TEEN VACCINES INFORMATION FOR PARENTS

Meningococcal Vaccines (MCV, MenB)

Meningococcal vaccines protect you against meningitis, which affects the brain and spinal cord.

If you contract meningitis, it can cause brain damage, severe disabilities or death.

Common symptoms include a fever, rash, headache, or stiff neck.

It is spread through close contact with an infected person, such as coughing, kissing, and sharing food or drinks. This disease is easily spread.

MCV is given at 11-12 years of age with a second dose at 16. MenB is given at 16-18 years of age in a series of doses. If you have not received these vaccines before you get your diploma, talk to your health care provider about catch-up.

Adolescent Catch-Up

Many vaccines are given during childhood to give you life-long protection against diseases.

If you have not received all of the below vaccines, it is not too late!

3 doses of hepatitis B vaccine (Hep B)

2 doses of hepatitis A vaccine (Hep A)

2 doses of measles, mumps, rubella vaccine (MMR)

2 doses of varicella (chickenpox) vaccine

At least **3 doses** of polio vaccine (IPV or OPV)

Flu vaccine every year

These vaccines are important, especially if you plan to travel. You need all doses for full protection.

Tetanus, Diphtheria, Pertussis (Tdap)

Tdap vaccine protects you against pertussis (whooping cough), diphtheria, and tetanus.

Tetanus causes painful tightening of the muscles and is very serious. It is found in soil and enters the body through a cut or wound.

Diphtheria can make you unable to breath or move body parts. It is spread by coughing or sneezing.

Pertussis can cause severe coughing and choking, making it difficult for you to breathe or eat. It is spread by coughing, sneezing or close contact with an infected person.

Tdap vaccine is usually given at the 11-12 years of age. However, anyone who has not had Tdap vaccine needs **a dose**.

Human Papillomavirus (HPV)

HPV vaccine protects against cervical cancer in women and genital warts in men and women. It will also protect you against several other cancers.*

HPV is a common infection transmitted by skin-to-skin contact during sexual activity. Even if you do not have sex, you can still get HPV. HPV infection often has no symptoms so you could have it and not know.

The best time to get HPV vaccine is at 11-12 years of age, well before sexual activity starts. However, if you missed your doses, you should still get the vaccine through 26 years of age.

This vaccine is very effective against several types of HPV and works best if you get all **three doses** prior to exposure.

MDHHS Michigan Department of Health & Human Services

MICHIGAN Department of Education

MDE and MDHHS are required by law (MCL 380.1177a) to develop and make available to schools information on meningococcal and HPV vaccines. MDHHS is also required (MCL 333.9205b) to notify schools of the availability of HPV educational materials, and encourage schools to make them available to parents.

*Other cancers include: anal, penile, vaginal, and vulvar.

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