[INSERT NURSE NAME], School Nurse
[INSERT SCHOOL ADDRESS]
[INSERT CURRENT DATE]

Dear Parent or Guardian:

It’s hard to believe that outbreaks of vaccine-preventable diseases still occur. For instance, over the past four years, outbreaks of meningococcal meningitis, a rare but potentially deadly disease, took place on college campuses in California, New Jersey, Rhode Island, and Oregon.1 And in recent years, there were 10,000-40,000 reported cases of pertussis.2

The truth is millions of teens remain under-vaccinated against serious infectious diseases that can potentially lead to negative health effects, even death.3,4

As your teen’s school nurse, I want to remind you of the paramount importance of seeing that all 16- and 17-year-olds in your household are up-to-date on their immunizations. The Centers for Disease Control and Prevention (CDC) considers vaccination to be one of the best ways to help protect teens against serious diseases,5 which is why it recommends that adolescents receive the following vaccines:

- **Meningococcal meningitis vaccine (MenACWY, MenB)**
  - Meningococcal meningitis is a rare but serious disease that develops rapidly and can claim a life in as little as one day.6 Of those who survive, approximately one in five are left with serious medical problems like amputation, deafness, and brain damage.7 Teens are at increased risk of meningitis, likely due to activities like sharing utensils and kissing.8,9,10

- **Human papillomavirus (HPV) vaccine**
  - HPV can cause various cancers in both boys and girls.11

- **Tetanus, diphtheria and acellular pertussis (Tdap) vaccine**
  - Tetanus causes painful tightening of the muscles, usually all over your body; diphtheria causes a thick covering in the back of the throat and can lead to breathing problems, paralysis, heart failure, and even death; and pertussis is a disease that can lead to coughing spells, pneumonia, seizures, brain damage, and death, particularly in infants.12,13

- **Influenza (flu) vaccine**
  - Flu can lead to fever, cough, sore throat, body aches, fatigue and more. Serious outcomes include hospitalization and even death.14,15

The CDC’s 2017 Childhood and Adolescent Immunization Schedule now features a specific 16-year-old immunization visit,16 which highlights the importance of scheduling visits for 16-year-old adolescent patients to see that they are up-to-date on recommended vaccinations to help protect them against serious infectious diseases. Help protect your teen and talk with their health care provider about which vaccines your teen might need. I can be reached at [PHONE NUMBER] and I am in my office [INSERT OFFICE HOURS FOR VISITS]. To learn more about adolescent vaccines, please visit the CDC’s webpage on vaccines for children aged 13 to 18 at [www.cdc.gov/vaccines/parents/protecting-children/years-13-18.html](http://www.cdc.gov/vaccines/parents/protecting-children/years-13-18.html).

Sincerely,

[INSERT NURSE NAME]
Your School Nurse
MenACWY = Quadrivalent meningococcal vaccine that helps protect against invasive disease caused by serogroups A, C, W, and Y

The CDC recommends MenB (serogroup B meningococcal vaccine) for certain adolescents at increased risk, e.g., students on college campuses that have recently experienced meningococcal B outbreaks.\(^\text{17}\)

References