

I'm now 15-17 yrs old

My health is my responsibility, with some help from my parents and my doctor.

I need to make good decisions about school, work, things I like doing and my relationships.

I can trust my doctor to keep private things private, unless there is an emergency.

My parents and doctor still want to help me but my health is really up to me.

How Can I Stay Well?

1. Eat Well – Eat mostly fruits and veggies, some lean protein – like chicken and peanut butter, whole grains and 3 servings of calcium.
2. Skip the juice, Gatorade, Vitamin Water – they have lots of calories and ruin your teeth.
3. Exercise – try to get at least a half hour every day.
4. Get Enough Sleep – most teens need 8-10 hours of sleep at night.
5. Take Care of your Mental Health – ask for help when you need it for things like depression, family stress, alcohol or drug use.
6. Get Right Information about relationships and sex from your doctor, family and reliable websites (Adolsecent Health Working Group www.ahwg.net
The Nemours Foundation kidshealth.org/teen)

How Do I Stay Safe?



1. Drive carefully. Don't text or talk on your phone while driving.
2. Make good decisions about sex and your relationships.
3. Avoid tobacco, e-cigarettes, alcohol, drugs, steroids and diet pills
4. Wear your seatbelt and protective equipment for sports.
5. Don't ride in a car with anyone who has been drinking or doing drugs.

Today I want to talk about: (check all that apply)

- Exercise/keeping in shape
 Nutrition and eating right
 Contraceptives or birth control
 Sexual activity
 Sexual abuse
 My sexuality
 Acne
 Fear
 Feelings of sadness
 My period (girls)
 Drinking or drugs
 Smoking
 Lack of confidence
 STD's
 Male/Female body changes
 Schoolwork
 Conflicts with parents
 Other: _____

We want you to be healthy and happy. We care about you!

What I need to know about being a teen:

Talk to us if you have questions or concerns about any of these things.

Body Concerns: Acne, exercise, injuries, being overweight and also period issues for girls are common concerns. Try Benzoyl Peroxide wash twice daily for acne.

Healthy choices: Support friends who choose not to use drugs, alcohol or tobacco. Find activities that you are really interested in. Read often. Find activities that help others. Work on healthy ways to handle anger and stress.

Family: A healthy family can be a foundation for healthy growth and development. Spend time with your family and help out at home. Families can also have stress from physical abuse, fighting, divorce and death.

Sexual Activity: Can be kissing, touching, or sexual intercourse. Approach these activities with good judgment. There are both physical (pregnancy, sexually transmitted diseases like herpes and AIDS) and emotional risks with sexual activity. Good relationships are built on mutual respect and shared interests.

Stress: Some stress can be good but sometimes not. It can hurt your mood, sleeping and eating.

School: Eat right and get enough sleep so you can focus and do well. Take responsibility for getting homework done and getting to school and work on time. Participate in positive after-school activities or sports. Find safe, fun activities to do with friends.

Immunizations to stay healthy:

You will need:

- 1) Tdap (tetanus shot) You will need a Tdap at age 16-19 if you have an injury.
- 2) HPV Vaccine (Gardasil) - 3 shot series
- 3) Meningitis vaccine
- 4) Meningitis B vaccine (Trumenba) - 2 shot series
- 5) Yearly Flu shot



*We want you to be healthy and happy.
We care about you!*

Get the facts,
make healthy choices,
practice healthy habits!

Meningococcal B Vaccine:

What You Need to Know

Many vaccine information statements are available in Spanish and other languages. See www.immunize.org/vis

Hojas de información sobre vacunas están disponibles en español y en muchos otros idiomas. Visite www.immunize.org/vis

1. Why get vaccinated?

Meningococcal B vaccine can help protect against **meningococcal disease** caused by serogroup B. A different meningococcal vaccine is available that can help protect against serogroups A, C, W, and Y.

Meningococcal disease can cause meningitis (infection of the lining of the brain and spinal cord) and infections of the blood. Even when it is treated, meningococcal disease kills 10 to 15 infected people out of 100. And of those who survive, about 10 to 20 out of every 100 will suffer disabilities such as hearing loss, brain damage, kidney damage, loss of limbs, nervous system problems, or severe scars from skin grafts.

Meningococcal disease is rare and has declined in the United States since the 1990s. However, it is a severe disease with a significant risk of death or lasting disabilities in people who get it.

Anyone can get meningococcal disease. Certain people are at increased risk, including:

- Infants younger than one year old
- Adolescents and young adults 16 through 23 years old
- People with certain medical conditions that affect the immune system
- Microbiologists who routinely work with isolates of *N. meningitidis*, the bacteria that cause meningococcal disease
- People at risk because of an outbreak in their community

2. Meningococcal B vaccine

For best protection, more than 1 dose of a meningococcal B vaccine is needed. There are two meningococcal B vaccines available. The same vaccine must be used for all doses.

Meningococcal B vaccines are recommended for people 10 years or older who are at increased risk for serogroup B meningococcal disease, including:

- People at risk because of a serogroup B meningococcal disease outbreak
- Anyone whose spleen is damaged or has been removed, including people with sickle cell disease
- Anyone with a rare immune system condition called “complement component deficiency”
- Anyone taking a type of drug called a “complement inhibitor,” such as eculizumab (also called “Soliris”®) or ravulizumab (also called “Ultomiris”®)
- Microbiologists who routinely work with isolates of *N. meningitidis*

These vaccines may also be given to anyone 16 through 23 years old to provide short-term protection against most strains of serogroup B meningococcal disease, based on discussions between the patient and health care provider. The preferred age for vaccination is 16 through 18 years.



3. Talk with your health care provider

Tell your vaccination provider if the person getting the vaccine:

- Has had an **allergic reaction after a previous dose of meningococcal B vaccine**, or has any **severe, life-threatening allergies**
- Is **pregnant or breastfeeding**

In some cases, your health care provider may decide to postpone meningococcal B vaccination until a future visit.

Meningococcal B vaccination should be postponed for pregnant people unless the person is at increased risk and, after consultation with their health care provider, the benefits of vaccination are considered to outweigh the potential risks.

People with minor illnesses, such as a cold, may be vaccinated. People who are moderately or severely ill should usually wait until they recover before getting meningococcal B vaccine.

Your health care provider can give you more information.

4. Risks of a vaccine reaction

- Soreness, redness, or swelling where the shot is given, tiredness, headache, muscle or joint pain, fever, or nausea can happen after meningococcal B vaccination. Some of these reactions occur in more than half of the people who receive the vaccine.

People sometimes faint after medical procedures, including vaccination. Tell your provider if you feel dizzy or have vision changes or ringing in the ears.

As with any medicine, there is a very remote chance of a vaccine causing a severe allergic reaction, other serious injury, or death.

5. What if there is a serious problem?

An allergic reaction could occur after the vaccinated person leaves the clinic. If you see signs of a severe allergic reaction (hives, swelling of the face and throat, difficulty breathing, a fast heartbeat, dizziness, or weakness), call **9-1-1** and get the person to the nearest hospital.

For other signs that concern you, call your health care provider.

Adverse reactions should be reported to the Vaccine Adverse Event Reporting System (VAERS). Your health care provider will usually file this report, or you can do it yourself. Visit the VAERS website at www.vaers.hhs.gov or call **1-800-822-7967**. *VAERS is only for reporting reactions, and VAERS staff members do not give medical advice.*

6. The National Vaccine Injury Compensation Program

The National Vaccine Injury Compensation Program (VICP) is a federal program that was created to compensate people who may have been injured by certain vaccines. Claims regarding alleged injury or death due to vaccination have a time limit for filing, which may be as short as two years. Visit the VICP website at www.hrsa.gov/vaccinecompensation or call **1-800-338-2382** to learn about the program and about filing a claim.

7. How can I learn more?

- Ask your health care provider.
- Call your local or state health department.
- Visit the website of the Food and Drug Administration (FDA) for vaccine package inserts and additional information at www.fda.gov/vaccines-blood-biologics/vaccines.
- Contact the Centers for Disease Control and Prevention (CDC):
 - Call **1-800-232-4636 (1-800-CDC-INFO)** or
 - Visit CDC's website at www.cdc.gov/vaccines.



The Relationship Spectrum

Healthy	Unhealthy	Abusive
<p style="text-align: center;">A HEALTHY RELATIONSHIP</p> <p><i>A healthy relationships means that both you and your partner are...</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Communicating - You talk openly about problems and listen to one another. You respect each other's opinions. <input type="checkbox"/> Respectful - You value each other as you are. <input type="checkbox"/> Trusting - You believe what your partner says. <input type="checkbox"/> Honest - You are honest with each other but can still choose to keep certain things private. <input type="checkbox"/> Equal - You make decisions together and hold each other to the same standard. <input type="checkbox"/> Enjoying personal time - You both enjoy spending time apart and respect when one of you needs time apart. <input type="checkbox"/> Making mutual sexual choices. You talk openly about sexual choices together. You both consent to sexual activity and can talk about what is ok and what isn't. You discuss using condoms or other birth control methods. 	<p style="text-align: center;">AN UNHEALTHY RELATIONSHIP</p> <p><i>You may be in an unhealthy relationship if one of you is...</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Not communicating - When you talk about problems you fight, or you don't talk about them at all. <input type="checkbox"/> Disrespectful - One or both of you is not considerate of each other. <input type="checkbox"/> Not trusting - You don't believe what your partner says. <input type="checkbox"/> Dishonest - One or both partners is telling lies. <input type="checkbox"/> Trying to take control - One or both partners feel their desires and choices are more important. <input type="checkbox"/> Feeling crowded or not spending time with others - Only spending time with your partner. <input type="checkbox"/> Pressured by the other into sexual activity - One partner tries to convince the other that they should have sex, or more sex. <input type="checkbox"/> Ignoring the consequences of sex - The partners are having consensual sex with each other but are not talking about possible consequences. 	<p style="text-align: center;">AN ABUSIVE RELATIONSHIP</p> <p><i>An abusive relationships starts when one of you...</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Communicates in a way that is hurtful or insulting. <input type="checkbox"/> Mistreats the other - One or both partners does not respect the feelings and physical safety of the other. <input type="checkbox"/> Accuses the other of flirting or cheating when it's not true - The partner that accuses may hurt the other in a physical or verbal way as a result. <input type="checkbox"/> Denies that the abusive actions are abuse - They may try to blame the other for the harm they're doing. <input type="checkbox"/> Controls the other - There is no equality in the relationship. What one partner says goes. <input type="checkbox"/> Isolates the other partner - One partner controls where the other one goes, and who the other partner sees and talks to. <input type="checkbox"/> Forces sexual activity - One partner forces the other to have sex.

Adapted with Permission from CORA (Community Overcoming Relationship Abuse). <http://www.teenrelationships.org>; 24 hour hotline 800.300.1080

Genesis Pediatrics Immunization Schedule

Ages Birth - 5 Years Old

Vaccine	Birth	1m	2m	4m	6m	9m	12m	15m	18m	2y	4 - 5y
Hepatitis B	X	X				X					
Pentacel <small>(DTaP/IPV/HiB)</small>			X	X	X				X		
Prevnar 13 <small>(Strep pneumoniae)</small>			X	X	X			X			
Rotateq (oral) <small>(Rotavirus vaccine)</small>			X	X	X						
MMR <small>(Measles, Mumps, Rubella)</small>							X				
Varivax <small>(Chickenpox)</small>							X				
ProQuad <small>(MMR & Chickenpox)</small>											X
Hepatitis A								X		X	
Quadracel <small>DTaP & IPV</small>											X
Influenza					X & Yearly ...						
Pneumovax <small>(Only if needed)</small>										X or older - 1 dose	
Lead Testing							X	Screen	Screen	X	Screen

Genesis Pediatrics Immunization & Screening Schedule

Ages 6 Years Old - 21 Years Old

Vaccine	6-8 yr	9-10yr	10-11yr	12yr	13yr	14yr	15yr	16yr	17yr/ 12th gr	18yr +
Influenza	X & Yearly ...									
Tdap <small>(Tetanus/Diphtheria/ Pertussis booster)</small>			X							
MenQuadfi <small>(Meningitis Vaccine)</small>			X					X		
Gardasil <small>(HPV vaccine) 14 & under</small>		X <small>**2nd dose given 6 mo after 1st dose**</small>								
Gardasil <small>(HPV vaccine) 15 and over</small>							X	Dose #1 to Dose #2 - at least 2 months Dose #2 to Dose #3 - at least 4 months **AT LEAST 6 months from Dose #1 to Dose #3**		
Trumenba <small>(Meningitis B)</small>								Dose 1		
								Dose 2		
Urine Screening <small>(Female)</small>								X & Yearly ...		
Cholesterol Screening			X <small>Baseline</small>	← Repeat as needed →						