

May 2009

Congratulations Graduate!

Enclosed is a copy of the Immunization Certificate that has been kept on file at your school and which identifies your childhood immunizations. Take time to review and update this school immunization record for your files.

As a young adult, continue to maintain your immunizations and take time to meet with your health care provider to discuss your health needs and health goals.

Establish a healthy living attitude!
Wishing you wellness and success!
Jeffco Registered Nurses
JEFFCO Department of Health Services

Recommended Young Adult Immunization Schedule

Tetanus, diphtheria, pertussis (Td/Tdap)—Substitute 1-time dose of Tdap for Td booster; then boost with Td every 10 years

Hepatitis B—3 doses

Measles, mumps, rubella (MMR)—1 or 2 doses

Varicella—Recommended 2 doses if no confirmed history of disease

Influenza—Recommended 1 dose annually

Tetanus—1 dose recommended every 10 years as an adult

Meningococcal Vaccine—1 dose recommended for people 11-18 years of age

Meningococcal disease is a serious illness and can be life threatening.
***College freshmen who live in dormitories are at the increased risk for meningococcal disease. Discuss this vaccine with your health care provider.**

For additional information on vaccines, visit the CCGC website at www.coloradoguidelines.org
or the CDPHE website at www.cdphe.state.co.us/dc/immunization.