

VACCINATE BEFORE YOU GRADUATE



After you move your tassel, vaccines can be a hassle.

It's important to get your vaccines before you graduate.
Here's why:



Environments such as dorms, workplaces or classrooms, public transportation, parties, and sporting events make diseases easy to spread

The Vaccines for Children (VFC) program covers the uninsured and underinsured through 18 years of age*



\$ Take advantage while you still have insurance through your parents or guardians

Not having a car on campus can make getting to the doctors tricky (think bus or bike)



Whether you move away for college, trade school, or a job, see your local health care provider now, while you are still nearby

Many occupations or colleges require you to be fully vaccinated prior to entrance



For full protection, some vaccines require multiple doses over an extended period of time

Take the time to get up-to-date now before it becomes an inconvenience!

Do The MATH!

Do Your Doses Add Up to Equal Protection?

Meningococcal Vaccines (MenACWY, MenB)

Adolescent Catch-Up Vaccines

Tetanus, Diphtheria, Pertussis (Tdap)

Human Papillomavirus (HPV)

See back side for details



71%

adolescents aged 13 to 17 years in Michigan, who are NOT up-to-date with all their needed vaccines

- MCIR data, Dec. 31, 2016

46%

women who contract HPV through skin-to-skin contact before ever having vaginal sex

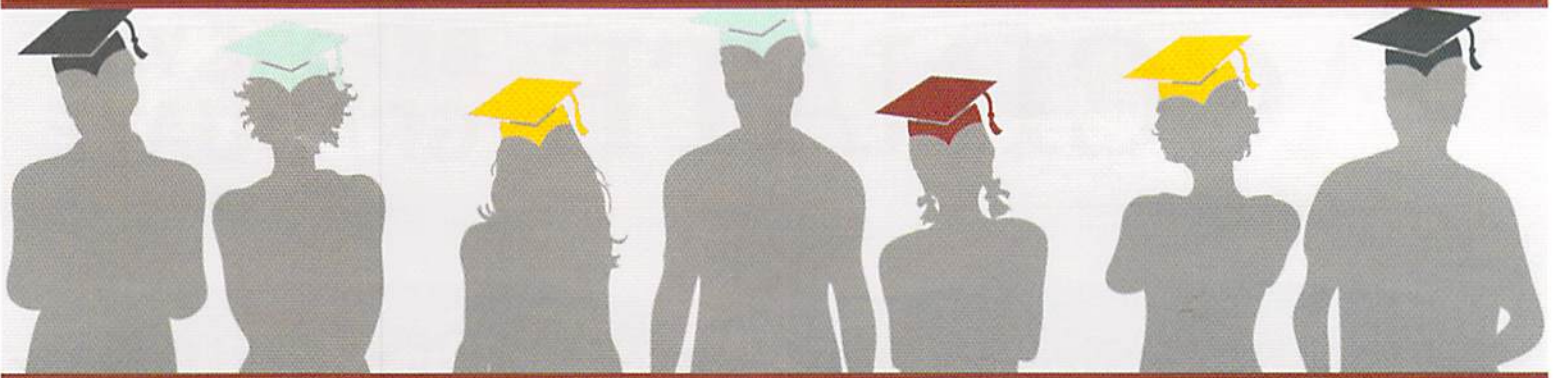
- J Infect Dis, Mar 2013

20%

survivors of meningococcal disease who have permanent complications, such as hearing loss, brain damage, or loss of a limb

- CDC Pink Book, April 2015

*VFC also covers American Indian/Alaska Native and adolescents with Medicaid. Visit www.michigan.gov/vfc or talk to your health care provider.



Meningococcal (MenACWY, MenB)

Meningococcal vaccines protect you against meningitis, which affects the brain and spinal cord.

If you contract meningitis, it can cause brain damage, severe disabilities or death.

Common symptoms include a fever, rash, headache, or stiff neck.

It is spread through close contact with an infected person, such as coughing, kissing, and sharing food or drinks. This disease is easily spread on college campuses.

MenACWY is given at 11 to 12 years of age with a second dose at 16. MenB is given at 16 to 18 years of age in a series of doses.

If you have not received these vaccines before you get your diploma, talk to your health care provider.

Adolescent Catch-Up

Many vaccines are given during childhood to give you life-long protection against diseases.

If you have not received all of the below vaccines, it is not too late!

3 doses of hepatitis B vaccine (Hep B)

2 doses of hepatitis A vaccine (Hep A)

2 doses of measles, mumps, rubella vaccine (MMR)

2 doses of varicella (chickenpox) vaccine

At least 3 doses of polio vaccine (IPV or OPV)

Flu vaccine every year!

These vaccines are important, especially if you plan to travel.

You need all doses for full protection.

Tetanus, Diphtheria, Pertussis (Tdap)

Tdap vaccine protects you against pertussis (whooping cough), diphtheria, and tetanus.

Tetanus causes painful tightening of the muscles and is very serious. It is found in soil and enters the body through a cut or wound.

Diphtheria can make you unable to breath or move body parts. It is spread by coughing or sneezing.

Pertussis can cause severe coughing and choking, making it difficult for you to breathe or eat. It is spread by coughing, sneezing or close contact with an infected person.

Tdap vaccine is usually given at the 11 to 12 years of age.

However, anyone who has not had Tdap vaccine needs a dose.

Human Papillomavirus (HPV)

HPV vaccine protects against cervical cancer in women and genital warts in men and women. It also protects against anal, penile, vaginal and vulvar cancers.

HPV is a common infection transmitted by skin-to-skin contact. Even if you do not have sexual intercourse, you can still get HPV.

HPV infection often has no symptoms so you could have it and not know.

The best time to get HPV vaccine is at 11 to 12 years of age.

If the series is started before age 15 years, only 2 doses are needed. If started after 15 years, 3 doses are needed. Individuals can be vaccinated through 26 years of age.

This vaccine is safe, effective, and prevents several types of cancers.