

Are you 18 or younger?

Adapted from the Immunization Action Coalition, www.immunize.org



Public Health
Prevent. Promote. Protect.

VACCINATION EDUCATION

Are you up-to-date on all your shots?

Many people between the ages of 11 and 19 think vaccinations are just for little kids. But guess what? There are millions of people between the ages of 11 and 19 who need vaccinations to prevent diseases like whooping cough, hepatitis, the flu, meningitis, and HPV infection, the virus that causes genital warts and cervical cancer.

Getting immunized is a life-protecting job. Make sure you, your parents and your healthcare provider keep your immunizations up to date to protect yourself, your friends, younger siblings and kids you babysit. You can find the list of recommended vaccines for your age at this website: www.cdc.gov/vaccines/who/teens/downloads/parent-version-schedule-7-18yrs.pdf.

Are you a young parent?

You want your child to be safe. Make sure your child's immunization record is up-to-date. Work with your health care provider to see that your child is protected from vaccine-preventable diseases like whooping cough. If you have an infant who is too young to be vaccinated, you and your provider should talk about making sure the adults and children who are around your child, including you, are protected – for everyone's health.

No insurance?

If you do not have insurance, the Multnomah County Health Department can help you. Each vaccine is no cost or low-cost for your child and for you if you are 18 and younger. You will not be turned away for inability to pay. Call 503-988-3406 for an appointment.

For more information see our website: www.multco.us/health/immunizations.



Do you travel outside the United States?

If so, you may need additional vaccines. Consult a travel clinic in our area or your healthcare provider.

Why is this so important?

Vaccine-preventable diseases still exist and can still infect anyone who is not protected. Another reason to get vaccinated is to protect those around us. There are some people who cannot be vaccinated, like infants, some older adults with serious health problems, and a small percentage of people don't respond to vaccines. These people can catch diseases, and their only hope of protection is that people around them get vaccinated and cannot pass disease along to them.

*We don't vaccinate just
to protect ourselves, but
our family, friends and
community.*