

DON'T TAKE A VACATION FROM VACCINATION!

Five vaccines worth the poke. Invest in your future health.

What is a Vaccine?

Vaccines are one of the most important advances we've seen in medical science in the past 200 years. Vaccines have played a major part in the reduction of child deaths by more than 50% in the last 30 years according to the World Health Organization! Not only do you protect your own health when you get a vaccine, you help protect those around you. What an amazing work of science! #NerdAlert

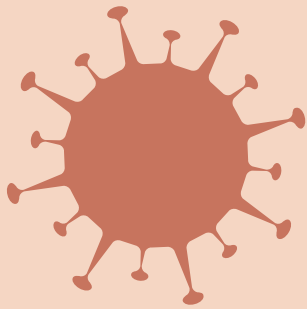


COVID-19

COVID-19 continues to infect and hospitalize thousands of people across the United States. Although you may have received a dose of COVID-19 before, you may need additional vaccination to provide the best protection.



Influenza Vaccine



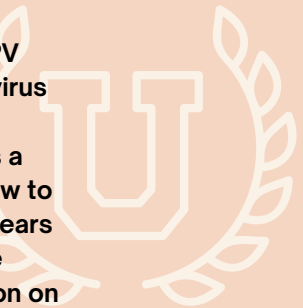
The influenza vaccine is a once yearly vaccination that is important to protect you from the flu! Although you may not know anyone personally, thousands of people die every year from the flu. Besides a sore arm, most people who get the flu vaccine do not have any side effects. Taking ibuprofen or Tylenol for a sore arm is an option you can discuss with your parents and provider.

Meningitis

Meningitis is a serious condition that can cause infection of the brain and spinal cord. This disease kills 10% of those infected. If survived, 20% will suffer disability including limb amputation, kidney damage, hearing loss, brain damage, and more. Meningitis is spread commonly in college freshmen dorms. Get vaccinated before heading to college!

HPV

YES, you really need the HPV vaccine! Human papilloma virus can lead to cancers of the reproductive organs. This is a vaccine that you can get now to help protect you for many years ahead. Ask your health care provider for more information on this vaccine.



Tdap

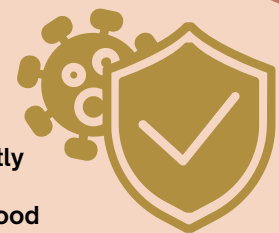
This vaccine protects against tetanus, "whooping cough", and diphtheria. Each of these diseases are potentially deadly.



"Whooping cough" is most known for the violent coughing it causes in babies and young children. You may have a younger sibling at risk of "whooping cough". Getting this vaccine can help protect them against this illness!

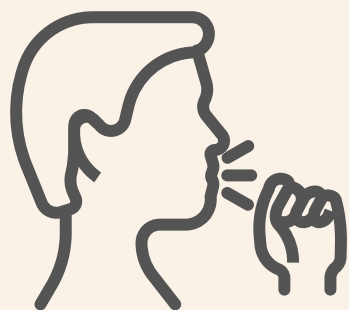
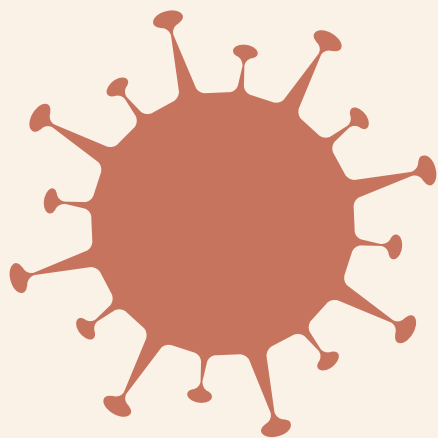
Points to Remember

Vaccinations have significantly decreased disease burden associated with many childhood and chronic diseases.



Look for resources that address healthcare topics in an unbiased way, and discuss questions with a trusted healthcare provider.

Invest in your health. One moment of discomfort is better than a lifetime of complications from these known diseases!



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