

PREVENTION WEDNESDAY

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City of Baltimore

Health Department

Vaccinations: Not Just for Babies!

Did You Know? Teens Need Vaccines.

1. Whooping cough is very easily passed from person to person!

When exposed, 9 out of 10 people will get whooping cough (pertussis). The cough can last for 3 months.

2. Influenza, or flu, gives people a fever, muscle aches, and cough.

Each year, 36,000 Americans die and 226,000 are hospitalized because of flu.

3. There are over 11,000 new cases of cervical cancer each year.

Most cases are caused by the human papilloma virus (HPV).

4. When infected with meningococcal meningitis, 5-15% of patients die.

An additional 10-20% have serious complications such as brain damage.

Prevention TIPS:

Tip 1 Ask your doctor for the Tdap vaccine.

Tdap protects against tetanus, diphtheria AND pertussis. It is available as a single booster shot for ages 10 and up.

Tip 2 A flu vaccine is needed every year because the flu virus changes. Flu vaccines are new each year to match the changing flu virus.

Tip 3 HPV vaccine is a series of 3 shots. You need all 3 for it to work.

HPV vaccine is for girls and women ages 11 to 26 years.

Tip 4 Make sure the whole family is protected, not just babies!

Meningitis vaccines, like other vaccinations, create a circle of protection: they help protect everyone in the family.

Call for free vaccinations!

Call the Baltimore City Health Department at **(410) 396-4454** for information on where to go for free vaccinations for teens:

Tdap, Flu, HPV, and Meningococcal.

Mayor Sheila Dixon
www.preventionwednesday.org

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Resources and References

Vaccinations, General Information:

American Academy of Pediatrics – Guide for Parents
<http://www.aap.org/healthtopics/immunizations.cfm>

CDC guide to vaccinations and the diseases they prevent
<http://www.cdc.gov/vaccines/vpd-vac/default.htm>

HPV:

CDC: HPV: vaccine information sheet
<http://www.immunize.org/vis/hpv.pdf>

FDA Fact Sheet: HPV
<http://www.fda.gov/WOMENS/getthefacts/hpv.html>

HPV: National Cancer Institute Fact Sheet
<http://www.cancer.gov/cancertopics/factsheet/risk/hpv>

Pertussis:

Pertussis: National Association of Pediatric Nurse Practitioners
<http://www.pertussis.com/>

CDC: Tdap vaccine information sheet
<http://www.immunize.org/vis/tdap.pdf>

Meningococcal:

CDC: Meningococcal: vaccine information sheet
<http://www.immunize.org/vis/menin06.pdf>

Flu:

CDC Flu guide
<http://www.cdc.gov/flu/>

CDC: Flu vaccine information sheet
<http://www.cdc.gov/vaccines/pubs/vis/downloads/vis-flu.pdf>