VACCINATE B4 U GRADUATE

Graduating from High School this Year?
TAKE CHARGE OF YOUR HEALTH: GET VACCINATED!

Recommended Vaccines	What this means for YOU
Meningococcal Conjugate	This vaccine protects you against a serious bacterial infection that could cause you to lose an arm or leg or even become paralyzed. Because college students in dorms live in close quarters, they are more likely to get the disease than other university students as a whole. Meningococcal disease is easily spread by coughing, sneezing or sharing drinks and kissing.
Human Papillomavirus (HPV)	The HPV 3-shot series can protect teen girls against cervical cancer later on in life.
Tetanus, Diphtheria, & Pertussis (Whooping Cough) (Tdap)	Tdap is a new tetanus booster that also protects you against whooping cough, a disease that can make you cough so hard that you break your ribs.
Varicella (Chickenpox)	Chickenpox is usually worse for teens than for kids. If you've only had one chickenpox shot, you need a second shot, unless you've had chickenpox disease.

Are you up-to-date on your hepatitis B and MMR (measles, mumps and rubella) shots? The hepatitis B series is **required** for all UC and Cal State students up to age 18. MMR is also **required** for Cal State students. Many other colleges may require certain vaccines as well.

Most of these shots are now covered by your family's health plan. Get them at your next physical so you won't have to pay for them out of your own pocket later.

Want to know more? Visit **www.GotMyShot.org** or **www.cdc.gov/nip/**.

DON'T WAIT – VACCINATE BEFORE YOU GRADUATE!

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

Vaccinate Before You Graduate, a CSNO campaign in partnership with the California Department of Health Services and Your Local Health Department
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