

# You're 16...

## We recommend these vaccines for you!

You have the rest of your life in front of you. Be sure you're protected against these serious diseases!



This vaccine	helps protect you from...	Dose(s) you need at this age
<b>Meningitis vaccine against types A, C, W, and Y (MenACWY)</b>	<b>the most serious types of meningitis that can cause:</b> <ul style="list-style-type: none"> <li>• Dangerous infections of the brain and spinal cord</li> <li>• Blood infections that can lead to death within 24 hours</li> <li>• Brain injury, limb amputations, deafness, skin grafts, and kidney damage</li> </ul>	<b>MenACWY vaccine</b> <ul style="list-style-type: none"> <li>• Dose #2 at age 16</li> <li>• (Dose #1 at age 11–12)</li> </ul>
<b>Meningitis vaccine against type B (MenB)</b>		<b>MenB vaccine</b> <i>(talk with your provider about this vaccine)</i> <ul style="list-style-type: none"> <li>• Dose #1 at age 16</li> <li>• Dose #2 is given 1 or 6 months after dose #1, depending on the vaccine brand used</li> </ul>
<b>Human Papillomavirus (HPV) vaccine</b>	<b>viruses that can cause:</b> <ul style="list-style-type: none"> <li>• Cancers of the cervix</li> <li>• Cancers of the penis, vagina, vulva, and anus</li> <li>• Cancers of the throat</li> <li>• Genital warts</li> </ul>	<b>HPV vaccine</b> <ul style="list-style-type: none"> <li>• The vaccine series is given as 2 or 3 doses, beginning at age 11–12.</li> <li>• Ask your provider if you're up to date with this vaccine</li> </ul>
<b>Flu vaccine (influenza)</b>	<b>a virus that can cause:</b> <ul style="list-style-type: none"> <li>• High fevers</li> <li>• Severe body aches everywhere</li> <li>• Serious complications, including pneumonia, hospitalization, and death</li> </ul>	<b>Influenza vaccine</b> <ul style="list-style-type: none"> <li>• 1 dose every year</li> </ul>

If you're behind on your shots, you may need these vaccines, too. Check with your provider.

- Chickenpox (varicella)
- Hepatitis A
- Hepatitis B
- MMR (measles, mumps, rubella)
- Tdap (tetanus, diphtheria, pertussis/whooping cough)  
*If you're pregnant, you'll need an additional dose.*

**Remember: Getting shots is better than getting these diseases. Don't miss out on everything life has in store for you. Get protected!**