Help Protect Your Teen from Serious Diseases

**Vaccine: Tdap (tetanus, diphtheria, pertussis)**

**Pertussis:** A teen with pertussis coughs violently, over and over, until the air is gone from his lungs and he is forced to inhale with the loud “whooping” sound that gives the disease its nickname, Whooping Cough. These severe coughing spells can go on for up to three months. The teen might turn blue from lack of air, or vomit after a coughing spell. Teens with pertussis may also put younger children, especially infants, at risk of infection or death if exposed. Photo Source: CDC

**Diphtheria:** This disease is a serious bacterial infection usually affecting the mucous membranes of the nose and throat. It can cause painful membranes on the throat and tonsils and a swollen neck due to inflamed lymph nodes. It can also lead to pneumonia. Today, there are only a few cases a year due largely to our parents and grandparents, who got their children immunized. Photo Source: AAP

**Tetanus:** This life-threatening infection enters the body through cuts in the skin. It can get in through even a tiny pinprick or scratch, but it prefers deep puncture wounds or cuts, like those made by nails or knives. Teens can also get tetanus following severe burns, ear infections, tooth infections, or animal bites. It can cause severe and painful muscle contractions. Photo Source: CDC

**Vaccine: 2vHPV, 4vHPV, 9vHPV**

**Human papillomavirus (HPV):** HPV is the most common sexually transmitted virus in the US. Approximately 80% of sexually active men and women are infected with HPV at some time in their lives.

You can get HPV by having vaginal, anal, or oral sex, or through close contact with someone who has the virus. HPV can be passed even when an infected person has no signs or symptoms.

There are about 100 different types of HPV that can cause infection. HPV infection can cause cervical, vaginal and vulvar cancers in women, penile cancer in men, and anal cancer and mouth/throat (oropharyngeal) cancer. These cancers often take years, even decades to develop after a person gets HPV. But, could be prevented by HPV vaccination at ages 11-12. Certain types can also cause genital warts in women and men.

Studies show this is an extremely safe vaccine.

**Vaccine: Influenza**

**Influenza:** The flu is caused by a virus and usually occurs from October through May and flu symptoms can last a week or longer. For most people, the flu can cause fever, cough, sore throat, headache, chills, muscle aches, and fatigue. Some people (especially those who have other illnesses) can get much sicker, and can develop symptoms such as high fever or pneumonia. The illness often results in the patient missing a full week of school or work. On average, about 36,000 people die each year from influenza. The photo shows how influenza germs spread through the air when someone coughs. Photo Source: CDC

**Vaccine: Meningitis (MenACWY, MenB)**

**Meningococcal Disease:** Meningitis is an infection of the spinal cord and fluid surrounding the brain. Meningococcal disease also causes blood infections. Teens and young adults, particularly college freshmen who live in dormitories, are most often affected by meningococcal disease, but persons of any age can become infected. There are 2 types of meningococcal disease: bacterial and viral. Severity of the disease and treatment depend on which type a person has. There is a 10-15% fatality rate in patients who get meningococcal disease, even with medical treatment. Photo Source: The Meningitis Trust

Information Courtesy: American Academy of Pediatrics & the Centers for Disease Control and Prevention

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