

# Teens & Tweens Still Need Vaccines!

**Children between 10 and 19 years old need:**



## **Tetanus, Diphtheria, and Pertussis (Tdap)**

In the past, a Td vaccine was given every 10 years as a booster to protect adults and children from tetanus and diphtheria. The Tdap vaccine is the first vaccine to protect teens and adults against pertussis too. This is also important because it helps protect infants until they are old enough to get the diphtheria, tetanus, and pertussis vaccine.

Pertussis (whooping cough) causes severe coughing spells. The coughing spells can be so severe that they lead to broken ribs, passing out, pneumonia and hospitalization.

Tetanus (lockjaw) is a painful tightening of the muscles in the body. The jaw can become locked so the victim cannot open his mouth or swallow. This infection is serious and can lead to death.

Diphtheria causes a thick covering in the back of the throat. Victims of diphtheria may have breathing problems, become paralyzed or have heart failure. This infection is serious and can lead to death.

**One dose of Tdap is required for rising sixth graders in North Carolina .**



## **Meningococcal Vaccine (MCV4)**

This vaccine protects against 4 types of meningococcal disease.

Meningococcal disease causes blood infections. It is also the leading cause of bacterial meningitis in teens in the US.

Meningitis is an infection of the fluid around the brain and spinal cord. Bacterial meningitis is serious and can lead to death.

**One dose of this vaccine is needed.**



## **Human Papillomavirus (HPV)**

HPV is the most common sexually transmitted virus in the US. HPV can cause cervical cancer in women. HPV can also cause genital warts in men and women.

**Girls and boys need 3 doses of this vaccine. This vaccine is approved only for people 9-26 years of age.**



## **Hepatitis A (HAV)**

Hepatitis A is a virus that causes inflammation of the liver. The virus sheds into the feces (stool) of an infected person. A sick person spreads the virus on poorly washed hands to food, drink and other objects. A healthy person becomes ill after putting the contaminated food, drink, or objects into their mouth. Illness can be mild and last for a few weeks or severe and last for several months.

Children need 2 doses of this vaccine for full protection.

## **Parents should make sure that their teens are also up-to-date on these vaccines:**

### **Hepatitis B (Hep B)**

Children need three (3) doses for full protection.

### **Measles, Mumps and Rubella (MMR)**

Children need two (2) doses for full protection.

### **Varicella (Chicken pox)**

The number of doses needed to protect against chicken pox has recently changed. Children who have never had chicken pox disease need two (2) doses for full protection.

### **Influenza (Flu)**

Everyone needs one (1) dose each year to protect against flu.



## **Where to Get Vaccines**

- **Your doctor or health care provider**

Call for information on vaccine costs.

- **Wake County Human Services**

There is no charge for state required vaccines and some recommended vaccines.

### **Fuquay Varina**

#### **Southern Regional Center**

130 North Judd Parkway

Call 212-7000 to make appointments. Ask for an appointment at the Southern Regional Center.

### **Raleigh**

#### **Public Health Center**

10 Sunnybrook Road

Call 919-250-3900 to make an appointment.

### **Millbrook Human Services Center**

2809 E. Millbrook Road

Call 919-250-3900 to make an appointment. Ask for an appointment at the Millbrook Human Services Center.

### **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.



**Human  
Services**

Communicable Disease Program  
Rev. March 2010  
919-212-7000