

An Important Message from Your Teen’s School Nurse, [INSERT SCHOOL NURSE NAME]

Keeping your teen safe and healthy can feel like a full-time job. Parents and guardians, you can check one thing off your “worry list” by talking to your teen’s healthcare provider to see that they are up-to-date on their vaccinations! You might be surprised to hear this, but millions of teens across the country are under-vaccinated, and outbreaks of serious infectious diseases, which can lead to death, are still taking place.^{1,2}

The CDC recommends that teens receive the following vaccines to protect against serious infectious diseases.³ Talk with your healthcare provider about vaccinating your teen!

- **Meningococcal vaccine**
 - Meningococcal meningitis is a rare but serious disease that develops rapidly and can claim a life in as little as one day.⁴ Of those who survive, approximately one in five are left with serious medical problems like amputation, deafness, and brain damage.⁵ Teens are at increased risk of meningococcal meningitis. This increased risk may be due to activities like sharing utensils and kissing.^{6,7,8}
- **Human papillomavirus (HPV) vaccine**
 - HPV can cause various cancers in both boys and girls.⁹
- **Tdap vaccine**
 - Tetanus causes painful tightening of the muscles, usually all over your body; diphtheria causes a thick covering in the back of the throat and can also lead to breathing problems, paralysis, heart failure, and even death; and pertussis causes coughing spells and can lead to pneumonia, seizures, brain damage, and death, particularly in infants.¹⁰
- **Flu vaccine**
 - Flu can lead to fever, cough, sore throat, body aches, fatigue and more. Serious outcomes include hospitalization and even death.¹¹

Learn more about vaccination at <http://www.cdc.gov/vaccines/who/teens/index.html> and contact the nurses’ office with any questions at [INSERT CONTACT INFO].

References

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