



## Graduating Senior

August, 2017

Dear Graduate:

Employers, universities, community and technical colleges, as well as the military, may require a record of your immunizations. Talk to your doctor, nurse, or clinic to find out if you have all the immunizations you need. If you would like a copy of your immunization record on file at school, please contact the front office at (360) 448-6450.

You may be due for one or more of the following recommended immunizations:

- **Tetanus and diphtheria (Td) vaccine**  
The Td vaccine is recommended every 10 years. You may need it sooner than 10 years if you get a bad wound that may become infected.
- **Human Papillomavirus (HPV) vaccine**  
The Human Papillomavirus (HPV) vaccine protects against seven types of the HPV virus, which causes 80 percent of cervical cancers and 90 percent of genital warts. Two doses of HPV vaccine are recommended for everyone between ages 9 to 14. If you didn't get the vaccine before age 15 or you are immunocompromised, you can still receive the three dose schedule up to age 26.
- **Influenza (flu) vaccine**  
The influenza vaccine protects against the flu, which is a virus that can cause fever, cough, headache, and muscle aches. You need to get a flu vaccine each year to be protected against different strains of the virus.
- **Meningococcal (meningitis) vaccine**  
One meningococcal vaccine protects against four types of a bacteria that cause meningitis (swelling of the covering of the brain and spinal cord). All 11-18 year olds should get this vaccine. Certain teens and young adults may also be vaccinated with another vaccine, Meningococcal B. Talk with your doctor about whether you should get Meningococcal B vaccine.
- **Travel vaccines**  
If you plan to travel to countries outside of Canada or Western Europe, contact your doctor, nurse, or clinic to see if you need additional immunizations.

This list shows only some of the vaccines recommended for young adults. For more information on recommended vaccines, visit [www.doh.wa.gov/immunization](http://www.doh.wa.gov/immunization).

Sincerely,

HHS Health Services