

## Influenza

Influenza, the flu, is caused by a virus. It is a highly contagious respiratory illness that may cause mild to severe illness, or even death. Every year, nearly 36,000 people die from this virus. It is spread mainly from person to person through the air by coughing or sneezing. It can be spread before someone knows they are ill (usually one day before) and after they are feeling better (up to five days after becoming sick). It is recommended that everyone over 6 months old receive flu vaccine every year. This helps protect the individual receiving the vaccine and their contacts who may be more vulnerable to illness. Good hand washing and respiratory hygiene will help prevent contracting and spreading the illness.

## Human Papillomavirus (HPV)

HPV—Nearly all cases of cervical cancers and most other anogenital cancers are caused by the **human papillomavirus (HPV)**. There are two vaccines available that are effective against the types of HPV that cause 70 percent of these cancers. Certain types of HPV also cause 90 percent of genital warts. There are approximately 340,000 new cases of genital warts diagnosed in the United States each year. There is a quadrivalent vaccine effective against the types that cause most genital warts. Females and males are recommended to start the 3-dose series of quadrivalent vaccine between ages of 9–26 years old. There is a bivalent HPV vaccination available for females only. Please consult your healthcare provider for more information.

## Think vaccinations are just for little kids?



**Think Again!**  
**Adolescents**  
**need vaccines**  
**too!**

**For more information**  
**about vaccines for**  
**adolescents...**

**Ask your doctor or local**  
**health department**

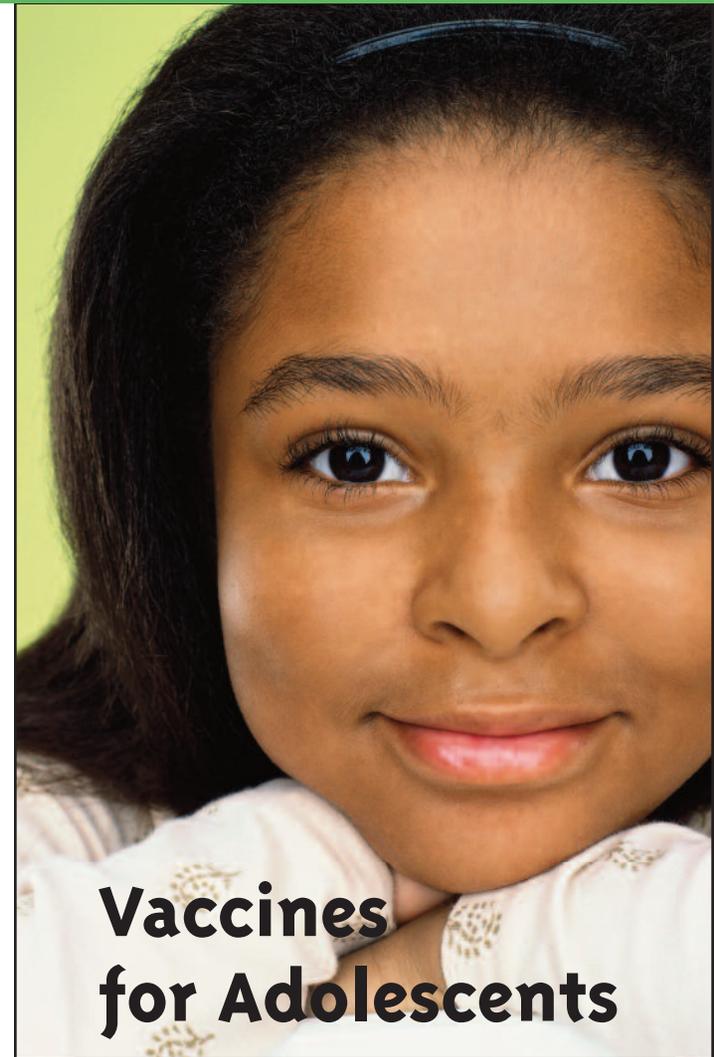


Ohio Department of Health  
Immunization Program  
246 North High Street  
Columbus, Ohio 43215

1-800-282-0546

1-614-466-4643

Email: [immunize@odh.ohio.gov](mailto:immunize@odh.ohio.gov)



**Vaccines**  
**for Adolescents**



## Hepatitis B

**Hepatitis B** is a serious viral infection that is spread through blood and body fluids. It is second only to tobacco among known carcinogens and can lead to cirrhosis of the liver, liver cancer and even death.



Hepatitis B vaccine should be given to all adolescents who did not receive the vaccine during childhood. A 3-dose series is usually needed. However, adolescents 11-15 years of age may require only 2 doses. Ask your doctor for details.



## Measles, Mumps and Rubella

Measles, mumps and rubella are serious diseases that spread from person to person through the air.

**Measles** virus causes rash, cough, runny nose, eye irritation and fever. It can lead to ear infection, pneumonia, seizures, brain damage and death.

**Mumps** virus causes fever, headache and swollen glands, usually in the neck. It can lead to deafness, meningitis, painful swelling of the testicles or ovaries and, sometimes, death.

**Rubella** virus or “German measles” causes rash, mild fever and arthritis (mostly in women). If a woman gets rubella while she is pregnant, she could have a miscarriage or her baby could be born with serious birth defects.

Adolescents who did not receive the two-shot course of measles-mumps-rubella vaccine (MMR) during childhood should receive this vaccine at their 11-12 year old check-up. Unvaccinated persons over 12 years of age should also receive the vaccine.

## Tetanus, Diphtheria and Pertussis

Tetanus, diphtheria and pertussis are all caused by bacteria. Tetanus enters the body through cuts, scratches or wounds. Diphtheria and pertussis are spread from person to person.

**Tetanus** or “lockjaw” causes painful tightening of the muscles, usually all over the body. It can lead to a “locking” of the jaw so the victim cannot open his mouth or swallow. Death results in nearly 2 out of 10 cases.

**Diphtheria** causes a thick covering in the back of the throat. It can lead to breathing problems, paralysis, heart failure and death.

**Pertussis** or “whooping cough” is a serious respiratory infection that spreads easily from person to person. It can cause coughing spells so severe a person can crack a rib or have difficulty breathing. It can lead to weight loss, incontinence, rib fractures, pneumonia, seizures, hospitalization and even death.

Adolescents 11-18 years of age should receive a single dose of tetanus-diphtheria-pertussis vaccine (Tdap). If the adolescent previously received a tetanus-diphtheria booster (Td), a dose of Tdap vaccine should be given 5 years after the Td.



## Additional Vaccines

Some adolescents with specific health risks may need additional vaccines such as **hepatitis A** and **pneumococcal**.

Adolescents also need to complete the polio vaccine series if they have not already done so.

## Meningococcal Disease

**Meningococcal disease** is an infection of fluid surrounding the brain and spinal cord. It is transmitted by respiratory droplets or direct contact with saliva from the infected person. It is a serious illness that can rapidly progress to meningitis, pneumonia and death. About 1 out of every 10 people who get the disease dies from it. Of those who survive, up to 1 in 5 are affected for life with conditions such as deafness, loss of a limb, mental retardation and nervous system disorders.

Adolescents should receive a single dose of the vaccine during their 11-12 year old check-up. All unvaccinated persons, who are 11-18 years of age or entering college, should also receive the vaccine.

## Varicella

**Varicella** or “chickenpox” is a highly contagious disease that spreads easily from person to person through the air or by contact with fluid from chickenpox blisters. While most cases of varicella are mild, the disease can be serious. It can lead to severe skin infection, scarring, pneumonia, brain damage and even death.

Adolescents who have not been previously vaccinated or have not had chickenpox should receive the vaccine at their 11-12 year old check-up. The vaccine is given as a 2-dose series. Any adolescent who was vaccinated as a child with only 1 dose needs a 2nd dose now.

