



See your primary
healthcare provider or
the Richmond County
Health Department
for more information
and to get vaccinated.

**VACCINES AREN'T JUST FOR BABIES
VACCINATE YOUR TEEN!**

Sources for more information

The Centers for Disease Control and Prevention
<http://www.cdc.gov/vaccines/>

National Network for Immunization Information
<http://www.immunizationinfo.org>

Richmond County Health Department
<http://www.ecphd.com>
706-721-5900

PeachCare for Kids
<http://www.peachcare.org/>

Vaccines for Children (VFC)
<http://www.cdc.gov/vaccines/programs/vfc>
404-657-9635



EMORY

Emory University,
Georgia Health Sciences University
and
Richmond County Board of Health



**VACCINES AREN'T JUST FOR BABIES
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Learn About Vaccines for Teens

DID YOU KNOW?

Fact 1 - The Centers for Disease Control and Prevention (CDC) now recommends four vaccines for teens: Tetanus, Diphtheria, and Pertussis (Tdap), Meningococcal (MCV4), Human Papillomavirus (HPV), and Influenza

Fact 2 - Teen vaccines not only help protect them, but also their friends, family, and community

Fact 3 - Teen vaccines may be needed before starting college or a new job

KEEP READING TO LEARN HOW YOU CAN PROTECT YOUR TEEN



MYTHBUSTERS

MYTH: You don't really need to get vaccinated, especially if you don't get sick often.

FACT: Even people with good immune systems can get very sick from diseases that vaccines can prevent.

MYTH: I've never even heard of these diseases, so they can't be too common or serious.

FACT: Fortunately, vaccines are doing a really good job of keeping everyone protected. If people stopped getting vaccinated, these serious diseases would be more common!

MYTH: The flu vaccine can give you the flu.

FACT: Some people have mild side effects after they get the flu vaccine (dizziness or a mild fever), but the vaccine can not give you the flu.

MYTH: Vaccines can cause serious side effects.

FACT: All vaccines have gone through a lot of testing and been found to be safe. Serious side effects are extremely rare.

MYTH: Vaccines are too expensive.

FACT: Vaccines for Children (VFC) is a program that provides vaccines at no cost to children, 18 years of age and younger, who might not otherwise be vaccinated because of inability to pay.

HUMAN PAPILLOMAVIRUS (HPV) VACCINE

Human papillomavirus (HPV)

can cause cervical cancer in females or genital warts in both females and males.

How is it Spread?

- Sexual intercourse or sexual contact

DID YOU KNOW?

- Most people have no symptoms of HPV infection
- Cervical cancer is the second leading cause of cancer deaths among women in the world
- The HPV vaccine is one of the few ways to prevent a type of cancer
- Both boys and girls can be vaccinated against HPV

What Should I Do?

Get your teen vaccinated! HPV vaccine is a series of three shots. It is recommended at 11-12 years old or as early as 9 years old. Older teens who haven't been vaccinated should get the vaccine as soon as possible.



"I had cervical cancer, so I got my daughter the vaccine for HPV. I don't want her to go through what I went through."
Monique (Mother living in Richmond county)

INFLUENZA VACCINE



What Should I Do?

Get your teen vaccinated every year! In fact, the influenza vaccine - which can be a shot or a nasal spray - is recommended for everyone over 6 months of age.



Influenza (flu) is a serious disease that can lead to pneumonia and death. It is most common between November and March.

How is it Spread?

- Through coughing or sneezing.

"I care about my patients and their health. I highly recommend getting a flu immunization every season. My personal experience tells me that it can make a difference - and save a life."
Barbara (Nurse Practitioner in Richmond county)

DID YOU KNOW?

- Each year more than 200,000 people in the U.S. are hospitalized from influenza—that is more people than live in Augusta, GA!
- Influenza is a major cause of missed school days

TETANUS, DIPHTHERIA, AND PERTUSSIS (Tdap) VACCINE

Tetanus causes painful muscle spasms and tightening of the jaw muscles so the victim cannot open their mouth, swallow, or breathe.

Diphtheria causes a severe throat infection that can lead to breathing problems and death.

Pertussis (whooping cough) causes severe coughing and vomiting.



How is it Spread?

- Tetanus enters the body through cuts, scratches or wounds
- Diphtheria and pertussis are spread through coughing or sneezing

What Should I Do?

Get your teen vaccinated! The Tdap vaccine is recommended at 11-12 years of age. Older teens who haven't been vaccinated should get the vaccine as soon as possible.

DID YOU KNOW?

- Unvaccinated adults and teens can spread pertussis to infants, who can get very sick and die

MENINGOCOCCAL (MCV4) VACCINE

Meningococcal disease is a serious illness. Meningitis is an infection of fluid around the brain and spinal cord.

How is it Spread?

- Through coughing, kissing, sneezing, and sharing items that touch a person's mouth



DID YOU KNOW?

- The chances of getting meningococcal disease are highest between the ages of 16 to 21
- 10 to 15% of people with meningococcal disease die

What Should I Do?

Get your teen vaccinated! The MCV4 vaccine is a two dose series recommended to start at 11-12 years old. Older teens who haven't been vaccinated should get the vaccine as soon as possible. All Georgia colleges require students living in campus housing to document that they have been vaccinated or that they have reviewed information about meningococcal disease.