

Protect your Teens and 'Tweens with these Vaccines

Keep children between 10
and 19 years up-to-date on
these vaccines!



Wake County Human Services
Communicable Disease Program
10 Sunnybrook Rd., Raleigh NC 27610
919-250-4462
www.wakeGOV.com

Tetanus, Diphtheria, and Pertussis (Tdap)

1 dose (shot) for all rising 7th graders in North Carolina

The Tdap vaccine protects teens and adults against tetanus, diphtheria and pertussis.

- Pertussis causes coughing fits. The coughing fits can be so bad they cause broken ribs, passing out or a lung infection called pneumonia.

Vaccinating teens and adults also helps protect babies from getting pertussis until they are old enough to get their own shots.

- Tetanus (lockjaw) causes painful tightening of the muscles in the body. The jaw muscles can become so tight the person cannot open his mouth or swallow. People can get really sick and die from tetanus.
- Diphtheria causes a thick covering in the back of the throat. People with diphtheria may have problems breathing, not be able to move or their heart may stop working. People can get really sick and die from diphtheria.

Meningococcal Vaccine (MCV4)

1 dose (shot) for all rising 7th and 1 dose for all rising 12th graders in North Carolina (2 doses total)

This vaccine protects against 4 types of meningococcal disease.

- Meningococcal disease causes blood infections and can cause meningitis, an infection of the fluid around the brain and spinal cord. People can get really sick and can die from meningitis.

Human Papillomavirus (HPV)

2-3 doses (shots) depending on age

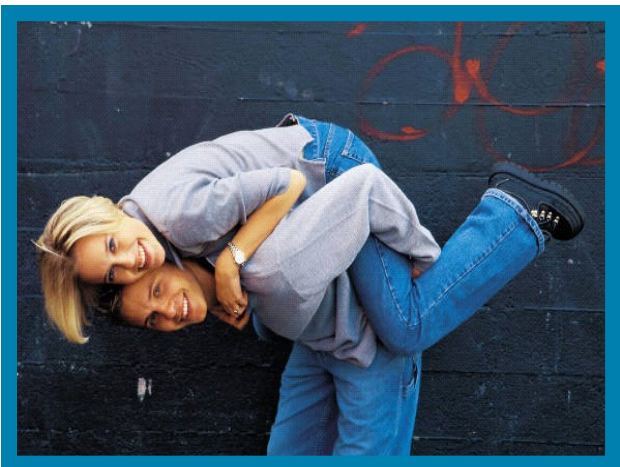
- HPV can cause cancer in both girls and boys. Many people with HPV do not know they have it because they may not have any symptoms.



Hepatitis A (HAV)

2 doses (shots)

- Hepatitis A is a virus that causes swelling of the liver. The virus can be found in the feces (poop) of a person with hepatitis A. A sick person can spread these germs in food, drink and on other things if they don't wash their hands well. A healthy person can get sick after putting things with hepatitis A germs on them into their mouth. Illness can be mild and last a few weeks or it can make you really sick and last for a few months.



Make sure your teens and tweens also have these vaccines:

Hepatitis B (Hep B)

3 doses (shots)

Measles, Mumps and Rubella (MMR)

2 doses (shots)

Varicella (Chicken pox)

2 doses (shots) (unless teen or tween had chickenpox disease)

Influenza (Flu)

1 dose every year

Get vaccines from your doctor, health care provider or Wake County Human Services. Call to find out about vaccine costs. You can get vaccines from these Wake County Human Services locations:

Fuquay Varina

Southern Regional Center

130 North Judd Parkway

Call 919-212-7000 and ask for an appointment at the Southern Regional Center.

Raleigh

Public Health Center

10 Sunnybrook Road

Call 919-250-3900 to make an appointment.

Wake Forest

Northern Regional Center

350 E. Holding Avenue

Call 919-562-6300 to make an appointment.

Zebulon

Eastern Regional Center

1002 Dogwood Drive

Call 919-404-3900 to make an appointment