



# School Immunization Program

## Hepatitis B Vaccine

### What is Hepatitis B?

Hepatitis B (HB) is a virus that affects your liver. It can cause damage, swelling or cancer of the liver. Unfortunately, there is no cure for Hepatitis B.

### How can I get Hepatitis B?

- Through contact with an infected person’s blood and/or body fluids.
- The virus can stay alive on things like razors or toothbrushes for up to one week.
- Many people with Hepatitis B don’t know they have the virus and may go on to infect others.

### How can I protect myself from the Hepatitis B 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 Hepatitis B 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 in the Hepatitis B 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 HB has latex in vial stopper

### 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 of Hepatitis B vaccine?

Most Common	Less Common	Very Rare
Redness, pain and/or swelling where the needle was given	Tiredness, headache and/or slight fever	Severe allergic reaction (Trouble breathing, swelling of the face or mouth, hives)*
<i>*Clinic nurses are trained to treat severe allergic reactions.</i>		

### 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)	Severe allergic reaction - 0 in a million doses
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 getting the vaccination (focus on breathing, look away from needle, count to ten).
- Wear a short sleeved shirt.
- Eat breakfast and have an extra juice or small snack in your lunch.



# School Immunization Program

## Meningococcal Conjugate ACYW Vaccine – Menactra®

### What is meningitis?

Meningitis is an infection of the fluid around a person’s spinal cord and brain. It can be caused by different viruses or bacteria. Neisseria meningitidis is one of these bacteria. Menactra® vaccine protects against 4 different types of this bacteria.

### How can I get meningitis?

- Through close, direct contact (kissing, coughing or sharing things like food, drinks and musical instruments)
- People can carry the bacteria in their nose and throat without feeling sick. People become sick when the bacteria gets into their blood and body fluids.
- This can lead to brain damage and sometimes death within just a few hours.

### How can I protect myself from 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 protects against **four** types of the bacteria.
- This vaccine protects 80% to 85% of teens against disease caused by these four types.

**This vaccine is required under the Immunization School Pupil’s Act.**

### What is in the Menactra® Vaccine?

Menactra® 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 of Men-C-ACWY vaccine?

Most Common	Less Common	Very Rare
Redness, pain and/or swelling where the needle was given	Tiredness, headache and/or slight fever	Severe allergic reaction (Trouble breathing, swelling of the face or mouth, hives)*

*\*Clinic nurses are trained to treat severe allergic reactions*

### 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	Severe allergic reaction – 1 in a million doses.
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 getting the vaccination (focus on breathing, look away from needle, count to ten).
- Wear a short sleeved shirt.
- Eat breakfast and have an extra juice or small snack in your lunch.