

Adolescent Immunization Schedule

Vaccines are proven to be safe and effective for providing protection against diseases and infections. By being fully vaccinated, you protect yourself as well as your family and your community from these health concerns. St. Croix Health follows the Centers for Disease Control and Prevention (CDC) recommended vaccine schedule for all immunizations.

11 to 12 Years	Meningococcal serotypes A, C, W, Y	Human Papillomavirus (2 total doses) *	Tetanus, Diphtheria, acellular Pertussis (adolescent/adult)
16 Years	Meningococcal serotypes A, C, W, Y	Human Papillomavirus (3 total doses) **	Meningococcal serotype B (2 total doses) ***
Everyone (Ages 6 Months +)	Influenza - (annually)	COVID - (primary series and boosters as recommended)	

* **2-Dose series:** Adolescents beginning the series before their 15th birthday are recommended to receive 2 doses of the HPV vaccine.

** **3-Dose series:** Adolescents beginning the series on or after their 15th birthday are recommended to receive 3 doses of the HPV vaccine.

*** **2-Dose series:** Adolescents 10 years or older are recommended to receive 2 doses of the Meningococcal B vaccine.

If you miss a vaccine in a series, call and make an appointment to continue the series without needing to start over. Reach out to your provider if you have any questions or concerns.



Information Continued on Other Side

What the Recommended Immunizations Protect You From:

Tetanus, Diphtheria, Pertussis

Tetanus, Diphtheria, and Pertussis are infections caused by bacteria. Diphtheria and pertussis spread through coughing or sneezing. Tetanus enters the body through cuts, scratches, or wounds.

Tetanus (*Lockjaw*) causes painful muscle tightening and stiffness. It can lead to tightening of muscles in the head and neck so you are unable to open your mouth, swallow, or even breathe. Tetanus kills about 1 out of every 10 people who are infected, even after receiving the best medical care.

Diphtheria can cause a thick bacteria coating in the back of the throat that may lead to breathing problems, heart failure, paralysis, and death.

Pertussis (*Whooping cough*) causes severe coughing spells, which can cause difficulty breathing, vomiting, and disturbed sleep. It can also lead to weight loss, incontinence, and rib fractures. Up to 2 in 100 adolescents and 4 in 100 adults with pertussis are hospitalized or have complications.

Influenza (Flu)

Influenza is a contagious disease that spreads around the United States every year, usually between October and May. It is caused by influenza viruses, and spreads mainly by coughing, sneezing, and close contact. Anyone can get influenza. It strikes suddenly and can last several days. Symptoms vary by age, but may include:

fever/chills cough sore throat headache
muscle aches fatigue stuffy or runny nose

Influenza may lead to pneumonia and blood infections, and can cause diarrhea and seizures in children. If you have a medical condition, such as heart or lung disease, influenza may make it worse.

Meningococcal Disease

Meningococcal Disease refers to any illness that is caused by *Neisseria meningitidis* bacteria. These infections do not happen often, but can be very dangerous. The two most severe and common illnesses caused by the bacteria include infections of the fluid and lining around the brain and spinal cord (meningitis) and infections of the bloodstream (bacteremia or septicemia).

Human Papillomavirus (HPV)

Human Papillomavirus (HPV) is a common virus that 14 million people, including teenagers, become infected with each year. HPV can cause cervical, vaginal, and vulvar cancers in women and penile cancer in men. In both men and women, HPV can cause anal cancer, genital warts, and throat cancer.

COVID

COVID-19 is a highly-contagious virus that is spread through droplets from breathing, coughing, sneezing, or even speaking. Although the symptoms mimic a cold or influenza, COVID-19 (SARS-CoV-2 Virus) may attack more than your respiratory system and may cause symptoms that last longer or can become serious enough to be hospitalized. Because COVID-19 is a virus, genetic changes in it are normal and there will be variants which may require boosters.