

VACCINATE BEFORE YOU GRADUATE!



Many universities* require proof of immunity prior to college entrance.

Typical requirements or recommendations:

Measles, Mumps, and Rubella
(either by receiving two doses of MMR vaccine or showing immunity by a blood test)

Meningitis A, C, W, Y
At least 1 dose at 16 years or older

Meningitis B
Two or three doses (by manufacturer)

HPV (human papillomavirus)
Two or Three doses (based on age received)

Tdap (Tetanus, Diphtheria, & Pertussis)
One dose

Varicella or MMR-V (chicken pox)
Two doses

IPV (Polio)
At least 3 doses

Hepatitis B
Three doses

Hepatitis A
Two doses

Influenza (flu)
One dose every fall



WhyImmunize.org

High school students at all grade levels need to know that every student going to American colleges and universities should receive all indicated doses of all vaccines recommended by the Centers for Disease Control and Prevention (CDC).

Check with your health care provider to make sure that you are up-to-date on all the needed vaccines. Many of these are vaccines you should have received as part of your scheduled childhood vaccinations.

Once you have turned 16 years old, it is important to be sure that you are up-to-date on all vaccinations against the various strains of bacteria that cause meningitis.

One of these is the meningococcal conjugate vaccine, protecting against four different meningitis strains (A, C, W, Y). More recently approved is the vaccine that protects against meningitis B. College students are encouraged to be vaccinated with both types of meningitis vaccines.

What you should know about meningitis:

- 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.
- Vaccines can help prevent meningitis.

Students living in dormitories or residence halls are at higher risk of contracting meningitis.

*Please consult each college, university, or institution for specific vaccination requirements and information.

OFF TO COLLEGE? BE READY!

College To-Do List

- ✓ Take SAT/ACT *double check locations*
- ✓ Email college applications
- ✓ Fill Out FAFSA
- ✓ Apply for scholarships
- ✓ Get Vaccinations & schedule boosters
check university requirements and take to the doctor when I go for the shots - make appointment for any boosters before graduation
- ✓ Senior pictures
- ✓ Order Cap & Gown, & Announcements
- ✓ Mail acceptance & dorm deposit
- ✓ Send out announcements *buy stamps*
- ✓ *Make sure all vaccinations are complete!*

GRADUATE!!!!!!