

# Adolescent Health



## IMMUNIZATION TIP SHEET

### Today you received these immunization(s):

- \_\_\_ Hepatitis A (HepA)
- \_\_\_ Hepatitis B (HepB)
- \_\_\_ Human Papillomavirus (HPV)
- \_\_\_ Influenza
- \_\_\_ Measles–Mumps–Rubella (MMR)
- \_\_\_ Meningococcal
- \_\_\_ Pneumococcal
- \_\_\_ Tetanus–Diphtheria–Pertussis (Tdap)
- \_\_\_ Varicella
- \_\_\_ Other: \_\_\_\_\_

### Your next booster is due:

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**CAUTION:** If you received a live vaccine (Measles–Mumps–Rubella, varicella, or live attenuated influenza vaccine), it is important to *avoid* becoming pregnant for 1 month after being immunized. Human papillomavirus (HPV) should **NOT** be given to women who are pregnant.

**Common and normal responses to an immunization:** Discomfort or pain at the injection site (where you received the shot) and fever may last 24 to 48 hours. If these symptoms occur, you can do the following:

#### Problem

Sore area where you had the injection (shot)

#### What to do

Apply a warm compress (hot washcloth) to the site of the vaccine for 20 minutes. Remove the compress for 20 minutes. Repeat as needed.

#### Call your healthcare provider if:

Redness and swelling increase over a large area, in spite of the warm compresses

Fever and/or pain

Take ibuprofen\* (eg, Advil®, Motrin®) or acetaminophen\* (eg, Tylenol®); Check the medication container for the dosage based on your age and/or weight. **Do not take these medications if you are allergic to them!**

Fever continues to be above 100°F in spite of treatment

### Keep in Mind These Six “S” Words for Health:

- SLEEP** Get plenty of sleep. Teens require at least 9 to 10 hours of sleep (more than the average adult needs).
- STRESS** Manage your stress. Exercise regularly. Find what you enjoy doing. Eat a balanced diet that limits sugar and caffeine intake.
- SAFETY** Be safe. Wear seat belts, helmets, and protective equipment when appropriate.
- SEX** Choose wisely. Use abstinence, prevention, and protection.
- SUPPORT** Nurture your support system of friends and family.
- SAY NO** To drugs, alcohol, and smoking. These habits can only hurt you.

**For more information about your health, talk with your healthcare professional!**