

September 2023

Health Unit staff will be coming to your child's school to offer three vaccines to Grade 7 students. Grade 8 students who missed getting these vaccines last year can also get them. Health Unit staff will be at your child's school in the Fall of 2023 and again in the Spring of 2024. The vaccines protect against the following diseases:

1. Meningitis (Men C-ACYW-135): This vaccine is **required** to attend school. It is different from Meningitis C vaccine that your child may have received as a baby.
2. Hepatitis B (HB)
3. Human papillomavirus (HPV)

Please complete the attached consent form and return to your child's school by **September 15th**.

To help your child on clinic day, please make sure that they eat a good breakfast, bring snacks and a lunch, and wear a loose or short-sleeved shirt. They can bring something to distract them, like music. Students are encouraged to speak to the nurse if they have questions or concerns.

If the school immunization clinic environment is not appropriate for your child for any reason, you can arrange for them to have the above vaccines at a health unit clinic.

Please complete the consent form even if you do not wish for your child to receive any or all vaccines. Simply check the "NO" box(es) and return the consent form to the school by **September 15th**.

For more information, please visit www.ontario.ca/page/vaccines-children-school

If you have any questions call the Health Unit at 1-866-888-4577 ext. 1507 or email immunization@hkpr.on.ca.

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School Based Vaccines Information Sheet:

Meningococcal C-ACYW-135, Hepatitis B and Human Papillomavirus

Three school-based vaccines, meningococcal C-ACYW-135, hepatitis B (HB) and human papillomavirus (HPV) are offered to grade 7 students free of charge. These vaccines have been used for many years. You cannot get the disease from the vaccine. Every dose is monitored for reactions and any reactions are reported through vaccine reporting systems.

	Meningococcal C-ACYW-135	Hepatitis B	Human Papillomavirus
What does the disease look like?	Many people carry the meningococcal bacteria in their nose or throat without feeling sick. It is spread through close, direct contact such as kissing, coughing, or sharing drinks. The bacteria can lead to meningitis, which is a serious infection of the brain and spinal cord. Meningitis causes death in 10 percent of people and can cause brain damage in survivors. There is an average of almost 200 cases per year in Canada.	Hepatitis B is a virus that spreads easily through blood and bodily fluids. It can cause damage or cancer of the liver. Every year, there are over 100 cases of hepatitis B reported in Ontario.	HPV is a virus that is spread through skin-to-skin contact. It can cause genital warts and lead to certain types of cancers (cervical, anal, penile, head, and neck). About 75 per cent of people could be exposed to an HPV infection in their lifetime. Yearly, there are about 1300 cervical cancer cases and 350 deaths related to cervical cancer in Canada. Many people with HPV do not know they have the virus and can infect others.
What is the benefit of the vaccine?	Most Ontarians received a meningococcal vaccine as an infant. That vaccine protected against one type of bacteria. The grade 7 vaccine is different. It protects 80 to 85 per cent of teens against four types of bacteria that cause meningococcal disease.	If all doses are received, the vaccine protects more than 95 per cent of people against hepatitis B. The protection lasts at least 30 years for most people.	This vaccine can prevent about 90 per cent of genital warts. This vaccine also prevents cancers that are caused by HPV.
Is this vaccine required for school?	Yes. It is REQUIRED under the <i>Immunization of School Pupils Act</i> . Those who choose not to receive this vaccine must contact the Health Unit at 1-866-888-4577, ext. 1507.	Not required, but highly recommended.	Not required, but highly recommended.

	Meningococcal C-ACYW-135		Hepatitis B		Human papillomavirus	
	Vaccine Contents	Where else can they be found?	Vaccine Contents	Where else can they be found?	Vaccine Contents	Where else can they be found?
What are the vaccine components and where else can they be found?	Parts of meningococcal bacteria	Meningococcal bacteria	Parts of HB virus	Hepatitis B virus	HPV proteins	Human papillomavirus
	Diphtheria Toxoids Tetanus Toxoids	Other childhood vaccines	Aluminum	Vegetables, cereal, deodorant	Sodium chloride	Human body, salt
	Sodium chloride	Human body, salt	Sodium chloride	Human body, salt	Aluminum	Vegetables, cereal, deodorant
	Trometamol	Cosmetics, personal care products, water treatment products	Sodium borate	Water, soil		
	Sucrose	Fruits and vegetables, sugar cane and sugar beets, dates and honey	Yeast	Human body, bread		
	Sodium phosphate	Laxatives	Formaldehyde	Human body, fruits, fish	L-histidine	Human body, beans, fish, milk
			Latex (vial stopper)	Clothing, gum, glues	Polysorbate 80	Ice cream, cottage cheese
			Latex (vial stopper)	Clothing, gum, glues	Sodium borate	Water, soil
					Yeast	Human body, bread
					Yeast	Human body, bread
How many doses are needed?	One dose		Two doses for healthy teens that are 11 to 15 years old. Publicly funded until the end of Grade 8.		Two doses: healthy grade 7 students less than 15 years of age. Three doses: students who start the series at 15 years of age or older. Three doses: students with weak immune systems.	
What are the side effects for all three vaccines?	<p>Most common: redness, pain and/or swelling at the site (especially during the first 24 hours)</p> <p>Less common: tiredness, muscle aches, headache and/or slight fever</p> <p>Very rare and serious: trouble breathing, swelling of the face or mouth, hives</p> <p>To minimize common side effects, apply a cold pack to vaccine area and/or take something for pain according to product instructions. Public health nurses are trained to treat severe side effects on site.</p>					

<p>Who should NOT receive these vaccine(s)?</p>	<ul style="list-style-type: none"> • Those who have had a <u>serious</u> reaction to any of the vaccine components or latex (refer to product monograph online or call the Health Unit at 1-866-888-4577, ext. 1507) • Those who have a moderate or severe acute illness should postpone vaccination (those with minor acute illness such as the common cold with or without fever may be vaccinated) • Those who have a weak immune system or taking a medication that increases the risk of infection (e.g. corticosteroids may want to consult with their doctor) • For HPV vaccine only: people who are pregnant or breastfeeding
<p>How to prepare for the vaccine?</p>	<p>Talk to your student about the vaccine. If they are nervous about the needle, suggest to them to try to focus on their breathing, look away from the needle and/or bring something to distract them. The nurse can help your student with this. The vaccine will go in the upper arm so please ensure that he/she wears a loose-fitting short sleeve shirt on clinic day.</p>
<p>Where can I get more information?</p>	<ul style="list-style-type: none"> • HKPR District Health Unit, www.hkpr.on.ca, 1-866-888-4577, ext. 1507 • Immunize Canada, www.immunize.ca • Ontario Ministry of Health, www.ontario.ca/vaccines • Your doctor