

Make the Call to Protect Yourself

If you haven't received these vaccines, get caught up now.

Talk to your parent or doctor about getting the vaccines you need to protect yourself.



Meningitis

- Affects the brain and spinal cord
- Spread through sneezing, coughing, kissing, and sharing food or drinks with infected persons
- First dose should be given at the 11-12 year old check up
- Second dose should be given at 16 years



Influenza (Flu)

- Spreads easily in school settings
- Even healthy people can get the flu and it can be serious
- Everyone 6 months of age and older needs seasonal flu vaccine every year



Human Papillomavirus (HPV)

- Causes genital warts and anal cancer in males and females, and cervical cancer in females
- Three shots are needed for girls and boys at 11-12 years of age



Hepatitis A

- Hep A can cause fever, tiredness, loss of appetite, nausea, and jaundice
- Children and teens need two shots of Hep A vaccine



Tetanus, Diphtheria, Pertussis

- Tetanus can be found in soil and enters the body through a cut or wound
- Whooping cough (pertussis) causes coughing or choking making it hard to eat or breathe
- One shot of Tdap vaccine is needed at 11-12 years of age



Varicella (Chickenpox)

- Causes an itchy rash all over the body
- Can lead to severe skin infections, scars, and pneumonia
- All school-age children and teens - who have not had chickenpox - now need two shots of vaccine

Make sure to ask your parent and/or doctor if you are up-to-date on other needed vaccines, such as Hepatitis B; Measles, Mumps and Rubella (MMR); and Polio. www.michigan.gov/teenvaccines