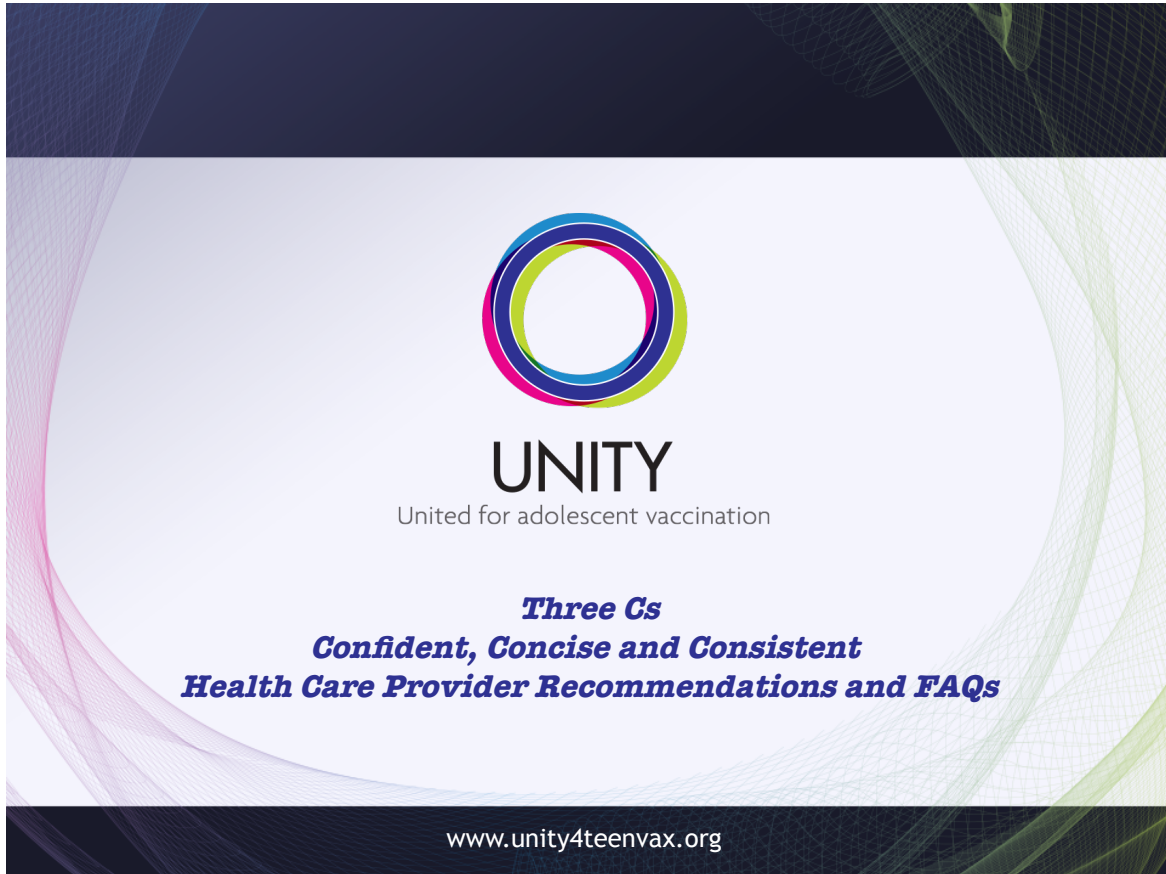




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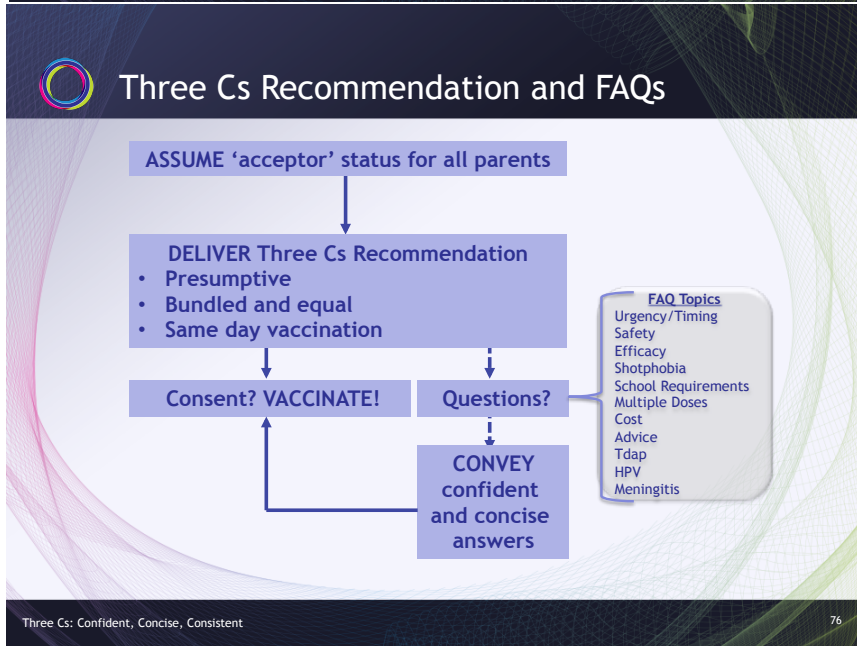
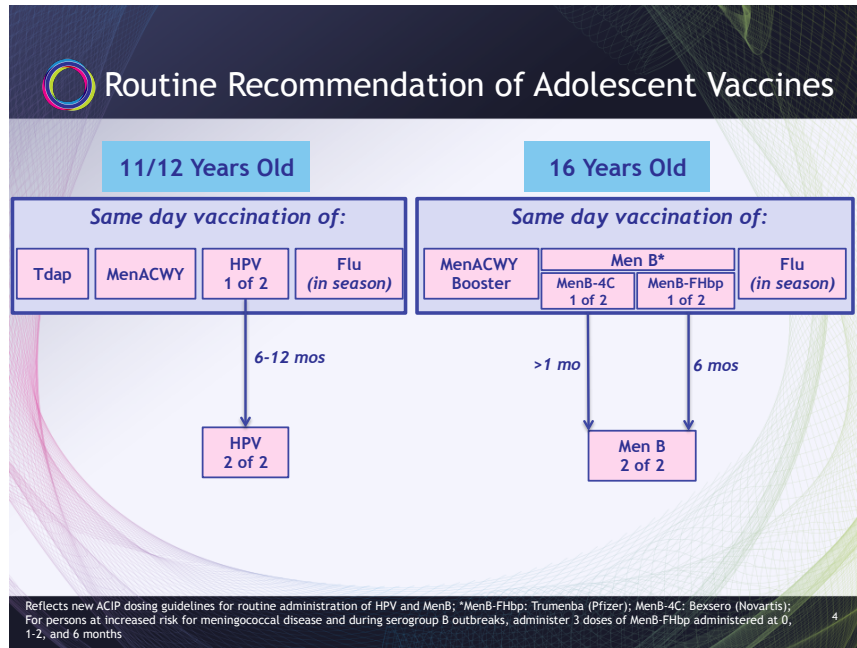
## Three Cs Recommendation and FAQs

The purpose of this document is to provide example language for a presumptive, bundled, and equal recommendation for adolescent vaccines as well as example answers to commonly asked questions. The UNITY Consortium developed this document ([www.unity4teenvax.org](http://www.unity4teenvax.org)).



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## Routine Vaccination Recommendation For 11-12 Year Olds

Element	Words
Initial Recommendation  <i>Provide VIS for each vaccine @ visit</i>	<p>Today you are due for 3 shots: Tdap, HPV, and meningitis.</p> <p>These shots are important because they protect you from serious diseases that could make you very sick.</p> <p>You will get one Tdap, one meningitis, and the first shot of HPV today. We will have you come back for the final HPV shot in 6 months.</p>
Closing/Offer	<ol style="list-style-type: none"> <li>1. Okay for me to send in the nurse/medical assistant to give your vaccines?</li> <li>2. We will get those ready for you. Okay?</li> </ol>

## Routine Vaccination Recommendation For 16 Year Olds

Element	Words
Initial Recommendation  <i>Provide VIS for each vaccine @ visit</i>	<p>Today you are due for shots that can protect you from meningitis, a rare but serious brain infection.</p> <p>There are two different vaccines because they protect you from different types of meningitis infections. All meningitis can lead to serious illness or even death, so I want to protect you from as many types as I can.</p> <p>The first vaccine is a single shot at this visit. With the second vaccine – you will get a first dose today and then we'll schedule you to come back for one additional shot.</p>
Closing/Offer	<ol style="list-style-type: none"> <li>1. Okay for me to send in the nurse/medical assistant to give your vaccines?</li> <li>2. We will get those ready for you. Okay?</li> </ol>



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## FAQs

Question	Answer
<b>Urgency/Timing</b>	
Why now? Can't some of these shots wait until I am a little bit older?	<p>It really is better to get them now. All three vaccines are recommended for your age and I want to protect you from these serious diseases now as well as keep you on schedule. Let's do all three vaccines while you are here.</p> <p>I sometimes find that as teens get older and busier, they don't have as much time to make time for an appointment. So it is better for us to have these vaccines taken care of now while you are here.</p> <p>You are busy! It doesn't make sense to make a special trip back - you are here so let's get all the vaccines you need today.</p>
<b>Safety</b>	
Is it safe for me to get all 3 vaccines at the same time?	<p>Yes. These vaccines have been studied together to make sure that they are safe when given at the same time. Millions of doses of these vaccines have been given.</p> <p>Yes. I routinely recommend and administer these three vaccines to teens your age.</p> <p>Yes. When you were a baby, you routinely received multiple shots at a time. This situation is no different.</p>
Are these vaccines safe? Will I feel sick afterwards?	<p>The vaccines have been studied very carefully and are safe. I would not recommend them otherwise.</p> <p>You might have some soreness or redness in your arm (or leg) and in some cases, a fever.</p> <p>You won't get sick from the shot(s) but sometimes the <u>thought</u> of getting shots causes teens to feel lightheaded. So we have all teens rest for 15 minutes afterwards.</p>



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<b>Efficacy</b>	
<p>How long will the vaccines work? I don't want to get them "too early" because they might wear off.</p>	<p>Vaccines are recommended at specific ages, taking into account when people are most likely to become exposed and the length of a vaccine's protection. The vaccines I recommend are specifically recommended for your age; let's get you protected today.</p> <p>Few things in medicine work 100% of the time, but vaccines are one of the best weapons we have to protect you from some serious illnesses. The vaccines I recommend for you are to protect you NOW. There may be additional shots in the future to keep that protection up to date.</p>
<b>Shotphobia</b>	
<p>Do I have to? I'm terrified of needles.</p>	<p>No one likes shots! You are right...the shots can feel like a pinch but that is not nearly as bad as the illnesses you could get. And it is important that you get protected today so let's find a way to get this done with the least amount of discomfort.</p> <p>It is important to get you protected today from these serious diseases. The nurses/medical assistant is great at giving shots - they know the tricks to make it as pain-free as possible.</p> <p>Let's work together to make it as pain-free as possible! [Would you like some ice to put on your arm afterwards?]</p>
<b>School Requirements</b>	
<p>Which vaccines are required for school (or sports)? I think that I want to only get those today.</p>	<p>While there may be a subset of vaccines required for school entry, I recommend all of these vaccines based on expert recommendations from doctors and scientists based on what is best for your health. I recommend that you get</p> <ul style="list-style-type: none"> <li>• all three vaccines - Tdap, HPV, and meningitis today to provide you the best protection (11-12 year olds)</li> <li>• both meningitis shots today to provide you the best protection (16 year olds)</li> </ul> <p>___ and ___ are the vaccines required for school. However, I am most interested in protecting you as best as I can and am not focused on the vaccines that you are required to get for school. These three vaccines protect you from several serious diseases including whooping cough, some HPV-related cancers, and meningitis, which is a brain infection. I recommend that you get all three vaccines today.</p>



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<b>Multiple Doses</b>	
Why do I need more than one dose of a vaccine?	Some vaccines require just one shot, while others require more than one shot to give you the best protection over time.
<b>Cost</b>	
I am worried about the costs of all these vaccines. Which ones are really necessary?	It is unusual for parents to end up paying out-of-pocket for teen vaccines. All of the vaccines that I am recommending should be covered by private and public insurance. If you like, we can check with your insurance company to confirm.
<b>Advice</b>	
What would you do if this were your child?	<p>I gave these shots to my kids/grandkids when they were your son/daughter's age.</p> <p>I have absolutely no concerns about giving the vaccine to my children (or children in my practice).</p>
<b>Tdap</b>	
Why do I need it?	Tdap prevents three diseases but the one we worry most about is whooping cough -- a highly contagious, hacking cough. It is becoming more common in your age group. It is important to protect you now.
<b>Meningitis</b>	
Why do I need it?	The meningitis vaccine protects you from a rare but serious brain infection. This infection is so serious it leads to death in some people. It is important to protect you now.
Why are there multiple meningitis vaccines?	There are different vaccines because they protect you from different types of meningitis, a brain infection. All of the types of meningitis can lead to serious illness or death, so I want to provide you with as much protection as is available through vaccination.



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HPV	
<p>I'd really like to wait on giving him/her the HPV vaccine. Does he/she really need it at 11 years?</p>	<p>Younger teens have a much stronger antibody response after immunization as compared to older adolescents. Giving the vaccine now may provide your child with longer lasting protection.</p> <p>The HPV vaccine is recommended now and can be given to adolescents as young as 9 years old.</p>
<p>My daughter is not sexually active so we can skip it for now.</p>	<p>The vaccine works best when it is given to someone who has never had sex with anyone. That is why it makes sense to give the vaccine well before they start having sex.</p> <p>She will get a higher antibody response if she gets the vaccine at this age compared with when she is older which may lead to longer lasting protection.</p>
<p>I have heard about some bad reactions with this vaccine.</p>	<p>Actually, the vaccine has been effective and used for more than 10 years. More than 80 million doses have been given and no serious safety concerns have been found.</p> <p>Doctors and researchers both in the US and around the world have carefully studied this vaccine.</p> <p>The vaccine has been tested for children as young as nine years old and shown to be safe. I have absolutely no concerns about giving the vaccine to my children (or children in my practice).</p>
<p>Why do I need it?</p>	<p>The HPV vaccine is important because it protects you from certain types of cancer.</p> <p>HPV infection and HPV-related cancers can affect both boys and girls.</p> <p>The cancers this vaccine prevents don't typically develop until years after initial exposure to the virus, and we don't know who will and will not resolve the infection that leads to the development of cancer. So, it is better for us to protect you now.</p> <p>HPV causes 30,000 cancers every year and most could be prevented with the vaccine. Plus you can't screen for most of these cancers.</p>





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HPV	
HPV? Doesn't that just affect girls?	Actually, males also get HPV-related cancers. About 1 of every 3 cancers caused by the HPV virus are in men and boys.
I heard some bad news about the HPV vaccine on TV and don't really want him/her to get it.	Those stories on TV are made to get viewers, not to provide scientific facts.  I have looked at the science and research behind the vaccine. The vaccine has been effective and used for more than 10 years. More than 90 million doses have been given and no serious safety concerns have been found.
I am worried that the HPV vaccine will open the door to certain types of behavior, like giving him/her permission.	Studies have looked at that exact issue and found that getting the vaccine did not make kids more likely to start having relationships with the opposite sex.  I can see why you might think that but I see the situation more like seat belts - you don't feel like you can drive faster when you have one on.
Completing multiple shots may be challenging, schedule-wise. I'd rather not start HPV at this time.	We are all so busy these days, including the kids! I strongly recommend starting him/her with the 1 <sup>st</sup> dose today. We can then work with both of you to conveniently schedule the 2 <sup>nd</sup> dose.