

# Maine's Lifetime of Good Health

These are the shots your teen needs – Immunize as soon as possible!

Age	Vaccine
Ages 11 – 18	<b>Tdap (Tetanus, Diphtheria and Pertussis)</b> Protects against tetanus, serious breathing problems, and whooping cough
	<b>HPV (Human Papillomavirus)</b> Protects against cervical cancer
	<b>Heb A (Hepatitis A)</b> Protects against hepatitis A, a liver disease
	<b>MCV4 (Meningococcal)</b> Protects against meningitis
	<b>HepB (Hepatitis B)</b> Protects against hepatitis B, a liver disease
	<b>Influenza (Flu)</b> Protects against serious respiratory disease.

- This is a routine schedule. Some teens may need additional shots.
- Please speak with your health care provider to see if your teen needs additional shots.
- Influenza recommendations change frequently; please contact your healthcare provider to see if your teen needs influenza vaccine.

**For more information please contact the Maine Immunization Program at 1- 800- 867- 4775  
TTY line 711**



Maine's Immunization Schedule is compatible with the current recommendations of the Advisory Committee on Immunization Practices (ACIP) of the Centers for Disease Control and Prevention (CDC), the American Academy of Pediatrics (AAP), and the American Academy of Family Physicians (AAFP).