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.

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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.

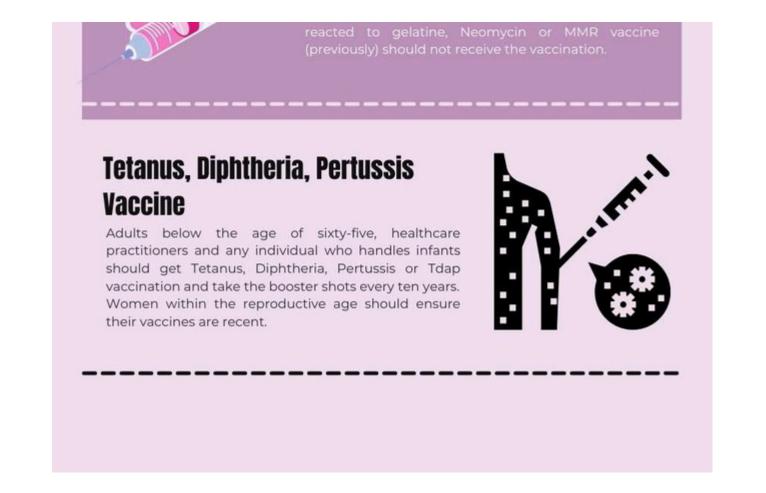








The MMR vaccines protect individuals against measles, mumps and rubella diseases and are considered effective and safe. Women who are international travellers or are working in the healthcare sector may need a second MMR vaccine dose. Those who have



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 <u>gynae singapore</u> for professional health guidance.