



Omak High School

P.O. Box 833
20 South Cedar St
Omak, WA 98841
HS Office 826-5150
HS Fax 826-8515

David Kirk
Principal
826-8529

Guin Joyce
Assistant Principal
826-7697

Tanya Peterson
CTE Director
826-8363

Evon LaGrou
Guidance Counselor
826-8536

Joe LaGrou
Athletic Director
826-8369

Dear Graduate:

Enclosed is your immunization record. Keep it in a safe place with your other important records – you may need it in the future. Many employers, universities, community and technical colleges, as well as the military, require a record of your immunizations. Talk to your doctor, nurse, or clinic to find out whether you have all the immunizations you need.

The following list includes information on vaccines you may need:

- **Tetanus, diphtheria, and pertussis (Tdap) vaccine**

The Tdap vaccine can protect you against tetanus, diphtheria, and pertussis (whooping cough). This vaccine should replace one tetanus-diphtheria (Td) booster. Talk to your doctor, nurse, or clinic to find out if you need a Tdap vaccine. A booster dose of Tetanus/diphtheria (Td) vaccine should be repeated every 10 years throughout your life.

- **Human Papillomavirus (HPV) vaccine**

A new vaccine can protect females against a very common virus, Human Papillomavirus (HPV). This vaccine can protect against four types of HPV which cause 70 percent of cervical cancers and 90 percent of genital warts. The HPV vaccine is recommended for girls and women aged 9-26 years.

- **Meningococcal (“meningitis”) vaccine**

Another vaccine is available that can protect you against the bacteria which causes a type of meningitis (swelling of the covering of the brain and spinal cord). This vaccine is recommended for college freshmen, especially those who will be living in dormitories. Please consult with your health care provider for this.

- **Travel vaccines**

If you are planning on traveling to countries outside of Canada or Western Europe, contact your health care provider or local health department to see if you require additional immunizations.

This is not a complete list of the vaccines recommended for young adults. For information on other recommended vaccines, visit www.doh.wa.gov/cfh/immunize/adolescent.htm .

I wish you great success and good health in your journeys.

Sincerely,

Kristin Lester, RN
School Nurse