

Are your children 11-19 years old?

If so, they need to be vaccinated against serious diseases.



The disease protection that children receive from some vaccines early in life may begin to weaken when they are between 11 and 19. Because they're older, they're also at risk for other diseases. For these reasons, it is very important that your children receive their recommended vaccines.

A good time to get your children vaccinated is during their yearly health checkups or camp/sports physicals. Every year, ask their health care provider if there are any vaccines your children may need.

Vaccinate Your Children Against These Diseases

Human papillomavirus (HPV)

- Almost all cases of cervical cancer are caused by HPV.
- Adolescents who get HPV vaccine between ages 11 and 12 get the best protection against HPV.
- HPV is the **most common** sexually transmitted infection in the United States.
- It is spread by skin-to-skin contact during sexual activity.
- About 20 million people in the U.S. are infected with HPV.
- HPV is **most common** in the late teen years and early 20s.
- Three HPV vaccines are available: **Cervarix**, **Gardasil** and **Gardasil 9**. Talk to your child's provider about which one is best. For details, see the back of this sheet.



Influenza (flu)

- The flu is very contagious. It is an infection of the nose, throat, and lungs. It is caused by a virus.
- The flu can cause mild to severe illness. In rare cases, it can even cause death.
- Most people will recover from the flu in less than two weeks. Some will develop complications such as pneumonia, bronchitis and sinus and ear infections.
- Flu vaccine is recommended each year for everyone 6 months and older. For details, see the back of this sheet.

