

Vaccinate **B4** you Graduate!



In New Mexico all vaccines are provided at no charge through age 18.

Be prepared. Be protected. Get vaccines recommended for you.

- Take charge of your health. Ask your doctor or nurse about immunizations at your next check-up, sports physical, or illness visit.
- If you still need any immunizations, be sure to catch up as soon as possible.

Vaccinate before you graduate.

- In New Mexico, all childhood and teen vaccines are provided at no charge through age 18. Starting at age 19, vaccines are paid for out-of-pocket or through insurance.
- Get all your immunizations before you graduate from high school—you'll have a healthy start to adulthood and a complete record of your immunizations for college, travel, and employment.

Protect yourself against cancer.

- A vaccine can protect boys and girls from the most common types of HPV that cause genital warts, cervical, penile, and other types of cancer.
- The HPV vaccine works best if it is given before you are exposed to the virus.
- Ask your doctor or nurse about the HPV vaccine.

Meningitis can be deadly.

- Meningococcal disease is a serious illness caused by a bacteria that can infect the bloodstream or areas around the brain and spinal cord.
- The infection causes rapid onset of illness and can be life-threatening within hours.
- Meningitis can lead to brain damage, disability, amputations, and rapid death.
- Common symptoms include stiff neck, headache, fever, rash and flu-like symptoms that progress very rapidly.
- There are different meningitis vaccines that protect against various strains of meningococcal disease. Check with your doctor or nurse to make sure you've had all the necessary doses.

Ask! It's good to have questions!

Ask your doctor or nurse about recommended immunizations and any questions you have.

For high school students going on to college, many universities* require proof of immunity such as:

- ✓ Measles, Mumps, & Rubella (MMR): Two doses
- ✓ Meningitis A, C, W, Y: At least one dose at 16 years or older
- ✓ HPV (human papillomavirus): Two or three doses (based on age)
- ✓ Tdap (Tetanus, Diphtheria, & Pertussis): One dose
- ✓ Varicella (chicken pox): Two doses
- ✓ IPV (Polio): At least three doses
- ✓ Hepatitis B: Three doses
- ✓ Hepatitis A: Two doses
- ✓ Influenza (flu): One dose every flu season

Ask your doctor if Meningitis B vaccine is right for you (2-3 doses at 16 years or older)

**Consult each college, university, or institution for specific vaccination requirements.*

Resources

CDC Immunization schedule for ages 7-18 years: <https://www.cdc.gov/vaccines/schedules/easy-to-read/preteen-teen.html>

Children's Hospital of Philadelphia (CHOP): <http://www.chop.edu/centers-programs/vaccine-education-center/age-groups-and-vaccines/teens-college-students>

Immunization Action Coalition—Immunization information for adolescents and young adults: www.vaccineinformation.org/adolescents.asp

New Mexico Department of Health, Immunization Program: www.immunizenm.org

