



## 4 Essential Vaccines Every Woman Needs

Women should receive an annual assessment of infection risks due to health, age, occupation, travel, lifestyle, and vaccination history.

# 4 ESSENTIAL VACCINES

EVERY WOMAN NEEDS



## HPV or Human Papillomavirus Vaccine



This HPV vaccine is considered effective and safe. Girls ages eleven or twelve should get the vaccination. Preferably, youths should get the vaccination engaging with a sexual relationship. However, women can still get vaccinated up until twenty-six years old.

## Varicella or Chickenpox Vaccine


Varicella vaccine is particularly suggested for people ages fifty and above and is not recommended for expectant mothers. Those who are allergic to varicella vaccine, gelatine or Neomycin should not get the vaccine.



## MMR Vaccine

The MMR vaccines protect individuals against measles, mumps and rubella diseases and are considered effective and safe. Women who are international travellers or are working in the healthcare sector may need a second MMR vaccine dose. Those who have





reacted to gelatine, Neomycin or MMR vaccine (previously) should not receive the vaccination.

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## **Tetanus, Diphtheria, Pertussis Vaccine**

Adults below the age of sixty-five, healthcare practitioners and any individual who handles infants should get Tetanus, Diphtheria, Pertussis or Tdap vaccination and take the booster shots every ten years. Women within the reproductive age should ensure their vaccines are recent.



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Vaccination is important for every woman, it can protect women against some preventable diseases. It can give women immunity against certain diseases, such as HPV and chickenpox. Therefore, they should be vaccinated whenever possible.

Women who have not yet gotten the vaccine should ask their doctor or visit a [gynae singapore](#) for professional health guidance.