



## School Immunization Program

### Hepatitis B Vaccine

#### What is Hepatitis B?

Hepatitis B (HB) is a virus that spreads easily through blood and body fluids. The virus can stay alive on things like razors or toothbrushes for up to one week. It can cause damage, swelling or cancer of the liver. Each year in Ontario HB leads to about:

- 350 deaths
- 300 cancers
- 990 cases of swollen or damaged liver

#### How can I protect myself from the HB virus?

- Get the vaccine.
- Practice abstinence.
- If you are considering being sexually active, there are ways to protect yourself against Hepatitis B, talk to your parents, health care provider or go to [www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org) for more information.
- Make sure sterile tools are used for tattooing or body piercing.
- Do not share razors, toothbrushes or other personal care items.

#### What is the benefit of getting the HB vaccine?

- If all doses are received, the vaccine protects more than 95% against Hepatitis B. The protection lasts at least 15 years or more for most people.

#### What is the HB Vaccine?

HB Vaccine Contents	Where else are they found?
Parts of HB virus	Hepatitis B
Aluminum	Vegetables, cereal, deodorant
*Sodium chloride	Human body, salt
*Sodium borate	Water, soil
*Yeast	Human body, bread, bagels
*Formaldehyde	Human body, fruits, fish

\*Only found in Recombivax HB®

Recombivax contains latex

#### How do I know that the Hepatitis B vaccine is safe?

- HB vaccine has been in use since 1982.
- Each dose given is monitored and reactions are reported by nurses and doctors to provincial and federal vaccine reporting systems.
- You cannot get hepatitis from the vaccine.

#### What are the side effects from the HB vaccine?

Most Common	Less Common	Very Rare and Serious
Redness, pain and/or swelling at the site, especially during the first 24 hours	Tiredness, headache and/or slight fever	Trouble breathing, swelling of the face or mouth, hives
<b>Treatment:</b> Apply ice to the area where you got the vaccine and/or take acetaminophen (e.g. Tylenol™)		Clinic nurses are trained to treat severe side effects

#### Compare the risks – the virus or the vaccine?

HB Virus Risk	HB Vaccine Risk
1 in 10 infected children get acute hepatitis	Sore arm – 3 in 10 people
1-2 out of 100 with acute HB die	Fever – up to 6 in 100 people
9 in 10 infected children have no symptoms but can infect others (carriers)	Serious reactions VERY rare
10 in 100 infected people over age 5 get chronic HB. Up to 1 in 4 people with chronic HB die	Death – Zero

#### How can I prepare for the vaccine?

- Talk to your parent or guardian about the vaccine.
- Learn ways to deal with your worry about the vaccination (focus on breathing, look away from needle, count to ten, etc.)
- Wear a short sleeve shirt.
- Eat breakfast and have an extra juice or small snack.

#### Did you know that Ontario has a Health Care Consent Act?

If a nurse finds that you are capable of understanding the benefits of receiving the vaccination, possible side-effects and the risks of not getting immunized, you can legally make the decision to get or not get the vaccine. However, it is recommended that you talk with your parent/guardian and ideally both you and your parent/guardian should sign the consent form before the vaccine is given at school.



## School Immunization Program

### Meningococcal Conjugate ACYW Vaccine

#### What is meningitis?

Many people carry the meningococcal bacteria in their throat or nose without feeling sick. It is spread through close, direct contact. Examples are kissing, coughing or sharing things like food, drinks, and musical instruments. People become sick when the bacteria gets into the blood and other body fluids. This can lead to brain damage and sometimes death in just a few hours.

#### How can I protect myself from the meningococcal bacteria?

- Get the vaccine.
- Do not share food, drinks or utensils.
- Do not share lipstick or toothbrushes.
- Do not share cigarettes.

#### What is the benefit of getting the Menactra® vaccine?

- You have likely already received a meningococcal vaccine (e.g. Menjugate®) for infants that protects against **one** type of the bacteria. The grade 7 Menactra® Vaccine is different. It protects against **four** types of the bacteria. This vaccine protects 80% to 85% of teens against disease caused by these four types. A dose of Menactra® is recommended for all teens on or after 12 years of age.

**NB: This vaccine is required under the Immunization School Pupil's Act. Please contact Public Health for an exemption form if you do not want this vaccine**

#### What is in the Menactra® Vaccine?

Meningococcal Vaccine Contents	Where else are they found?
Parts of meningococcal bacteria	Meningococcal bacteria
Diphtheria toxoid	Other childhood vaccines
Sodium chloride	Human body, salt
Sodium phosphate	Laxatives

#### How do I know that the Menactra® vaccine is safe?

- Menactra® has been in use since 2006.
- Each dose given is monitored and reactions are reported by nurses and doctors to provincial and federal vaccine reporting systems.
- You cannot get meningitis from the vaccine.

#### What are the side effects from the Menactra® vaccine?

Most Common	Less Common	Very Rare and Serious
Redness, pain and/or swelling at the site, especially during the first 24 hours	Muscle aches, headache and/or slight fever	Trouble breathing swelling of the face or mouth, hives
<b>Treatment:</b> Apply ice to the area where you got the vaccine and/or take acetaminophen (e.g. Tylenol™)		Clinic nurses are trained to treat severe side effects

#### Compare the risks – the disease or the vaccine?

Meningococcal Disease Risk	Meningococcal Vaccine Risk
About 200 cases each year in Canada	Sore arm – 6 in 10 people
Swelling of the brain causing hearing loss, stroke or seizures	Headache or feeling tired – up to 6 in 10 people
Blood infection causing shock and organ failure. Other infections of the lungs, joints, bones, heart and skin	Serious reactions VERY rare
Death – 1 in 10 severe cases	Death - Zero

#### How can I prepare for the vaccine?

- Talk to your parent or guardian about the vaccine.
- Learn ways to deal with your worry about the vaccination (focus on breathing, look away from needle, count to ten, etc)
- Wear a short sleeve shirt.
- Eat breakfast and have an extra juice or small snack.

#### Did you know that Ontario has a Health Care Consent Act?

If a nurse finds that you are capable of understanding the benefits of receiving the vaccination, possible side-effects and the risks of not getting immunized, you can legally make the decision to get or not get the vaccine. However, it is recommended that you talk with your parent/guardian and ideally both you and your parent/guardian should sign the consent form before the vaccine is given at school.



## School Immunization Program

### Human Papillomavirus Vaccine – Gardasil®

#### What is human papillomavirus (HPV)?

HPV is short for human papillomavirus. HPV can cause genital warts and cancer (cervical, anal, genital, mouth and throat)

#### How can I get HPV?

- Through skin-to-skin contact (kissing or touching) with the genital areas (including the penis, scrotum, vagina, vulva or anus) or a person who has the HPV infection.
- It is not necessary to have intercourse to get HPV.
- Many people with HPV don't know they have the virus and may go on to infect others.

#### How can I protect myself from HPV?

- Get the vaccine.
- Practice abstinence.
- If you are considering being sexually active, there are ways to protect yourself against HPV, talk to your parents, health care provider or go to [www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org) for more information.
- Get tested! Although there is not routine diagnostic test for HPV, pap tests can detect cancers of the cervix early.

#### What is the benefit of getting the HPV vaccine (Gardasil®)?

- Research has shown that **Gardasil®** can prevent most cases of cervical cancer if all doses are given before a person becomes sexually active. It is also effective in preventing some other cancers, such as penile cancers in males, as well as genital warts, throat cancer in females and males.

#### What is the HPV vaccine?

Gardasil® Contents	Where else are they found?
HPV proteins	Human papillomavirus
Sodium chloride	Human body, salt
Aluminium	Vegetables, cereal, deodorant
L-histidine	Human body, beans, fish, milk
Polysorbate 80	Ice cream, cottage cheese
Sodium borate	Water, soil
Yeast	Human body, bread, bagels

#### How do I know that Gardasil® is safe?

- Gardasil® was approved for use in the US since 2006 and in Canada since 2007.
- Each dose given is monitored and reactions are reported by nurses and doctors to provincial and federal vaccine reporting systems.
- You cannot get HPV from the vaccine.

#### What are the side effects from Gardasil®?

Most Common	Less Common	Very Rare and Serious
Redness, pain and/or swelling at the site, especially during the first 24 hours	Tiredness, headache and/or slight fever	Trouble breathing, swelling of the face or mouth, hives
<b>Treatment:</b> Apply ice to the area where you got the vaccine and/or take acetaminophen (e.g. Tylenol™)		Clinic nurses are trained to treat severe side effects

#### Compare the risks – the virus or the vaccine?

HPV Virus Risk	HPV Vaccine Risk
About 75% of people could be exposed to an HPV infection at some point in their lives	Sore arm – 8 in 10 people
14,700 cases of genital warts diagnosed per year in Ontario	Headache or feeling tired – up to 2 in 10 people
630 women diagnosed with cervical cancer per year in Ontario	Serious reactions VERY rare
150 deaths per year in Ontario	Death – Zero

#### New in 2016

**This publicly funded (free) vaccine is now being offered to boys and girls and moving from grade 8 to grade 7.**

This change aligns with current scientific and expert recommendations to help protect more youth from HPV infection and related cancers. The immunization of boys is also recommended by expert groups such as the National Advisory Committee on Immunization.

**Note: Girls in grade 8 in 2016-2017 school year will be offered the HPV vaccine.**

#### How can I prepare for the vaccine?

- Talk to your parent or guardian about the vaccine.
- Learn ways to deal with your worry about the vaccination (focus on breathing, look away from needle, count to ten, etc).
- Wear a short sleeve shirt.
- Eat breakfast and have an extra juice or small snack.

#### Did you know that Ontario has a Health Care Consent Act?

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