KEEP YOUR EYE ON THE PRIZE!
HEY GUYS, I'M DAVID.

AND I'M HOLLY!

WE KNOW IT'S IMPORTANT TO DO WHAT WE CAN IN ORDER TO STAY HEALTHY, SO THAT WE CAN DO THE THINGS WE LOVE..
A vaccine is a medicine that teaches your body how to fight a specific disease. There are a few vaccines we should get at age 11 that can help protect us from harmful diseases when we're older.

TETANUS ☑
MENINGITIS ☑
HPV ☐

At our age, we need to get three important vaccines: the tetanus, meningitis, and HPV vaccines.

The first two are really common, and most parents know that their kids need to get them. But not enough kids are getting vaccinated for HPV.
Human Papilloma Virus (HPV)

HUMAN PAPILLOMA VIRUS, OR HPV, IS A SUPER CONTAGIOUS INFECTION THAT MOST PEOPLE WILL BE EXPOSED TO AT SOME POINT.

ON AVERAGE, 4 OUT OF 5 PEOPLE WILL GET IT!

ALTHOUGH SOME PEOPLE WITH HPV DEVELOP SMALL BUMPS CALLED WARTS ON THEIR PRIVATE PARTS, HPV USUALLY DOESN'T HAVE ANY SYMPTOMS.

THAT MEANS YOU CAN HAVE IT WITHOUT EVEN KNOWING IT.

BUT, WHEN YOU'RE OLDER, HPV CAN LEAD TO A BUNCH OF DIFFERENT TYPES OF CANCERS - LIKE CERVICAL CANCER OR THROAT CANCER!

THE GOOD NEWS IS, THESE HPV-INDUCED CANCERS ARE MOSTLY PREVENTABLE. ALL YOU NEED IS A VACCINE.

HPV Vaccine
It's important to get the HPV vaccine now, since it's not as effective when you're older, but a lot of people don't know that!

Mom, I think I should get these vaccines. They seem like a no-brainer.

I think it's a great idea. Let's talk to your doctor about this at your annual check-up next week.

Don't forget that I need to get the HPV vaccine twice. One dose now and another in about a year. That second one is just to make sure I'm strong enough to fight off infection. Then I will never have to get it again!
WELL DONE FOR COMING TO YOUR ANNUAL CHECK UP, HOLLY. THE TETANUS, MENINGITIS, AND HPV VACCINES ARE THREE VACCINES YOU SHOULD GET AT THIS CHECK-UP, AND THEY'RE REALLY GOOD AT FIGHTING OFF INFECTIONS LATER IN LIFE.

GETTING ALL OF THEM IS VERY IMPORTANT.

IF YOU JUST GET THE TETANUS AND MENINGITIS VACCINES BUT NOT THE ONE FOR HPV, IT'S LIKE HAVING A TOOLBOX WITH NO HAMMER OR WRENCH.

WITHOUT THESE ESSENTIAL TOOLS, YOUR TOOL SET ISN'T COMPLETE, AND YOU WON'T BE PREPARED TO HANDLE CERTAIN PROJECTS.

THE SAME GOES FOR YOUR HEALTH. WITHOUT THE HPV VACCINE, YOUR BODY WON'T BE PREPARED TO FIGHT POSSIBLE INFECTIONS LATER IN LIFE.
IT'S COOL KNOWING I'M GOING TO BE STRONGER AGAINST INFECTIONS SOME DAY.

GET VACCINATED TODAY!