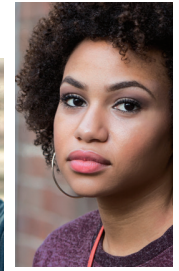


# You're 16...

## We Recommend These Vaccines for You!

You have the rest of your life in front of you. Be sure you're protected against these serious diseases!



This vaccine	helps protect you from...	Dose(s) you need at this age
<b>Meningitis vaccine against types A, C, W, and Y (MenACWY)</b>	<b>the most serious types of meningitis that can cause:</b> <ul style="list-style-type: none"> <li>Dangerous infections of the brain and spinal cord</li> <li>Blood infections that can lead to death within 24 hours</li> <li>Brain injury, limb amputations, deafness, skin grafts, and kidney damage</li> </ul>	<b>MenACWY vaccine</b> <ul style="list-style-type: none"> <li>Dose #1 at age 11–12</li> <li>Dose #2 at age 16</li> </ul>
<b>Meningitis vaccine against type B (MenB)</b>		<b>MenB vaccine</b> ( <i>talk with your provider about this vaccine</i> ) <ul style="list-style-type: none"> <li>Dose #1 at age 16–18 years</li> <li>Dose #2 is given 1 or 6 months after dose #1, depending on the vaccine brand used</li> </ul>
<b>Flu vaccine (influenza)</b>	<b>a virus that can cause:</b> <ul style="list-style-type: none"> <li>High fevers and severe body aches</li> <li>Serious complications, including pneumonia, hospitalization, and death</li> </ul>	<b>Influenza vaccine</b> <ul style="list-style-type: none"> <li>1 dose every year</li> </ul>
<b>COVID-19</b>	<b>a virus that can cause:</b> <ul style="list-style-type: none"> <li>Flu-like illness (fever, cough, body aches)</li> <li>Breathing difficulty, shortness of breath</li> <li>Serious complications, including pneumonia, heart problems, other organ damage, hospitalization, and death</li> </ul>	<b>COVID-19 vaccine</b> <ul style="list-style-type: none"> <li>Teens generally need 1 dose if they have never been vaccinated</li> <li>You may need another dose periodically</li> <li>Ask your healthcare provider or pharmacist when your next dose is due</li> </ul>

If you are behind on shots routinely given to preteens at age 11 or 12, you may need these vaccines too:

This vaccine	helps protect you from...	Dose(s) you need
<b>Human Papillomavirus (HPV) vaccine</b>	<b>a virus that can cause:</b> <ul style="list-style-type: none"> <li>several types of cancer</li> <li>genital warts</li> </ul>	<b>HPV vaccine</b> <ul style="list-style-type: none"> <li>Two doses at age 11–12 (can be started at age 9 or 10)</li> <li>Three doses if dose 1 is on or after the 15th birthday</li> </ul>
<b>Tetanus, diphtheria, and pertussis (Tdap)</b>	<b>bacteria that can cause:</b> <ul style="list-style-type: none"> <li>lockjaw (severe muscle spasms)</li> <li>throat infection that can block your airway</li> <li>whooping cough that can cause weeks of severe coughing spells</li> </ul>	<b>Tdap vaccine</b> <ul style="list-style-type: none"> <li>1 dose at age 11–12</li> <li>1 dose during each pregnancy</li> </ul>

**Note:** If you are pregnant, your healthcare provider may recommend RSV vaccine to protect your infant from a common but serious respiratory virus.

**Remember: Getting shots is better than getting these diseases. Get protected!**

