



ACTIVE IMMUNITY IS YOUR DEFENSIVE LINE

FIGHT BACK!

- Vaccines are the best way to get your team ready to beat potentially dangerous diseases.
- When you have a disease, your body builds active immunity. The next time the same germs attack, your defenders know the game plan. Antibodies fend off the disease and keep you healthy.
- Vaccines introduce your body to diseases without you getting the illness. It's like a practice match so your body can prepare in case you're exposed to the disease later.
- Keeping up with the recommended vaccine schedule helps your body build active immunity against 16 diseases.

Vaccines for you are available at no cost!

Vaccines are available to Washington residents at no cost until their 19th birthday. There is no cost for the vaccine, but patients may be charged for the office visit or administration fee. Most insurance plans will cover the costs. Some clinics offer a sliding fee scale for those without insurance.



How do you know vaccines are safe?

The Food and Drug Administration licenses and monitors vaccines. Scientists and doctors evaluate a vaccine's safety and effectiveness before it is approved. They also inspect the sites where vaccines are made.

Once a vaccine is in use, the safety system in the U.S. continuously monitors for side effects. Our country's vaccine supply is the safest it's ever been, according to the Centers for Disease Control and Prevention.

Learn more at www.cdc.gov/vaccines.



Tetanus, or lockjaw, causes muscle tightening and stiffness, and can be deadly. It enters the body through cuts or wounds.

Diphtheria causes a thick coating at the back of the throat and can lead to breathing problems, heart failure, and paralysis. It spreads through coughing or sneezing.

Pertussis, or whooping cough, causes violent coughing spells and spreads through coughing or sneezing. Complications from the disease can be deadly, especially in infants.

FIGHT BACK! The Tdap vaccine protects against all three diseases, which are caused by bacteria. Since vaccination started, reported cases of tetanus and diphtheria have dropped by about 99%, with an 80% drop for pertussis, according to the CDC.



Human Papillomavirus (HPV)

Every year, 14 million Americans are infected with HPV. Half of the new infections are in 15 to 24 year olds. Long-term infections can cause cancer, most often of the neck, head, or cervix.

FIGHT BACK! More than 90% of cancers caused by HPV could be prevented by getting vaccinated before being exposed to the virus.



Influenza (FLU)

Flu season is unpredictable. Though most people bounce back from the flu, the disease can cause severe complications.

FIGHT BACK! Getting vaccinated protects vulnerable people - such as young children and the elderly - by building your community's immunity.

Meningococcal ACWY & B

Meningococcal disease is rare, but progresses quickly and can cause deafness, neurologic damage, loss of limbs, or death. It spreads through direct contact with saliva, such as kissing or sharing drinks.

FIGHT BACK! Vaccines protect teens and young adults when they are most at risk for meningococcal disease.



TEEN VACCINES

VS.

MICROSCOPIC MENACES

	Tdap (Tetanus, diphtheria, acellular pertussis)	FLU (Influenza)	Meningococcal ACWY	Meningococcal B	HPV (Human papillomavirus)
Routine Vaccine Schedule	One dose at 11-12 years old	One dose each year by the end of October	One dose at 11-12 years old One booster dose at 16 years old	Not routinely recommended for all teens	Two doses at 11-12 years old; can start at 9-10 years old
Catching up	Vaccine may be given at 13-18 years old	Vaccine may be given any time during the flu season	May be given at 13-15 years, with a booster at 17-18 or May be given at 16-18 years, no booster	Series may be given to those who would like protection from meningococcal B, preferably at 16-18 years old	Two doses if first is before 15th birthday or Three doses if first is on or after 15th birthday