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 (MenACWY) | the most serious types of meningitis that can cause:  
• 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) |                                                                                        | MenB vaccine (talk with your provider about this vaccine)  
• Dose #1 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. Get protected!