

**ARE
Adolescents
BEING
VACCINATED?**

HMMMMM.....

**SHOULD
THEY BE?**

YOU BET!

Vaccines prevent serious illnesses if a person should come in contact with them later in life.

Vaccine-preventable diseases are so seldom seen that adolescents and parents underestimate the risks posed by them.

Work, school, extracurricular and sports activities make scheduling appointments difficult.

Plus, fewer well visits to the doctor means less opportunity to be sure that teens have all their shots.

WHY?

MENINGOCOCCAL DISEASE:

adolescents and young adults are up to 5 times more likely to die than younger children.

PERTUSSIS (WHOOPING COUGH):

nearly 40% of all reported cases occur in teens.

FLU:

54% of all reported cases occur in people under 19.

VARICELLA (CHICKEN POX):

adolescents and adults are more likely to develop serious complications than children.

HPV:

approximately 74% of cases occur in adolescents and young adults.

HEPATITIS B:

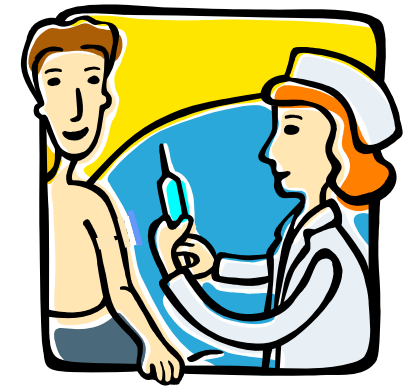
the majority of all new cases each year occur in adolescents and young adults.

From a presentation by Tamara Coyne-Beasley, MD, MPH
Associate Professor of Pediatrics and Internal Medicine,
University of North Carolina, Chapel Hill
at the CDC's National Immunization Conference
in Kansas City, Missouri in March, 2007

Mid America Immunization Coalition

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OVERCOMING SHOT PHOBIA

It is not unusual to cringe at the thought of the shot needle.

To take your mind off of it —
don't look,

listen to your i-Pod,

breathe deeply and relax,

imagine your American Idol act,

think about worse reasons for being at the doctor's office.

Just relax your arm
and before you know it,
it will be over and you will be
protected against a serious illness.

LUCKY YOU!