

# Make Teens Very Healthy

Adolescents need to visit their doctor for a check-up and to get recommended immunizations.

How To:	Vaccine:	Protects Against:
<b><u>M</u>ake</b>	<b><u>M</u></b> is for Meningitis	Meningitis can cause loss of arms, legs or even death. Can easily spread by coughing, kissing, sharing drinks, sharing silverware or through physical contact.
<b><u>T</u>eens</b>	<b><u>T</u></b> is for Tdap	<b><u>D</u>iphtheria</b> – can lead to breathing problems, paralysis, heart failure, and death.
		<b><u>T</u>etanus</b> – Can cause muscles to tighten making it hard to breath, eat, or move, can lead to death.
		<b><u>P</u>ertussis</b> (whooping cough) – Can cause severe coughing spells that make it hard to breathe. It can lead to death.
<b><u>V</u>ery</b>	<b><u>V</u></b> is for Varicella or “Chickenpox”	Varicella can cause bumps, blisters, itching, and fever. It can lead to serious infection, scars, brain damage, breathing problems, or even death.
<b><u>H</u>ealthy</b>	<b><u>H</u></b> is for Human Papillomavirus (HPV)	The HPV vaccine protects against cervical cancer, the 2 <sup>nd</sup> leading cause of cancer deaths among women around the world. There is no cure for HPV infection.

Immunizations are important for disaster preparedness and also protect against outbreaks of dangerous diseases. Some of these vaccines will be required for 7th grade entry beginning in the 2009-2010 school year. Consult your doctor before school starts to make sure your child is up-to-date.

For more information about immunizations, go to: [www.vaccines.texaschildrens.org](http://www.vaccines.texaschildrens.org)  
or [www.immunizehouston.org](http://www.immunizehouston.org) or call 832-824-2061.

