You’re 16…

We recommend these vaccines for you!

You have the rest of your life in front of you. Be sure you’re protected against these serious diseases!

<table>
<thead>
<tr>
<th>This vaccine</th>
<th>helps protect you from…</th>
<th>Dose(s) you need at this age</th>
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</table>
| Meningitis vaccine against types A, C, W, and Y  | the most serious types of meningitis that can cause:  
  (MenACWY)  
  • Dangerous infections of the brain and spinal cord  
  • Blood infections that can lead to death within 24 hours  
  • Brain injury, limb amputations, deafness, skin grafts, and kidney damage | MenACWY vaccine  
  • Dose #2 at age 16  
  (Dose #1 at age 11–12) |
| Meningitis vaccine against type B                |                                                                                                                                                                                                                       | MenB vaccine (talk with your provider about this vaccine)  
  (MenB)  
  • Dose #2 at age 16  
  • Dose #2 is given 1 or 6 months after dose #1, depending on the vaccine brand used |
| Human Papillomavirus (HPV) vaccine              | viruses that can cause:  
  • Cancers of the cervix  
  • Cancers of the penis, vagina, vulva, and anus  
  • Cancers of the throat  
  • Genital warts | HPV vaccine  
  • The vaccine series is given as 2 or 3 doses, beginning at age 11–12.  
  • Ask your provider if you’re up to date with this vaccine |
| Flu vaccine (influenza)                         | a virus that can cause:  
  • High fevers  
  • Severe body aches everywhere  
  • Serious complications, including pneumonia, hospitalization, and death | Influenza vaccine  
  • 1 dose every year |

If you’re behind on your shots, you may need these vaccines, too. Check with your provider.

- Chickenpox (varicella)
- Hepatitis A
- Hepatitis B
- MMR (measles, mumps, rubella)

- Tdap (tetanus, diphtheria, pertussis/whooping cough)
  If you’re pregnant, you’ll need an additional dose.

Remember: Getting shots is better than getting these diseases. Don’t miss out on everything life has in store for you. Get protected!