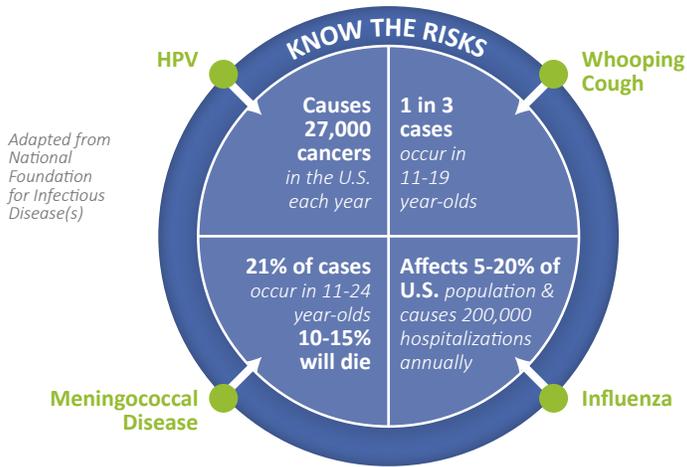


## Vaccines Aren't Just for Young Children

Adolescents Can Be Protected from Deadly Diseases



## Parents and Guardians

As a parent, there is nothing more important than your child's health and safety. This letter\* is to notify you about vaccines that can protect your child from several diseases, including meningococcal disease, human papillomavirus (HPV), tetanus and pertussis.

Vaccines that are recommended for adolescents between 11 and 12 years of age include Tdap (tetanus, diphtheria and pertussis), meningococcal conjugate, HPV, and influenza\*\* vaccines. These vaccines can be given safely at the same time.



\* Required by Washington State Legislature

\*\* Influenza vaccine is recommended each year for everyone 6 months and older

## Where can I find these vaccines to protect my child?

Your child's healthcare provider is likely enrolled in Washington's Vaccine for Children (VFC) program, which means your child can receive no-cost vaccines.

- Note that office fees may apply including an out-of-pocket fee for office visit (determined by provider), and vaccine administration fee (maximum \$23.44 per dose).

◇ If you are **uninsured** or **underinsured** and you are unable to afford them, administration fees must be waived.

If your child's healthcare provider is not a VFC office, call Spokane Regional Health District's Immunization program at 509.324.1611 for assistance in locating a VFC office (over 80 offices in Spokane County).

If your child does not have a regular healthcare provider or you are uninsured, visit [parenthelp123.org](http://parenthelp123.org) for additional assistance.

### Resources:

American Cancer Society • Centers for Disease Control & Prevention (CDC)  
 Children's Hospital Of Philadelphia Vaccine Education Center  
 Washington State Department of Health: Vaccine Information Statements (VIS)

Disease Name	Vaccine Name (to protect from disease)	Disease Spread By	Disease Symptoms	Disease Complications
Tetanus	Tdap vaccine	Caused by bacteria found in soil, dust, and manure through exposure to cuts in skin	Stiffness in neck and abdominal muscles, difficulty swallowing, muscle spasms, fever	Broken bones, breathing difficulty, death
Diphtheria	Tdap vaccine	Highly contagious bacterial disease that affects the respiratory system through direct contact with droplets from an infected person's cough or sneeze	Sore throat, mild fever, weakness, swollen glands in neck	Damage to the heart muscle, coma, paralysis, breathing difficulty, respiratory or heart failure, nerve damage, death
Pertussis (whooping cough)	Tdap vaccine (1 dose every 10 yrs.)	Caused by bacteria spread through direct contact with respiratory droplets when infected person coughs or sneezes	Severe cough, runny nose, apnea (a pause in breathing)	Pneumonia (infection in the lungs), loss of bladder control, rib fractures, death
Meningococcal disease	MCV4 and Men B vaccines (2 doses)	Bacteria spread through the exchange of nose and throat droplets through coughing, sneezing, kissing	Nausea, vomiting, sensitivity to light, confusion, sleepiness	Meningitis <sup>†</sup> , bloodstream infection, loss of limbs <sup>**</sup> , loss of hearing, nervous system problems, seizures, permanent disability, death
Human Papilloma-virus (HPV)	HPV9 vaccine (2 doses)	Highly contagious, common virus spread through intimate skin-to-skin contact	Warts, pre-cancerous or cancerous lesions of the mouth, throat, cervix, anus, penis or other areas	Mouth and throat cancer, cervical cancer, anal cancer, genital warts, death secondary to cancer
Influenza	Seasonal Influenza vaccine	Highly contagious viral infection of the nose, throat, and lungs spread through droplets when an infected person coughs or sneezes	Sudden high fever, chills, dry cough, headache, runny nose, sore throat, muscle and joint pain	Extreme fatigue lasting several days to weeks, hospitalization, pneumonia, inflammation of the heart, death

<sup>†</sup>Infection of the brain and spinal cord. <sup>\*\*</sup> Legs and arms.