



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

<p>Meningococcal meh•nin•ja•cah•cal 1 dose</p>	<p>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.</p>
<p>Human Papillomavirus (HPV) pape•lo•ma•vi•res 3 doses</p>	<p>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.</p>
<p>Tetanus, Diphtheria, & Whooping Cough (Tdap) tet•nuhs, dif•theer•ee•uh 1 dose every 10 years</p>	<p>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.</p>
<p>Chickenpox (Varicella) 2 doses</p>	<p>Chickenpox is usually worse for teens than for kids. If you've never had chickenpox, you need this vaccine.</p>

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

