



Some diseases can be serious enough to put you in the hospital, or worse.  
**Before you enter High School, protect yourself with vaccines.**

**Vaccines**

**What this means for YOU**

<p><b>Meningococcal</b>            meh•nin•jah•cal            1 dose</p>	<p>Meningitis is easily spread by kissing, sharing drinks, coughing, or sneezing. This disease could cause you to lose an arm or leg or even become paralyzed.</p>
<p><b>Human Papillomavirus (HPV)</b>            pape•lo•ma•vi•res            3 doses</p>	<p>The HPV 3-shot series can protect guys and girls from genital warts. It also protects girls against cervical cancer (cancer in a part of the reproductive system) later in life.</p>
<p><b>Tetanus, Diphtheria, &amp; Whooping Cough (Tdap)</b>            tet•nuhs, dif•theer•ee•uh            1 dose every 10 years</p>	<p>This shot protects against 3 diseases, including whooping cough, a disease that can lead to really bad coughing for many weeks. Some people may even break their ribs from coughing.</p>
<p><b>Chickenpox (Varicella)</b>            2 doses</p>	<p>Chickenpox is usually worse for teens than for kids. If you've never had chickenpox, you need this vaccine.</p>

**Be sure to ask your doctor about which vaccines you need!**

Being a teenager is more than doing well in school, sports or hanging out with friends;  
**it's also about taking charge of your health.**

**Talk to your parents about getting these vaccines!**

Want to know more? Visit [www.GetImmunizedCA.org](http://www.GetImmunizedCA.org) or  
[www.myspace.com/izzybearcalifornia](http://www.myspace.com/izzybearcalifornia)

**DON'T WAIT – VACCINATE BEFORE YOU GRADUATE!**



A message from your school nurse and the  
 California School Nurses Organization

