



# 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 <sup>+</sup> 

 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?*

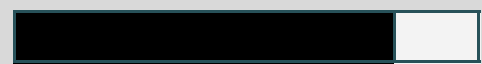
**M**eningococcal Vaccines (MCV, MenB)

**A**dolescent Catch-Up Vaccines

**T**etanus, Diphtheria, Pertussis (Tdap)

**H**uman Papillomavirus (HPV)

See back side for details 

**76%** 

*13-17 year-olds in Michigan who are NOT up-to-date with all their needed vaccines (MCIR report card data, Sept 2015)*

**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, May 2012)*



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2-3 DOSES	MULTIPLE DOSES	1 DOSE	3 DOSES
<p>Meningococcal vaccines protect you against meningitis, which affects the brain and spinal cord.</p> <p>If you contract meningitis, it can cause brain damage, severe disabilities or death.</p> <p>Common symptoms include a fever, rash, headache, or stiff neck.</p> <p>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.</p> <p>MCV is given at 11-12 years of age with a second dose at 16. MenB is given at 16-18 years of age in a series of doses. If you have not received this vaccine, make sure you get one before you get your diploma.</p>	<p>Many vaccines are given during childhood to give you life-long protection against diseases.</p> <p>If you have not received all of the below vaccines, it is not too late!</p> <p>3 doses of hepatitis B vaccine (Hep B)</p> <p>2 doses of hepatitis A vaccine (Hep A)</p> <p>2 doses of measles, mumps, rubella vaccine (MMR)</p> <p>2 doses of varicella (chickenpox) vaccine</p> <p>At least 3 doses of polio vaccine (IPV or OPV)</p> <p>Flu vaccine every year</p> <p>These vaccines are important, especially if you plan to travel. You need all doses for full protection.</p>	<p>Tdap vaccine protects you against pertussis (whooping cough), diphtheria, and tetanus.</p> <p>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.</p> <p>Diphtheria can make you unable to breath or move body parts. It is spread by coughing or sneezing.</p> <p>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.</p> <p>Tdap vaccine is usually given at the 11-12 years of age. However, anyone who has not had Tdap vaccine needs a dose.</p>	<p>HPV vaccine protects against cervical cancer in women and genital warts in men and women. It will also protect you against several other cancers.*</p> <p>HPV is a common infection transmitted by skin-to-skin contact during sexual activity. Even if you do not have sex, you can still get HPV. HPV infection often has no symptoms so you could have it and not know.</p> <p>The best time to get HPV vaccine is at 11-12 years of age, well before sexual activity starts. However, if you missed your doses, you should still get the vaccine through 26 years of age.</p> <p>This vaccine is very effective against several types of HPV and works best if you get all three doses prior to exposure.</p>

\*Other cancers include: anal, penile, vaginal, and vulvar.  
 Updated October 26, 2015