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WALES

Age 16–24? Immunisations: Your choice!





Not everyone gets all their routine immunisations before leaving school. If you've missed any immunisations, get them now.

You might have missed the following vaccines:

- **MMR**, to protect against measles, mumps and rubella. You need 2 doses.
- **HPV**, to protect women against some cervical cancers. A course is 3 doses.
- **Teenage booster**, to protect against tetanus, diphtheria and polio.
- **MenC**, to protect against one strain of meningitis.

These vaccines protect against some serious diseases:

- **Measles** is very infectious. Most people who get it feel very unwell. Measles can cause pneumonia and swelling of the brain.
- **Mumps** can be very unpleasant, it spreads easily and can cause painful swelling of your face and testicles or ovaries.
- **Rubella** (German measles) infection in pregnancy can cause babies to be born blind and brain damaged.
- **Meningitis** infection spreads quickly and can kill. Those affected by meningitis can be left with severe disability.
- **Diphtheria** can cause severe breathing difficulties, paralysis and affect the heart.
- **Tetanus** is widespread in the soil, it enters the body through a cut or wound, and can cause severe, painful muscle spasms, breathing problems and death.
- **Polio** can cause paralysis and breathing difficulties.
- **HPV** (Human papillomavirus) can cause genital warts and cervical cancer.

These diseases can kill.

**Immunisations – your choice.
Don't miss out.**



Where can I get more information?

Visit: www.nhsdirect.wales.nhs.uk
or phone NHS Direct Wales on
0845 46 47

You can also speak to your doctor or nurse.

Copies of this leaflet are available by
e-mailing hplibrary@wales.nhs.uk
or telephoning **0845 606 4050**.

This leaflet is available on the Welsh
Government immunisation website at
www.wales.gov.uk/immunisation

Any queries about this leaflet can be
addressed to:

Health Protection Division
Welsh Government
Cathays Park
Cardiff
CF10 3NQ
Tel: 0845 606 4050



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