

VACCINATE BEFORE YOU GRADUATE



Graduating from high school this year?

TAKE CHARGE OF YOUR HEALTH: GET VACCINATED

Vaccines

Tdap

(tetanus, diphtheria, whooping cough)
tet-nuhs, dif-theer-ee-uh

1 dose

Meningococcal

meh•ninja•cah•cal

2 vaccines

types ACWY - 1 dose after 16 years

type B - at least 2 doses

Flu

1 dose every year

Human Papillomavirus

(HPV) pape•lo•ma•vi•res

2 or 3 doses,

**depending on when you get
your first dose**

What this means for YOU

Tdap protects against 3 diseases, including whooping cough, a disease that can lead to really bad coughing for weeks or even months. Some people may even break their ribs from coughing too hard! You may have already received this vaccine before. Check with your doc!

Meningococcal disease is spread by kissing, sharing drinks, or by having close contact with others. This disease can be deadly and could cause you to lose an arm or leg, have hearing loss, or suffer brain damage. The shots can protect you from several types of this serious infection. College students living in campus housing are also at higher risk for this disease. Make sure you ask your doctor about the two different meningococcal vaccines!

Even if you're healthy, flu vaccine is very important. The flu is not a cold. It can send even healthy teens to the hospital; some may even die from flu. The flu vaccine is the best way to lower your chances of getting flu and spreading it to friends and family.

Did you know that more than half of all men and women will catch HPV at some point in their life? This vaccine series can protect guys and girls from common types of HPV known to cause warts on the penis, vagina, and other genital areas as well as cancer of the throat and mouth, cervix (opening to the uterus), vagina, vulva, penis, and anus later in life. It takes at least 6 months to complete the series, so start now!

Many colleges require shots, including Hepatitis B and MMR (measles mumps, and rubella).
Graduating high school is an exciting time, but it is also time to take charge of your health.

Talk to your doctor about getting these vaccines today!

Want to know more? Visit shotsforschool.org/college/

DON'T WAIT – VACCINATE BEFORE YOU GRADUATE!



A message from your school nurse and the
California School Nurses Organization

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