

BACK-TO-SCHOOL IMMUNIZATIONS

At your age, you might think that you're done getting shots to protect you from diseases — that's baby stuff! But the truth is, kids your age still need protection. And in Illinois, it's now required that all kids your age get a Tdap shot before October 15, 2013, in order to stay in school.

What's a Tdap shot? It's a vaccine that protects you against tetanus, diphtheria, and pertussis — just look at the first letters of those last four words and you'll get it.

PART 1 Want to learn more? Take this true/false quiz. You'll find out why it's wise to get immunized so you can go back to school healthy!

- _____ 1. Illinois now requires middle school and high school students to get the Tdap vaccine because there has been an increase in cases of pertussis over the past 6 years.
- _____ 2. A flu shot helps protect you from getting the flu for up to five years.
- _____ 3. HPV immunizations are only for females.
- _____ 4. Meningitis only occurs in tropical countries.
- _____ 5. You don't have to go to the doctor to get a vaccination.
- _____ 6. Pertussis is another name for whooping cough.
- _____ 7. Complications from tetanus can be eliminated if you put some anti-bacterial ointment on an open wound.
- _____ 8. Diphtheria can result if a nasty cold is left untreated.

PART 2 Make sure all your friends and classmates get the Tdap vaccine before this year's October 15 deadline. Start an "I got Tdapped!" campaign. Create posters and fliers, send texts and tweets, or hand out "I got Tdapped!" stickers or wristbands to students who have met the requirement. You could even set up a class vs. class competition in each grade to get everyone Tdapped before the deadline. Remember — kids who don't get Tdapped in time will be subject to exclusion from school. Keep your school community strong by helping every student start the year healthy.

ARE ALL YOUR IMMUNIZATIONS UP TO DATE?

Be wise and talk with a parent or guardian about getting the immunizations you need. Check your medical records against this *Recommended Immunizations* chart available at the Centers for Disease Control and Prevention website, www.cdc.gov/vaccines/who/teens/downloads/parent-version-schedule-7-18yrs.pdf.



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Answers: 1. True 2. True 3. False 4. False 5. True 6. True 7. False 8. True

Go back HEALTHY