

## Measles

- Causes a rash, cough, sore eyes, and high fever

## Mumps

- Causes fever, headache, and swelling under the jaw

## Rubella (German Measles)

- Causes fever, rash, and soreness or swelling in the joints
- If you are pregnant, you can pass rubella to your unborn baby

One vaccine (MMR) protects against these three diseases.

All school-age children and teens need two shots of vaccine.

## Polio

- Causes flu-like symptoms and can lead to paralysis and death
- Older children and teens need three doses of polio vaccine

## More Vaccines?

- Children who have health problems or are traveling outside the United States may need other vaccines

- Check with your child's health care provider to make sure your child isn't missing any doses of these childhood vaccines

## Your Child's Vaccination Record

You should have a record of your child's vaccines. Keep it and carry it with you to every healthcare visit. A great way to keep track of anyone's vaccine record is by using the Michigan Care Improvement Registry (MCIR). Ask if all your child's vaccines are in MCIR and make sure they have all needed vaccines.

## Paying for Vaccines

Check to see if your health insurance will pay for these vaccines. If your child does not have health insurance, or does not have insurance that covers these vaccines, ask your health care provider or local health department about the Vaccines for Children (VFC) program. Eligible children, 18 years of age and younger, may receive publicly purchased vaccine through the VFC program.

## More information

- Your health care provider
- Your local health department
- Michigan Department of Community Health:  
[www.michigan.gov/immunize](http://www.michigan.gov/immunize)
- Vaccine Education Center:  
[www.chop.edu/vaccine](http://www.chop.edu/vaccine)
- Immunization Action Coalition:  
[www.vaccineinformation.org](http://www.vaccineinformation.org)
- Vaccines for Children (VFC) program: [www.cdc.gov/vaccines/programs/vfc](http://www.cdc.gov/vaccines/programs/vfc)

Centers for Disease Control and Prevention (CDC) INFO Contact Center:

## English and Spanish

- 1-800-CDC-INFO
- 1-800-232-4636
- TTY 1-888-232-6348
- CDC website: [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)



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# PROTECT

# PRE-TEENS

# AND TEENS

# FROM SERIOUS

# DISEASES

## TEENS AND IMMUNIZATION



**E**very year pre-teens and teens miss important events in their lives – the first school dance or a big football game – because they are too sick to attend. Children can be protected from some serious diseases by getting immunizations (shots). Getting vaccines and staying protected from serious diseases is a lifelong job.

### Meningitis

- An illness that affects the brain and spinal cord
- Spread through sneezing, coughing, kissing, and sharing food or drinks with an infected person
- Places where teens are in close contact, such as classrooms or college dorms, make it easier to spread
- Children need one shot at the 11-12 year old check-up

### Human Papillomavirus (HPV)

- HPV is a common virus
- Can cause genital warts and cervical cancer

- Three shots of HPV vaccine are recommended for girls 11 years of age and older

### Tetanus

- Tetanus is usually found in soil and enters the body through a cut or wound.
- Causes painful tightening of the muscles and is life threatening

### Diphtheria

- Spread by coughing or sneezing
- Can make you unable to breathe or move body parts

### Pertussis (Whooping Cough)

- Spread by coughing, sneezing or close contact with an infected person
- Causes coughing and choking making it hard to eat or breath
- If it is passed on to infants, it may be life-threatening

One vaccine (Tdap) protects against these three diseases.

Children should be immunized at the 11-12 year old check-up.

### Influenza (Flu)

- Causes fever, headache, tiredness, cough, runny or stuffy nose, and sore muscles
- It's easy for flu to spread in places like classrooms or locations where school activities are held
- Flu spreads easily in college dorms, too
- All children 6 months through 18 years of age, as well as anyone else who wants to be protected, should receive flu vaccine every year



Some pre-teens and teens are missing doses of vaccines. All doses of vaccines are needed to protect against diseases.

### Hepatitis A

- Can cause fever, tiredness, loss of appetite, nausea, and jaundice (yellowing of the skin and eyes)
- Anyone who wants to be protected from hepatitis A needs two shots of vaccine

### Hepatitis B

- Can cause different kinds of liver disease including cancer
- Children need three shots of hepatitis B vaccine

### Varicella (Chickenpox)

- Causes an itchy rash all over your body, fever and tiredness. It can lead to severe skin infections, scars and pneumonia
- All school-age children and teens, who have not had chickenpox, now need two shots of vaccine