

# VACCINE INFORMATION FOR SCHOOL CLINICS

## MENINGOCOCCAL A,C,Y,W-135 VACCINE (NIMENRIX/MENACTRA VACCINE)

**NOTE: This Meningococcal vaccine is different from the vaccine your child was given at 1 year of age. According to the Immunization of School Pupils Act this vaccine is required to attend school in Ontario, unless a valid legal exemption has been filed. More information regarding exemptions can be found at [www.healthunit.org](http://www.healthunit.org).**

- This vaccine helps to protect against meningococcal disease due to strains (serogroups) A, C, Y and W-135
- The meningococcal bacteria spreads by sharing oral secretions such as:
  - » sharing food and drinks; kissing; sharing personal items such as lipstick, toothbrushes, water bottles, musical instruments
- Many people carry the bacteria in their nose and throat but do not become sick
- The meningococcal bacteria can cause meningitis (a serious illness that causes swelling in the lining of the brain and spinal cord) or meningococemia (an infection in the blood stream)
- Symptoms of meningococcal disease can be severe and sudden and can include fever, severe headache, stiff neck, nausea, vomiting and sometimes a red pin-point rash with bruising
- This illness can cause death, loss of hearing, neurologic disabilities and limb amputation

## HEPATITIS B VACCINE (RECOMBIVAX HB or ENGERIX B VACCINE)

- This vaccine helps to protect against Hepatitis B, which is a virus that affects the liver
- Many people who have had the virus do not have any symptoms but can still spread it
- The virus spreads from an infected person's blood and body fluids through:
  - » sharing personal items (such as razors, nail clippers, toothbrushes etc.); contact with blood during procedures or accidents; body/ear piercing or tattooing with infected equipment; unprotected sex; sharing used needles; receiving medical care in a developing country; an infected mother can pass the infection to her baby during birth
- Symptoms can include: weakness, fatigue, headache, vomiting, fever, stomach pain and jaundice (a yellowish colour of the skin and eyes)
- This infection can last a long time and cause liver damage, cirrhosis, liver cancer or death

## HPV (HUMAN PAPILLOMA VIRUS) GARDASIL 9 VACCINE

- HPV is a family of viruses with over 100 types. Gardasil 9 vaccine contains HPV types 6, 11, 16, 18, 31, 33, 45, 52 and 58
- Almost all cervical cancers are caused by an HPV infection
- Giving the vaccine prior to the onset of any sexual activity is recommended for optimal protection
- These viruses can also cause genital warts, cervical changes and other types of cancer (e.g. vulvar, vaginal, anal, penile, mouth and throat)
- It is spread by skin-to-skin contact. You do not have to have intercourse to spread it.
- It can be spread by vaginal, oral or anal sex
- Condoms may not cover all skin areas that have the virus
- A person can spread HPV even when they don't have any signs or symptoms

## TETANUS, DIPHTHERIA AND PERTUSSIS (TDAP) VACCINE

This vaccine helps prevent against 3 diseases: tetanus, diphtheria and pertussis.

**Tetanus** is a serious disease that may occur if dirt with the tetanus germ gets into a cut in the skin.

- Tetanus germs are found everywhere, usually in soil, dust and manure.
- does not spread from person to person.
- causes cramping of the muscles in the neck, arms, legs and stomach. It may also cause painful tightening of the muscles (convulsions) which may be severe enough to break bones.

**Diphtheria** is most often passed to others through coughing and sneezing (respiratory/droplet)

- It causes symptoms of sore throat, fever and chills.
- It may also cause more serious complications such as respiratory problems, heart failure and nerve damage.

**Pertussis** is a common disease that causes prolonged cough illness. This cough may have a whooping sound, and can cause a person to vomit or stop breathing for a short period of time. The cough can last for weeks and makes it hard to eat, drink or even breathe.

- spreads very easily from an infected person to others through coughing or sneezing
- can affect people at any age and pertussis is particularly serious in babies
- can cause serious complications such as pneumonia, brain damage and seizures

# DOSING SCHEDULE FOR SCHOOL 'CATCH UP' 2022-2023

## **Meningococcal A, C, Y, W-135 vaccine: grade 7-12**

- one dose

## **Hepatitis B vaccine: grades 7-10**

- 11-15 yrs old is 2 dose series
- 16yrs+ is 3 dose series (includes those who received one dose before 16 yrs)

## **HPV Vaccine: grades 7-12**

- less than 15 yrs old is 2 dose series
- 15yrs+ is 3 dose series

## **Tdap (Adacel): age dependent**

- 1 dose
- able to get their 14-16 yr booster 10 yrs after receiving their 4-6 yr booster

**Four vaccines could be given at the same time at a school clinic depending on which vaccines are chosen. The meningococcal vaccine and Tdap are mandatory for school attendance in Ontario (as per the Immunization of School Pupil's Act).**

## **WHO SHOULD NOT GET THESE VACCINES**

- Anyone with a high fever or serious infection the day of the clinic (they can get it once feeling better).
- Anyone who is immunocompromised or has a bleeding disorder should let the nurse know before receiving the vaccine.
- Anyone who has had an allergic reaction to a previous vaccine, or is allergic to components of the vaccine.
- If a female is pregnant she should consult with her health care provider before receiving any vaccines.

## **WHAT CAN HAPPEN AFTER VACCINATION**

- The most common reaction is redness, tenderness and swelling where the shot was given. This is usually mild and goes away on its own within a couple of days.
- Mild reaction such as tiredness, fever, loss of appetite or headache may last a day or two.
- Allergic reaction such as hives, wheezing or swelling of the face and mouth are rare. If these symptoms occur, seek medical attention immediately.
- Call your health care provider if any symptoms last more than a few days.
- **NOTE:** Fainting is not considered a side effect or reaction to a vaccine. It is generally due to being overwhelmed at the time of vaccination. Healthy eating and plenty of fluids prior to receiving a vaccination can help prevent this from occurring.
- Your child will bring home a notice of immunization given. Keep this with your child's immunization record card.

# Quick Tips for Students

## Information for Clinic Day

### Before the clinic:

- Make sure you have breakfast and bring a snack to eat before clinic
- Wear a short sleeve shirt
- Bring a distraction item if you want (e.g. phone, stress ball, book, headphones)

### During the clinic:

- Stay calm and focus on breathing:
  - » Slowly take in a deep breath
  - » Focus on exhaling slowly – like you were blowing out a really big bubble

### After the clinic:

- When leaving the clinic area, respect that other students may be nervous
- Please avoid negative comments and/or actions that might scare other students
- You may be expected to wait for several minutes
- If you feel unwell, please let a nurse know
- Your arm may ache or feel heavy – this is normal
- You can still participate in your daily activities

## Helping Your Child Get Ready For Immunizations

Children are often worried about getting immunized or getting needles of any kind. To make this easier for your child:

- Tell them when the clinic will be and remind them at least one day before
- Help them to work out ways to take their mind off the actual needles
- Ensure they have a healthy breakfast before they get to school and eat a snack before the clinic
- Remind them to wear a short sleeve shirt
- Distraction is an effective way to deal with stress. Prepare a list of things they can do to distract themselves while waiting for the needle, getting the needle and afterwards (e.g. think of a favourite memory, talk with a friend, listen to music or read a book)
- Be honest. Tell them what they can really expect – “you might feel a small pinch and some pressure”

**In order to help them stay calm, be a positive role model by being calm and matter of fact yourself.**