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# The Right Vaccines for Preteens and Teens

From HPV to dengue, many diseases exist that can more easily affect our younger populations, but teens can be protected with the right vaccines. Test your knowledge!

### Which of the following is true about the HPV vaccine?

a) You have to be 13 to receive the HPV vaccine.

b) The HPV vaccine prevents cancer.

   i. More than 9 of every 10 cases of cervical cancer are caused by HPV. Almost all cervical cancer can be prevented by HPV vaccination.

c) Only girls can receive the HPV vaccine.

### Which of the following is true about HPV?

a) Though there are over 200 types, there are 14 known high-risk HPV types.

   i. HPV is a group of more than 200 related viruses, some of which are spread through vaginal, anal, or oral sex. Sexually transmitted HPV types fall into two groups, low risk and high risk. There are about 14 high-risk HPV types that can cause several types of cancers.

b) HPV vaccines treat all types of HPV.

c) The HPV vaccine encourages an increase of sexual partners and behavior.

### Which of the following is true about meningitis?

a) Meningitis B is recommended for all teens.

b) Though the recommended age is 11-12, some high-risk children may be given the meningitis vaccine as early as two months of age.

   i. The sequence and dosage depend on the child's age, medical condition, and vaccine brand. Some types of meningococcal vaccines can be given as early as 8 weeks of age.

c) Meningitis is easy to recognize and diagnose.

### Which of the following is true about the COVID-19 vaccine?

a) Teens and children do not need the COVID-19 vaccine because their immune systems are strong and healthy.

b) The vaccine for children 5 to 11 is the same dosage as 12 and up.

c) The mRNA COVID-19 vaccines do not contain a live or attenuated form of the virus.

   i. You cannot get COVID-19 from the vaccine. Neither of the currently available vaccines (Moderna and Pfizer) contain a live or dead virus. In fact, these vaccines contain the genetic information on COVID-19 to help your body produce an immune response to the virus.

**Which of the following is true about the DTaP/Tdap vaccine?**

a) DTaP and Tdap are different names for the same vaccine.
b) The DTaP vaccine is prescribed for teens.
c) DTaP and Tdap both protect against diphtheria, tetanus and whooping cough.
    i. Both DTaP and Tdap protect against tetanus, diphtheria, and pertussis (whooping cough).

**Which of the following is true about dengue?**

a) Only 25% of dengue cases are mild or asymptomatic.
b) The global rise in dengue cases puts about half of the world's population now at risk.
    i. 100-400 million people are infected each year, and over 80% show mild or no symptoms at all.
c) Dengue spreads through coughing or sneezing.

**Which of the following is true about tetanus?**

a) The tetanus vaccine does not protect you from tetanus bacteria, but it does protect you from the toxin the bacteria produces.
    i. With a toxoid vaccine, the goal is to train the immune system to fight not an invading virus or bacteria but rather a toxin produced by that invading virus or bacteria. The tetanus shot is this kind of vaccine. Tetanus is a disease caused by toxins created by the bacteria Clostridium tetani. The vaccine helps the body's immune system to eliminate these toxins.
b) “Herd immunity” can prevent tetanus infections.
c) After adolescence, it is recommended that adults get a tetanus booster shot once every 15 years.

**Which of the following is true?**

a) Diphtheria can cause paralysis.
    i. Diphtheria is a serious infection caused by types of bacteria called Corynebacterium diphtheriae that make toxins (poison). It can lead to difficulty breathing, heart failure, paralysis, and even death.
b) Both types of hepatitis can cause paralysis.
c) Viral meningitis can cause paralysis.

**Which of the following is true?**

a) Diphtheria can cause cancer.
b) Hep. A can cause cancer.
c) Hep. B can cause cancer.

i. Other viruses can also cause hepatitis (hepatitis A virus, for example), but only HBV (Hep. B) and HCV (Hep. C) can cause the long-term (chronic) infections that increase a person's chance of liver cancer.

**Which of the following is true?**

a) Pertussis may have no symptoms.

b) Meningitis may have no symptoms.

c) Hep. A may have no symptoms.

i. Hepatitis A signs and symptoms typically don't appear until you've had the virus for a few weeks. But not everyone with hepatitis A develops them.