

# Are you 11-19 years old?

# You Need To Be Vaccinated Against These Serious Diseases!

Many people between the ages of 11 and 19 think they are done with vaccinations. They think vaccinations are only for little kids. Guess what? There are millions of people between the ages of 11 and 19 who need vaccinations. Are you one of them? Make sure you and your healthcare provider keep your immunizations up-to-date. Check to be sure you have all the vaccinations you need.

**Getting immunized is a lifelong, life-protecting job.**

<b>Required Montana School Immunizations for 11-19 years old</b>	
<b>Tetanus Diphtheria</b> ("Tetanus Booster") <b>Preferred: Tdap</b> (Tetanus, Diphtheria, Pertussis)	You need a tetanus booster dose at age 11-12 years. If you're older and already had a Td booster, it is recommended to get a Tdap for the extra protection against pertussis. After that, you need a Td booster dose every ten years. <b>Preferred Vaccine: Tdap (Tetanus, Diphtheria, Pertussis)</b> Minimum school requirement: Td (tetanus, diphtheria)
Measles, Mumps, Rubella ( <b>MMR</b> )	2 doses of MMR
<b>Polio (IPV)</b>	3 doses of polio vaccine, one dose must be on/after the 4 <sup>th</sup> birthday.
<b>Recommended Immunizations for 11-19 years olds</b>	
<b>Meningococcal disease (MCV4/MPSV4)</b>	11-21 year olds need 1-2 doses of MCV4. The second dose (booster) increases protection levels during the higher risk period through age 21. Meningococcal vaccination is also needed for those with certain medical conditions. Check with your provider for more information.
<b>Varicella (Var)</b> (chickenpox shot)	If you have not been previously vaccinated and have not had chickenpox, you should get vaccinated against this disease. This is a 2 dose series. Any teenager who was vaccinated as a child with only 1 dose should get a second dose now.
<b>Hepatitis A (Hep A)</b>	Anyone can get infected with hepatitis A. Some teens may have a greater chance of getting the disease. Risk factors include traveling outside the United States*, babysitting or being in a household with a child who was recently adopted from a foreign country, sexual activity, or using illegal drugs. If you have a clotting factor disorder or chronic liver disease, talk to your healthcare provider. This is a 2 dose series.
<b>Human Papillomavirus (HPV)</b>	All adolescents should get a series of HPV vaccine to prevent genital warts (boys and girls) and cervical cancer (girls). If you haven't had these shots, you should get vaccinated now. This is usually a 3 dose series. Gardasil is the name of the HPV vaccine that can be given to boys.
<b>Hepatitis B (Hep B)</b>	You need these shots of hepatitis B vaccine if you have not already received them. This is usually a 3 dose series.
<b>Influenza</b>	All teens should receive influenza vaccine annually.
<b>Pneumococcal Disease</b> (pneumonia shot)	Do you have a chronic health problem? Talk to you healthcare provider about whether you should receive a pneumococcal shot.

Reference: Immunization Action Coalition. [www.vaccineinformation.org](http://www.vaccineinformation.org).

\*Travel outside the United States? You may need additional vaccines. The Centers for Disease Control and Prevention (CDC) operates an international traveler's health information line. Call (800)232-4636 or visit CDC's website at [www.cdc.gov/travel](http://www.cdc.gov/travel) for information. You may also consult a travel clinic (Health Department 751-8110 for an appointment) or your healthcare professional.

For information about where to go to get vaccinations, call you healthcare provider or the Health Department at 751-8110. You can check the Health Department website at [www.flatheadhealth.org](http://www.flatheadhealth.org).

Flathead City-County



Health Department