

Immunization Checklist of Recommended Shots

Many college students think they are done with their vaccinations. They think vaccinations are just for little kids. But guess what? There are millions of people between the ages of 16 and 24 who need vaccinations to prevent whooping cough, tetanus, diphtheria, hepatitis B, hepatitis A, chickenpox, measles, mumps, rubella, polio, influenza, meningococcal disease, pneumococcal disease, and human papillomavirus infection. Are you one of them?

Getting immunized is a lifelong, life-protecting job. Make sure you and your healthcare provider keep your immunizations up to date. Check to be sure you've had all the vaccinations you need before arriving at college.

Tetanus, diphtheria, pertussis (whooping cough) (Tdap, Td)	You need a booster dose of Tdap in adolescence. You already had a Td booster, greater than 2 years ago (without the pertussis component) you should get a Tdap shot to get the extra protection for pertussis. After that you will need a Td booster dose every 10 years.
Varicella (Var) (chickenpox shot)	If you have not been previously vaccinated and have not had chickenpox, you should get vaccinated against this disease. The vaccine is given as a 2-dose series. Any adolescent who was vaccinated as a child with only 1 dose should get a second dose now.
Human Papillomavirus (HPV)	All adolescent girls should get a series of 3 HPV shots, preferably before becoming sexually active, to prevent cervical cancer and genital warts. If you've missed these shots and are 26 years old or younger, you should get vaccinated.
Meningococcal disease	Older teens who are college bound and planning to live in a dormitory (and who have not previously received the meningococcal vaccine) should get vaccinated against meningococcal disease. People with certain medical conditions should also receive this vaccine.
Hepatitis B (Hep B)	You need a series of doses of hepatitis B vaccine if you have not already received them.
Measles, Mumps, Rubella (MMR)	Check with your healthcare provider to make sure you've had 2 doses of MMR.
Polio	If you haven't completed your series of polio vaccine doses, you should complete them now.
Hepatitis A	Many teens need protection from hepatitis A. Do you travel outside the United States? Do you live in a community with a high rate of hepatitis A? Are you a male who has sex with other males? Do you use illegal drugs? Do you have a clotting factor disorder or chronic liver disease? Or, do you just want to be protected against hepatitis A? Talk to your healthcare provider about this 2-dose series of shots.
Influenza	Do you have a chronic health problem such as asthma, diabetes, heart disease, etc.? Vaccination against influenza is especially recommended every fall for people with chronic diseases. Anyone who wants to avoid getting influenza should get vaccinated each fall.
Pneumococcal disease (pneumococcal shot)	Do you have a chronic health problem? Talk to your healthcare provider about whether you should receive a pneumococcal shot.