

# 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!



| This vaccine                                                     | helps protect you from...                                                                                                                                                                                                                                                                                                | Dose(s) you need at this age                                                                                                                                                                                                                 |
|------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Meningitis vaccine against types A, C, W, and Y (MenACWY)</b> | <b>the most serious types of meningitis that can cause:</b> <ul style="list-style-type: none"> <li>• Dangerous infections of the brain and spinal cord</li> <li>• Blood infections that can lead to death within 24 hours</li> <li>• Brain injury, limb amputations, deafness, skin grafts, and kidney damage</li> </ul> | <b>MenACWY vaccine</b> <ul style="list-style-type: none"> <li>• Dose #2 at age 16</li> <li>• (Dose #1 at age 11–12)</li> </ul>                                                                                                               |
| <b>Meningitis vaccine against type B (MenB)</b>                  |                                                                                                                                                                                                                                                                                                                          | <b>MenB vaccine</b> ( <i>talk with your provider about this vaccine</i> ) <ul style="list-style-type: none"> <li>• Dose #1 at age 16</li> <li>• Dose #2 is given 1 or 6 months after dose #1, depending on the vaccine brand used</li> </ul> |
| <b>Human Papillomavirus (HPV) vaccine</b>                        | <b>viruses that can cause:</b> <ul style="list-style-type: none"> <li>• Cancers of the cervix</li> <li>• Cancers of the penis, vagina, vulva, and anus</li> <li>• Cancers of the throat</li> <li>• Genital warts</li> </ul>                                                                                              | <b>HPV vaccine</b> <ul style="list-style-type: none"> <li>• The vaccine series is given as 2 or 3 doses, beginning at age 11–12.</li> <li>• Ask your provider if you're up to date with this vaccine</li> </ul>                              |
| <b>Flu vaccine (influenza)</b>                                   | <b>a virus that can cause:</b> <ul style="list-style-type: none"> <li>• High fevers</li> <li>• Severe body aches everywhere</li> <li>• Serious complications, including pneumonia, hospitalization, and death</li> </ul>                                                                                                 | <b>Influenza vaccine</b> <ul style="list-style-type: none"> <li>• 1 dose every year</li> </ul>                                                                                                                                               |

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. Get protected!**