



School Immunization Program

Hepatitis B Vaccine

Vaccines are the best way to protect against some very serious infections.

The hepatitis B (HB) vaccine protects against a liver infection caused by the hepatitis B virus.

What is Hepatitis B?

Hepatitis B is a virus that can permanently damage the liver. It is the most common cause of liver cancer. You need your liver to digest food and help remove waste from your body. People with the disease usually become tired, feverish, lose their appetite and sometimes get yellow skin and eyes (called jaundice).

There is no cure for hepatitis B. Most people get well but about 10% will carry the virus for life and can keep infecting other people. You can be infected with hepatitis B and not even know it.

The hepatitis B virus is usually a sexually spread infection, but can also be spread through exposure to blood and other body fluids by contact with used needles, razors, toothbrushes or through body/ear piercing/tattooing with dirty equipment. It has also been found in breast milk, saliva and vaginal secretions. The virus can live on surfaces for several days and may be picked up by anyone with a break in their skin. An infected mother can pass it to her baby at birth.

Who should get the vaccine?

All grade 7 students in Ontario are offered a two-dose series of HB vaccine in school that is publicly funded (free). Certain other high risk groups also qualify for publicly funded (free) vaccine.

People who do not qualify for publicly funded (free) vaccine can see their health care provider or call the health unit and pay to get the vaccine. The cost is approximately \$20 per dose. Some health insurance plans may cover the cost of the vaccine. To determine if this vaccine is covered by their health plan, people should contact their health insurance provider and provide them with the product DIN (depending on the product used).

Some post-secondary institutions and employers require students/employees to have hepatitis B vaccine.

How well does the vaccine work?

The hepatitis B vaccine series can be given at any age but works best if given between the ages of 5 and 15 years. It is 95 to 99 per cent effective at that time.

Is there an alternative to the vaccine?

If you are exposed to this disease there may be treatment available. If you become ill, you may develop immunity.

What are the common side effects of this vaccine?

The most common side effects are mild and include discomfort, swelling and redness at the spot where the vaccine was given. Some people may get a headache, fever, nausea, or feel tired for a day or two after the needle.

Is the vaccine safe?

Any potential risk of a serious reaction or side effect from a vaccine is much less than the risk of the disease that the vaccine protects against. It is also important to note that just because something occurs after receiving a vaccine does not necessarily mean that it was caused by the

vaccine. There may be other causes that need to be investigated.

If you experience any side effect worse than what is described in the “*What are the common side effects of this vaccine?*” section above, please seek medical attention and notify the health unit.

Who should not get this vaccine?

- Anyone who is allergic to any of the vaccine components for *Recombivax®* or *Engerix-B®* which include:

Hep B Surface antigen	The virus protein used to make the vaccine. It is not a live virus, so it can not cause hepatitis.
Yeast	Used as a nutrient to help grow the vaccine. Found in bread and other baked goods.
Aluminum	Used to help the body create a better immune response to the vaccine. Occurs naturally in our environment, food and water.
Sodium Chloride	Used as a buffer in the vaccine. Occurs naturally in our bodies. Also found in table salt.
Formaldehyde *Recombivax only	Used early in the manufacturing process to inactivate the virus. Purification removes almost all of the formaldehyde. Occurs naturally in our bodies and helps with metabolism. Also found in some cosmetics.
Sodium Borate *Recombivax only	Used as a buffer in the vaccine. Found in some cosmetic products, some vitamin supplements, soil and water.
Latex	There may be latex in the rubber stopper of the vial.

- Anyone with a high fever or serious infection worse than a cold. They should delay having the vaccine until they are better.

What else do I need to know?

- More information can be found on our website at www.simcoemuskokahealth.org.
- This vaccine is provided to students through the school immunization program only. It is only available from your health care provider on a case by case basis. The health unit has to release the vaccine, as publicly funded hepatitis B vaccine is not routinely stocked in health care provider offices.
- Ensure that you eat a healthy breakfast or lunch before the clinic. A short sleeve shirt will make vaccination easier.



Tel: 705-721-7520
Toll free: 1-877-721-7520
www.simcoemuskokahealth.org
Your Health Connection



School Immunization Program

Meningococcal Conjugate ACWY Vaccine

Vaccines are the best way to protect against some very serious infections.

The Men-C-ACWY vaccine protects against four serotypes (A, C, W-135, & Y) of meningococcal disease.

Please note: Students who have received Men-C vaccine before are still eligible to receive the Men-C-ACWY vaccine, as it provides broader protection against strains A, W & Y.

What is meningococcal disease?

Meningococcal disease is a bacterial infection that can cause meningitis (swelling of the lining of the brain and spinal cord), pneumonia (a lung infection) or septicemia (serious blood infection). It most commonly occurs in children under 5 years and in adolescents.

Every year in Canada there are about 300 cases, and up to 10 percent result in death. An additional 11-19% of people with meningococcal disease will develop permanent disability.

People with meningococcal disease may have a fever, severe headache, a stiff neck, nausea, vomiting and sometimes a red, pinpoint rash with bruising. The symptoms may not be the same for every person.

The bacteria that causes meningococcal disease is carried in the nose and throat. It is spread by coughing, sneezing, sharing items such as food, lipstick, drinks or other items that have come in contact with the saliva of an infected person.

Who should get the vaccine?

As of September 2009, Men-C-ACWY vaccine is publicly funded (free) for Grade 7 students in Ontario. Those students who missed their grade 7 dose of meningococcal C (Men-C) vaccine in previous schools years will receive Men-C vaccine.

Students who do not qualify for publicly funded (free) vaccine can see their health care provider or call the health unit and pay to get the vaccine. The cost is approximately \$110. Some health insurance plans may cover the cost of the vaccine. To determine if this vaccine is covered by their health plan, people should contact their health insurance provider and provide them with the product DIN: 02279924.

How well does the vaccine work?

Over 98 percent of adolescents who receive Men-C-ACWY vaccine develop antibody levels that would protect them against the 4 strains of meningococcal disease included in this vaccine.

No vaccine is 100% effective however, if someone does develop meningococcal disease caused by one of the types that the vaccine protects against after receiving the vaccine, it is usually a milder case than those in people who are not vaccinated.

Is there an alternative to the vaccine?

If you are exposed to this disease there may be treatment available. If you become ill, you may develop immunity.

Covering the nose and mouth during coughing or sneezing can help reduce the spread of disease.

Handwashing is one of the best ways to stop bacteria and viruses from spreading. To wash hands properly, rub all parts of the hands with soap and water for at least 15 seconds.

Do not share water bottles, toothbrushes, mouthguards, lipstick, cigarettes and drinks.

What are the common side effects of this vaccine?

Side effects from the vaccine are mild, lasting only 1 to 2 days. More common side effects include redness, swelling, pain and tenderness at the injection site. Headache, fatigue, malaise & fever are less common.

Is the vaccine safe?

Any potential risk of a serious reaction or side effect from a vaccine is much less than the risk of the disease that the vaccine protects against. It is also important to note that just because something occurs after receiving a vaccine does not necessarily mean that it was caused by the vaccine. There may be other causes that need to be investigated.

If you experience any side effect worse than what is described in the "What are the common side effects of this vaccine?" section above, please seek medical attention and notify the health unit.

Who should not get this vaccine?

- Anyone who is allergic to any of the vaccine components for *Menactra®* which include:

Neisseria meningitides groups A, C, W-135 & Y polysaccharides	The virus protein used to make the vaccine. It is not a live virus, so it can not cause meningitis.
Diphtheria toxoid protein carrier	Used to create a better immune response to the vaccine. Occurs naturally in our environment, food and water.
Sodium Chloride	Used as a buffer in the vaccine. Occurs naturally in our bodies. Also found in table salt.
Sodium Phosphate	Used as a buffer in the vaccine. Found in some cosmetic products and some vitamin supplements.

- Anyone with a high fever or serious infection worse than a cold. They should delay having the vaccine until they are better.
- Anyone who received Men-C vaccine in the last month.

What else do I need to know?

- More information can be found on our website at www.simcoemuskokahealth.org.
- This vaccine is provided to students through the school immunization program only. It is only available from your health care provider on a case by case basis. The health unit has to release the vaccine, as this publicly funded vaccine is not routinely stocked in health care provider offices.
- Ensure that you eat a healthy breakfast or lunch before the clinic. A short sleeve shirt will make vaccination easier.



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