

New! Easy-to-read Handouts Encourage Adults and Teens to Get Vaccinated

Use these handouts to teach patients about the dangers of vaccine-preventable diseases and the value of vaccination

Protect yourself from HPV... Get vaccinated!
What is HPV? Human papillomavirus (HPV) is the most common sexually transmitted disease (STD) in the U.S. and can lead to cancer.

How do you catch it? HPV is spread through sexual contact with someone who has the virus.

Is it serious? Yes. HPV can lead to cervical cancer in women and penile cancer in men.

Am I at risk? If you are sexually active, you are at risk.

How can I protect myself from HPV? Get vaccinated against HPV. The vaccine is safe and effective.

Protect yourself from hepatitis A... Get vaccinated!
What is hepatitis A? Hepatitis A is a serious liver disease caused by a virus. The virus is found in the feces of infected persons.

How do you catch it? Hepatitis A is spread through contact with the feces of someone who has the virus.

Is it serious? Yes. Hepatitis A can lead to liver failure and death.

Am I at risk? If you live in an area where hepatitis A is common, or if you travel to an area where it is common, you are at risk.

How can I protect myself from hepatitis A? Get vaccinated against hepatitis A. The vaccine is safe and effective.

Protect yourself from hepatitis B... Get vaccinated!
What is hepatitis B? Hepatitis B is a serious liver disease caused by a virus.

How do you catch it? Hepatitis B is spread through contact with the blood or body fluids of someone who has the virus.

Is it serious? Yes. Hepatitis B can lead to liver failure and death.

Am I at risk? If you have contact with someone who has the virus, you are at risk.

How can I protect myself from hepatitis B? Get vaccinated against hepatitis B. The vaccine is safe and effective.

Protect yourself from influenza... Get vaccinated!
What is influenza? Influenza (flu) is a serious disease caused by a virus.

How do you catch it? Influenza is spread through contact with someone who has the virus.

Is it serious? Yes. Influenza can lead to pneumonia and death.

Am I at risk? If you are 65 years of age or older, you are at risk.

How can I protect myself from influenza? Get vaccinated against influenza. The vaccine is safe and effective.

Protect yourself from pneumococcal disease... Get vaccinated!
What is pneumococcal disease? Pneumococcal disease is caused by bacteria that can lead to serious infections in the lungs (pneumonia), blood, and brain (meningitis).

How do you catch it? You can catch pneumococcal bacteria from infected people who cough or sneeze around you.

Is it serious? Yes. Even with good medical care, pneumococcal disease can be deadly. The disease is hard to treat because some bacteria have become resistant to antibiotics. Pneumococcal bacteria can cause pneumonia, blood infections, and meningitis. Such infections can lead to deafness, brain damage, and even death.

Am I at risk? Yes. Anyone can get pneumococcal disease. You are at greater risk if you are 65 or older, very young, or have heart or lung disease.

How can I protect myself from pneumococcal disease? Get vaccinated against pneumococcal disease. The vaccine is safe and effective.

Protect yourself from meningococcal disease... Get vaccinated!
What is meningococcal disease? Meningococcal disease is a life-threatening illness. It is caused by bacteria that infect the blood, brain, and spinal cord.

How do you catch it? Meningococcal disease is spread through contact with someone who has the disease.

Is it serious? Yes. Meningococcal disease can lead to death or permanent disability.

Am I at risk? If you are 16-24 years of age, you are at risk.

How can I protect myself from meningococcal disease? Get vaccinated against meningococcal disease. The vaccine is safe and effective.

Protect yourself from shingles... Get vaccinated!
What is shingles? Shingles is a painful disease caused by the same virus that causes chickenpox.

How do you catch it? Shingles is spread through contact with someone who has the virus.

Is it serious? Yes. Shingles can lead to pain and complications.

Am I at risk? If you are 60 or older, you are at risk.

How can I protect myself from shingles? Get vaccinated against shingles. The vaccine is safe and effective.

Protect yourself from whooping cough... Get vaccinated!
What is whooping cough? Whooping cough is a serious disease caused by bacteria. It is called whooping cough because of the "whoop" heard when a person who has it gasps for breath. Whooping cough is also known as pertussis.

How do you catch it? Whooping cough is spread through the air by coughing and sneezing. It is very contagious.

Is it serious? Yes. Whooping cough can trigger coughing so severe that it results in vomiting and broken ribs. The cough can last for weeks or months. More than half of babies younger than one year old who get whooping cough are hospitalized. Babies are the most likely to die from whooping cough or have complications such as seizures and brain damage.

Am I at risk? Yes. Whooping cough is most dangerous for babies, but anyone can become seriously ill from it.

How can I protect myself from whooping cough? You can protect yourself (and others) by getting vaccinated. All babies, children, and teens should get vaccinated against whooping cough as part of their regular checkups. Adults should also get vaccinated against whooping cough to protect themselves, their families and friends, and babies they may be in contact with. Babies and children need to be vaccinated with DTaP vaccine, and older children, teens, and adults should receive Tdap vaccine. These vaccines protect against diphtheria, tetanus, and pertussis (whooping cough).

For more information, visit www.vaccineinformation.org

► For 8-1/2" x 11" copies of the pieces above, visit IAC's website: www.immunize.org

1. Protect yourself from hepatitis A... www.immunize.org/catg.d/p4402.pdf
2. Protect yourself from hepatitis B... www.immunize.org/catg.d/p4404.pdf
3. Protect yourself from HPV... www.immunize.org/catg.d/p4406.pdf
4. Protect yourself from influenza... www.immunize.org/catg.d/p4408.pdf
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