

Spring 2010

Dear Parents of Graduating Seniors:

Although it is still spring, your child's Senior Year is winding down. Final exams are just around the corner, and celebrations are fast approaching. As the excitement builds, we would like to encourage you to check off one more thing before graduation – **Get your child immunized to protect them against vaccine-preventable diseases!**

**In addition to getting an annual flu vaccine, make sure your graduating senior6 is up-to-date on all his/her vaccines:**

Recommended Vaccines & Number of Doses	What this means for YOUR child
<b>Tetanus, Diphtheria, Whooping Cough (Tdap)</b>  1 dose every 10 years	You may remember immunizing your child against tetanus and whooping cough as a baby. However, this protection wears off over time. Your child may be at risk, and catching a disease like whooping cough may mean missing days or weeks of school.
<b>Meningococcal</b>  1 dose	Meningitis is easily spread by coughing, sneezing or sharing drinks. This disease can cause the loss of an arm or leg, paralysis and even death. College students living in dorms are also at higher risk for this disease, so make sure they get the shot before graduation!
<b>Human Papillomavirus (HPV)</b>  3 doses	Did you know that your son or daughter has at least a 50% chance of catching HPV in their lifetime? This vaccine prevents genital warts in males and females. It also protects your daughter from the most common types of HPV known to cause cervical cancer later in life.
<b>Chickenpox</b>  2 doses	Chickenpox is usually worse for teens and young adults than for kids. If your child has never had chickenpox, they need this vaccine.

Vaccines have been proven to be safe and effective. The most common side-effect is soreness at the injection site. If you don't have health insurance, ask your local health department about how to receive free or low-cost vaccines.

**A message from your school nurse, the California School Nurses Organization and Local Health Department**



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