FLU VACCINE

Use the accompanying family-friendly page to start the conversation about the flu vaccine.

Why vaccinate against flu?

- The main reason for preteens and teens to get an influenza vaccine is to protect them. Flu can be serious—even active, healthy teens can have serious complications that require hospitalization.
- The vaccine provides protection from critical and life-threatening illness from influenza. Even in seasons when the vaccine is not an exact match with the circulating strains, it prevents serious complications.
- Vaccination is the best way to prevent influenza in people at high risk of complications if they get infected.
- For most people, flu can cause
  - » Fever
  - » Cough
  - » Sore throat
  - » Headache
  - » Chills
  - » Muscle aches
  - » Fatigue
- Flu can be deadly. Each flu season, about 37 to 199 children and teens die from influenza. About 80% were not fully vaccinated.

Flu vaccine

- There are 2 types of seasonal flu vaccines.
  - » Inactivated (killed) vaccine that is given by an injection (shot)
  - » Live attenuated (weakened) vaccine that is sprayed into the nose (nasal spray)
- Everyone 6 months and older, including preteens and teens, should receive a flu vaccine every year. A flu vaccine is needed every year because
  - » Flu viruses change most years.
  - » Yearly vaccination helps keep immunity up. Without vaccination, immunity can fade within a year.
- It takes about 2 weeks to be fully protected after getting the flu vaccine.
  - » It is best to get vaccinated before flu begins to spread and as soon as the vaccine is available (in late summer or early fall)
  - » Flu can circulate from early fall through late spring and sometimes later. Your preteen or teen should still get the vaccine if they missed getting it at the start of the season.
- Flu vaccine may be given at the same time as other vaccines.

Common side effects of the flu vaccine

- Flu vaccines have been given to hundreds of millions of people for more than 50 years and have a very good safety record.
- Side effects following inactivated flu shot can include
  - » Soreness, redness, and swelling where the shot is given
  - » Fever, muscle aches, and headache
- Side effects following live intranasal flu spray can include
  - » Runny nose or nasal congestion, wheezing, and headache
  - » Vomiting, muscle aches, fever, sore throat, and cough are other possible side effects
  - » If these problems occur, they usually begin soon after vaccination and are mild and short-lived
- Severe side effects are extremely rare

Flu vaccine does not give people the flu

- Some people get a flu-like illness shortly after they get the flu vaccine. There are a few reasons for this.
  - » You may be infected by a virus other than flu. The flu vaccine only prevents illnesses caused by flu viruses.
  - » You may have been infected by a flu virus before the vaccine took effect. It takes about 2 weeks after you receive the vaccine for your body to build protection against the flu.
  - » You may be infected by a strain of the flu virus that is different from those in this year's vaccine.
- Flu vaccines vary in how well they work, and some vaccinated individuals can still get sick. But the flu vaccine still reduces severity of illness in these situations.

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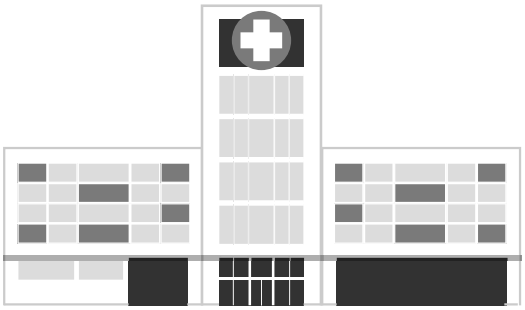
FLU VACCINE

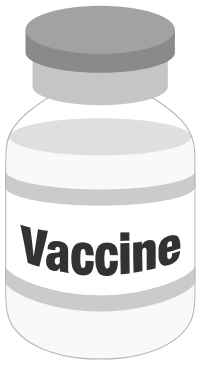
THOUSANDS OF CHILDREN AND TEENAGERS ARE HOSPITALIZED WITH THE FLU EACH YEAR.



THE VACCINE PREVENTS SERIOUS COMPLICATIONS.

- Many people don't realize it, but the flu can be a very serious illness.
- Even active and healthy kids and teens can become sick with flu and experience serious complications.
- Getting your child vaccinated is the best way to prevent them from severe influenza disease and is especially important for those at high risk for complications.

FLU VACCINES CAN'T GIVE YOU THE FLU.



Some people get flu-like symptoms shortly after they get the flu vaccine. There are a few reasons for this:

- They may have a different virus other than flu. The flu vaccine only prevents illnesses caused by flu viruses.
- They may have been infected by a flu virus before the vaccine took effect. It takes about 2 weeks after you receive the vaccine for the body to build protection.
- They may be infected by a strain of the flu that is different from those in this year's vaccine.
- Flu vaccines vary in how well they work and some vaccinated individuals can still get sick. But the flu vaccine still reduces severity of illness.

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HUMAN PAPILLOMAVIRUS VACCINE

Use the speaking points on this page and share the accompanying infographics with families.

About human papillomavirus

- HPV stands for human papillomavirus.
- HPV can cause genital warts and several types of cancers that affect the
  - » Back of the throat, base of the tongue, and tonsils
  - » Anus
  - » Cervix, vulva, and vagina
  - » Penis

  All of these cancers can be deadly.
- HPV is spread by intimate skin-to-skin contact or by having vaginal, anal, or oral sex with someone who has the virus, even if they don't have signs or symptoms. It only takes one encounter or one partner to transmit the infection.
- Exposure to this virus is very common.
  - » Experts estimate that almost all sexually active people will acquire HPV at some point in their lives.
  - » Of new HPV cases, 3 out of 4 are found in people at ages 15 to 24 years.
  - » About 13 million people in the United States, including teens, become infected each year.
- In most people, the virus goes away on its own, but if it lasts it can lead to cancer and other diseases.
- Each year more than 46,000 people are diagnosed with HPV related cancers.
- There is no medicine to cure an HPV infection.

Why vaccinate against HPV?

- Getting HPV vaccine can prevent your preteen or teen from getting many of the strains of HPV that cause cancers. The vaccine that is currently available also prevents genital warts.
- This vaccine works and is long-lasting.

HPV vaccine

- The AAP recommends starting the series between 9 and 12 years. HPV vaccination is recommended for all individuals through age 26 years who are not adequately vaccinated. Some adults 27 through 45 years old also may be eligible for the HPV vaccine.

Why is HPV given at ages 9 to 12?

- To work, HPV vaccine must be given before a person is exposed.
- Every visit after the age of 9 is an opportunity to provide the vaccine to preteens and teens. Almost no 9- to 12-year-olds have HPV infection.
- After receiving human papillomavirus (HPV) vaccine, preteens make more infection-fighting antibodies than teens. That is why only 2 doses of the vaccine, instead of 3, are recommended at ages 9 to 12.
- Early vaccination prevents substantially more cases of precancer (abnormal cells that lead to cancer) than late vaccination.
- Current evidence shows that protection from HPV vaccination does not wear off!

The dosing schedule is as follows:

- All recommended doses of the HPV vaccine are needed for the body to build up enough immunity to protect against infection. This is also true of many of the vaccines that babies get.

Schedule	Recommended For	Dose	Routine Timing of Dose	Minimum Intervals
2-dose	Persons beginning human papillomavirus (HPV) vaccination before their 15th birthday	1st	Today	Minimum interval between the first and second dose is 5 months
		2nd	6–12 mo after first dose	
3-dose	Persons beginning HPV vaccination at age ≥15 and those who are immunocompromised	1st	Today	The following minimum intervals should be maintained: · Between doses 1 and 2: 4 wk · Between doses 2 and 3: 12 wk · Between doses 1 and 3: 5 mo
		2nd	1–2 mo after first dose	
		3rd	6 mo after first dose	

Common side effects of the HPV vaccine

HPV vaccine is very safe. Since the vaccine was licensed in 2006, no serious safety concerns have been linked to HPV vaccination.

Vaccine side effects

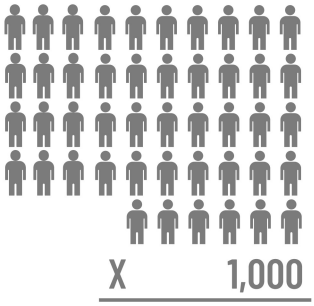
- Mild to moderate side effects
  - » Pain, redness, or swelling where the shot was given
  - » Fever
    - Mild (100°F or 37.8°C)

Severe side effects

- Serious illnesses do not happen more commonly in people who received the vaccine compared with those who did not.

HUMAN PAPILLOMAVIRUS VACCINE

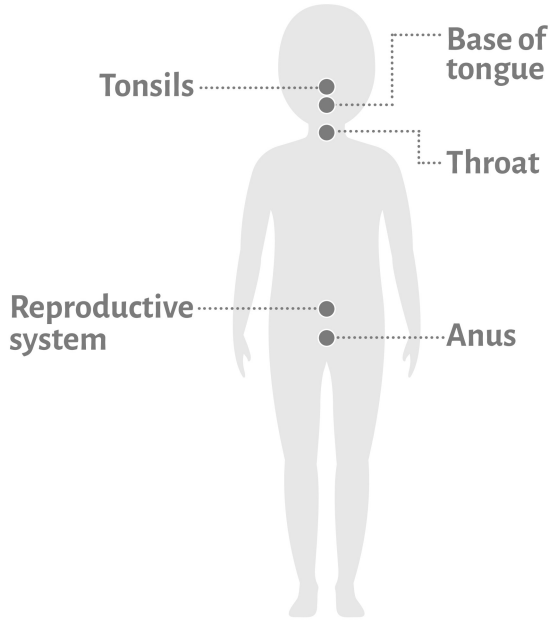
HPV IS MORE COMMON THAN YOU THINK



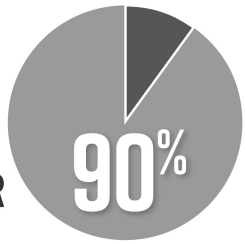
EACH YEAR MORE THAN **46,000 PEOPLE** ARE DIAGNOSED WITH HPV-RELATED CANCERS

Here's Why Your Preteen Needs the HPV Vaccine

HPV CAN CAUSE CANCERS IN THE:



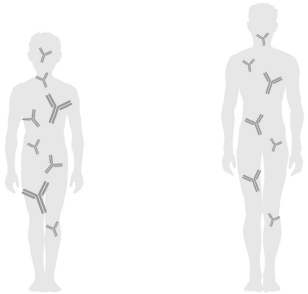
HPV VACCINE PROTECTS AGAINST OVER 90% OF THE CANCERS CAUSED BY THE VIRUS.



VACCINATING KIDS AT AGES 9–12 YEARS IS MOST EFFECTIVE

PRE-TEENS PRODUCE MORE ANTIBODIES AFTER HPV VACCINATION.

MORE ANTIBODIES EQUALS MORE PROTECTION.



YOUNGER TEENS NEED 2 DOSES

OLDER TEENS NEED 3 DOSES

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