

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
Meningitis vaccine against types A, C, W, and Y (MenACWY)	the most serious types of meningitis that can cause: <ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> (Dose #1 at age 11–12) Dose #2 at age 16
Meningitis vaccine against type B (MenB)		MenB vaccine (<i>talk with your provider about this vaccine</i>) <ul style="list-style-type: none"> Dose #1 at age 16–18 years Dose #2 is given 1 or 6 months after dose #1, depending on the vaccine brand used
Flu vaccine (influenza)	a virus that can cause: <ul style="list-style-type: none"> High fevers and severe body aches Serious complications, including pneumonia, hospitalization, and death 	Influenza vaccine <ul style="list-style-type: none"> 1 dose every year
COVID-19	a virus that can cause: <ul style="list-style-type: none"> Flu-like illness (fever, cough, body aches) Breathing difficulty, shortness of breath Serious complications, including pneumonia, heart problems, other organ damage, hospitalization, and death 	COVID-19 vaccine <ul style="list-style-type: none"> Teens generally need 1 dose if they have never been vaccinated You may need another dose periodically Ask your healthcare provider or pharmacist when your next dose is due

If you are behind on shots routinely given to preteens at age 11 or 12, you may need these vaccines too:

This vaccine	helps protect you from...	Dose(s) you need
Human Papillomavirus (HPV) vaccine	a virus that can cause: <ul style="list-style-type: none"> several types of cancer genital warts 	HPV vaccine <ul style="list-style-type: none"> Two doses at age 11–12 (can be started at age 9 or 10) Three doses if dose 1 is on or after the 15th birthday
Tetanus, diphtheria, and pertussis (Tdap)	bacteria that can cause: <ul style="list-style-type: none"> lockjaw (severe muscle spasms) throat infection that can block your airway whooping cough that can cause weeks of severe coughing spells 	Tdap vaccine <ul style="list-style-type: none"> 1 dose at age 11–12 1 dose during each pregnancy

Note: If you are pregnant, your healthcare provider may recommend RSV vaccine to protect your infant from a common but serious respiratory virus.

Remember: Getting shots is better than getting these diseases. Get protected!

