

Questions & Answers

Q: Who should NOT get the vaccine?

A: If your child has a fever, delay getting any vaccines until they are feeling better. The Meningococcal vaccine is not recommended if your child has had a serious reaction to diphtheria or tetanus toxoid. The Hepatitis B vaccine and the HPV vaccine are not recommended if your child has had a serious reaction to any of the contents in the vaccine: yeast protein or aluminum; or latex (in Recombivax vaccine only).

HPV vaccine is not recommended in pregnancy.

Q: Are there side effects?

A: Vaccines are safe, effective and well tolerated. Common side effects include pain, swelling and redness at the injection site, headache, fever, dizziness, nausea, sore throat or feeling faint shortly after receiving the vaccine.

For those that experience side effects, reactions are usually mild to moderate and resolve in 2-3 days.

In rare cases, serious allergic reactions such as trouble breathing, rash, swelling in the throat and face may occur. The allergic reactions can be treated and are usually temporary. Students are observed following vaccinations and monitored for adverse reactions.

Q: What if my child misses the school clinic?

A: You can contact your health care provider or HPEPH.

Please review, sign and return the consent form to your child's school ASAP.

Consent to Treatment

The Health Care Consent Act states that all persons, regardless of age, may consent to medical treatment, provided they understand the benefits and risks of the treatment as well as the benefits and risks of not having the treatment. There is no minimum age in Ontario for informed consent.

Parents/guardians are encouraged to talk with their children about the benefits/risks of vaccinations.

Tips to improve your child's vaccination experience:

1. **Plan ahead:** Talk to your child about the vaccination. Help them explore ways to stay calm during the vaccination such as visualizing a fun memory or place. Choose a personal item that will provide comfort or distraction.
2. **At the clinic:** Encourage your child to take deep breaths, stay calm and use an item for distraction during the vaccination.
3. **After the clinic:** Ask your child about the experience.
4. **Monitor for reactions:** use acetaminophen (e.g. Tylenol) or ibuprofen (e.g. Advil) as directed by your health care provider, for fever, irritability or sore arm. For serious reactions or if your child is feeling unwell, consult your health care provider. Report reactions to HPEPH at 613-966-5500.



Ontario's secure online **Personal Immunization Records** website:
hpePublicHealth.ca/icon/

For information on vaccinations:

hpePublicHealth.ca
613-966-5500 ext. 221
Toll-Free 1-800-267-2803
TTY: 771

This pamphlet has been adapted from Toronto Public Health.

Grade 7 Vaccinations

Dear Parent or Legal Guardian:

Hastings Prince Edward Public Health (HPEPH) will be visiting grade 7 classes twice a year to provide the following vaccinations:

- Human Papillomavirus (HPV)
- Meningococcal
- Hepatitis B

Parents play an important role in helping their children make decisions about their health.

I encourage you to review the enclosed information and discuss vaccinations with your child(ren).

Please complete the consent form and return it to your child's school as soon as possible even if you choose not to vaccinate.

Sincerely,

Dr. Ethan Toumishey
Medical Officer of Health & CEO



HASTINGS PRINCE EDWARD
Public Health
hpePublicHealth.ca

Prevent Meningitis

Under the Immunization of School Pupils Act, students must show proof of vaccination against Meningococcal disease or provide a valid exemption. Students may be suspended from school if vaccination records are not up to date.

About Meningococcal Disease

Meningococcal disease is rare, but when it strikes, the disease can progress rapidly and with serious consequences. Complications include organ failure, shock, amputations or death.

Vaccine Benefits

Meningococcal (Menactra, Menveo or Nimenrix)

Meningococcal vaccine helps to protect against four types of Meningococcal bacteria identified as A, C, Y, W-135.

This vaccine is 80-85% effective for teenagers; however, effectiveness decreases over time.



Prevent Liver Cancer

Hepatitis B vaccine is recommended for some career choices such as health care or child care workers, and before travel. The vaccine prevents liver cancer caused by Hepatitis B infection.

About Hepatitis B

The virus spreads from an infected person's blood and bodily fluids. Many people who have had the virus do not have any symptoms but can still spread it. This infection can last a long time and cause liver damage, cirrhosis, liver cancer or death.

Vaccine Benefits

Hepatitis B (Recombivax HB or Engerix B)

Hepatitis B vaccine is over 95% effective at preventing Hepatitis B infection. Healthy students aged 11-15 years need two doses given six months apart.



Prevent Cancer

Approximately 75% of Canadians will have an HPV infection at some time during their life. Most infections do not show symptoms and may clear on their own. However, some infections may lead to cancer of the head, neck or genitals.

About HPV

HPV is very common and there are over 100 different strains.

A person can spread HPV by skin-to-skin contact even though they do not have any signs or symptoms. You do not need to have intercourse to spread HPV.

Vaccine Benefits

HPV 9 (Gardasil 9)

HPV vaccine is over 95% effective. It protects males and females against 9 types of Human Papillomavirus that can cause cancer and genital warts.

Please view information for these vaccines prior to consent at:

hpePublicHealth.ca/grade-7-vaccinations/