

VACCINATE BEFORE YOU GRADUATE



Some diseases can be serious enough to put you in the hospital, or worse.
Before you enter High School, protect yourself with vaccines.

Vaccines

What this means for YOU

Meningococcal

meh•nin•jah•cal

1 dose

Meningitis is easily spread by kissing, sharing drinks, coughing, or sneezing. This disease could cause you to lose an arm or leg or even become paralyzed.

Human Papillomavirus (HPV)

pape•lo•ma•vi•res

3 doses

The HPV 3-shot series can protect guys and girls from genital warts. It also protects girls against cervical cancer (cancer in a part of the reproductive system) later in life.

Tetanus, Diphtheria, & Whooping Cough (Tdap)

tet•nuhs, dif•theer•ee•uh

1 dose every 10 years

This shot protects against 3 diseases, including whooping cough, a disease that can lead to really bad coughing for many weeks. Some people may even break their ribs from coughing.

Chickenpox (Varicella)

2 doses

Chickenpox is usually worse for teens than for kids. If you've never had chickenpox, you need this vaccine.

Be sure to ask your doctor about which vaccines you need!

Being a teenager is more than doing well in school, sports or hanging out with friends;
it's also about taking charge of your health.

Talk to your parents about getting these vaccines!

Want to know more? Visit www.GetImmunizedCA.org or
www.myspace.com/izzybearcalifornia

DON'T WAIT – VACCINATE BEFORE YOU GRADUATE!



A message from your school nurse and the
 California School Nurses Organization

