

Dear Parents of Graduating Seniors:

Although it is still spring, your child’s Senior Year is winding down. Final exams are just around the corner, and celebrations are fast approaching. As the excitement builds, we would like to encourage you to check off one more thing before graduation – **Get your child immunized!**

Please make sure your graduating senior is up-to-date on all vaccines:

Recommended Vaccines & Number of Doses	What this means for YOUR child
<p>Tetanus, Diphtheria, & Whooping Cough (Tdap) 1 dose every 10 years</p>	<p>Catching a contagious disease like whooping cough may mean missing days or weeks of school. Whooping cough can cause vomiting, gasping for air, and trouble sleeping. The Tdap booster helps teens because their baby shots wear off. Tdap is required for 7th grade entry in California.</p>
<p>Meningococcal 1 dose at age 16 or older</p>	<p>Meningococcal blood infections and meningitis are easily spread by coughing, sneezing or sharing drinks. This disease can cause the loss of an arm or leg, paralysis and even death. It is more common among teens and young adults who are in close contact with others at home or school.</p>
<p>Human Papillomavirus (HPV) 3 doses over 6 months</p>	<p>Did you know that your son or daughter has at least a 50% chance of catching HPV in their lifetime? This vaccine prevents genital warts and cancer, including cervical cancer, later in life. The vaccine doesn’t cure HPV. It prevents it. So it’s best to give it well before the start of sexual activity, which can spread HPV infection.</p>
<p>Chickenpox 2 doses</p>	<p>Chickenpox is usually worse for teens and young adults than for kids. If your child has never had chickenpox, make sure they have received 2 doses of this vaccine.</p>
<p>Other Recommended Vaccines</p>	<p>Talk to the doctor to see if your teen needs or missed any other vaccines.</p>

Vaccines have been proven to be safe and effective. The most common side-effect is soreness at the injection site. If you don’t have health insurance, or if your plan doesn’t cover the cost of immunizations, your child can get immunized at a Federally Qualified Health Center, Rural Health Clinic or at your local health department. Ask about the Vaccines for Children Program (VFC), a program that provides vaccines at no cost to eligible children 18 years of age and younger.

For more information, visit: www.GetImmunizedCA.org

A message from your school nurse, the California School Nurses Organization and your Local Health Department



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