



## Adolescent Health: Immunization Tip Sheet Newly Updated in English and Spanish

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The Nurse Practitioner Healthcare Foundation (NPHF) is pleased to announce its newly updated ***Adolescent Health: Immunization Tip Sheet***.

Immunizations are central to ensuring that adolescents achieve and maintain good health into and through adulthood. Therefore, immunizations are an important component of adolescent preventative care. Healthcare professionals are integral to ensuring that adolescents have preventative care and the immunization protection that they need. Every encounter between an adolescent and a clinician should be an opportunity to check the adolescent's immunization status.

The ***Adolescent Health: Immunization Tip Sheet*** is a helpful handout for healthcare providers to use to communicate important immunization information to their adolescent patients during tele-health visits, yearly exams (sports physicals and school physicals), and routine office appointments. The patient education *Tip Sheet* is available on the NPHF website in both English and Spanish versions. It includes information for recommended immunizations for adolescents, common responses to immunizations, and what an adolescent should do if there is a response. It also includes helpful hints for making good healthcare choices, using six "S" words for adolescent health: **S**leep, **S**tress, **S**afety, **S**ex, **S**upport and **S**ay No.

**To download free copies of the *Adolescent Health: Immunization Tip Sheet*, please go to:**

**English Version:**[adolescent\\_health\\_immunization\\_tip\\_sheet\\_english\\_final\\_062021.pdf](https://www.nphealthcarefoundation.org/adolescent_health_immunization_tip_sheet_english_final_062021.pdf)  
([nphealthcarefoundation.org](https://www.nphealthcarefoundation.org)).

**Spanish Version:**[adolescent\\_health\\_immunization\\_tip\\_sheet\\_spanish\\_final060221.pdf](https://www.nphealthcarefoundation.org/adolescent_health_immunization_tip_sheet_spanish_final060221.pdf)  
([nphealthcarefoundation.org](https://www.nphealthcarefoundation.org)).

***Providers are encouraged to download, print, and review the Immunization Tip Sheet with their patients during their tele-health or office visits with adolescents.***

*NPHF acknowledges Renee Cantarini, DNP, ARNP, FNP-BC and Marjorie Crabtree, DNP, ANP, FNP for their expert contributions to updating this patient education tool.*

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