



**Graduating from High School this Year?  
TAKE CHARGE OF YOUR HEALTH: GET VACCINATED!**

**Vaccines**

**What this means for YOU**

**Meningococcal**  
meh•nin•jah•cah•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. College students living in dorms are also at a higher risk for this disease, so get your shot before you graduate!

**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. Start now! It takes 6 months to complete the series.

**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.

**Many colleges require shots, including Hepatitis B and MMR (measles, mumps, and rubella).**

**Want to win \$500? Our contest starts April 2010. Check it out at [www.hpvbrief.org](http://www.hpvbrief.org)**

**DON'T WAIT – VACCINATE BEFORE YOU GRADUATE!**



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

