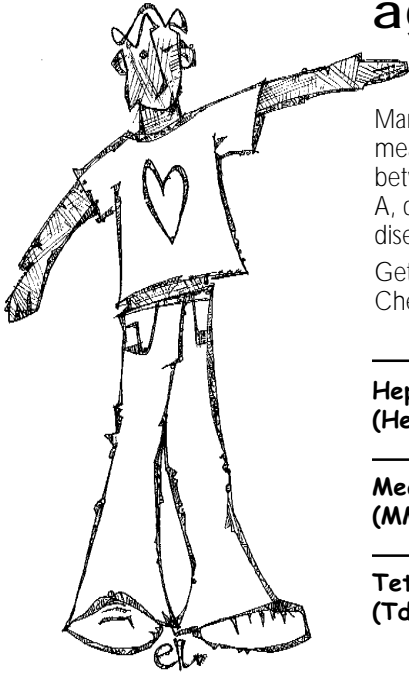


Are you 11-19 years old?

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, flu, pneumococcal disease, Lyme disease, and/or meningococcal disease. Are you one of them?

Getting immunized is a lifelong, life-protecting job. Make sure you and your doctor or nurse keep it up. Check to be sure you've had all the shots you need.

Hepatitis B (Hep B)	You need three doses of hepatitis B vaccine if you have not already received them.
Measles, Mumps, Rubella (MMR)	Check with your doctor or nurse to make sure you've had your second dose of MMR.
Tetanus, diphtheria (Td) (tetanus shot)	You need a booster dose of Td between the ages of 11 and 16 (if it has been five years or more since your last dose). After that you will need a Td every ten years. A Td is not just something you get when you step on a nail!
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.
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 doctor or nurse regarding your risk factors.
Influenza vaccine ("flu shot")	Do you have a chronic health problem such as asthma, diabetes, heart disease, etc.? Flu shots are recommended every fall for people with chronic diseases. Ask your doctor or nurse if you should have a yearly flu shot.
Pneumococcal vaccine ("pneumococcal shot")	Do you have a chronic health problem? Talk to your doctor or nurse about whether you should receive a "pneumococcal shot."
Meningococcal disease	Going to college? If so, make sure you ask your doctor or nurse about your risk for meningococcal disease and the availability of a vaccine to prevent this life-threatening disease.
Lyme disease	People 15 years of age and older living or working in certain geographical areas may be at risk for Lyme disease and should receive the Lyme disease vaccine. Talk to your doctor or nurse regarding your need for this vaccine.

* Do you travel outside the United States?

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

Item # P4020 (7/01)