

Questions & Answers

Q: Who should not get the vaccine?

A: If your child has a fever, delay getting any vaccine 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: My child has a complex medical condition, can my doctor give the vaccine?

A: Most of the vaccines can be safely given to children with chronic health conditions. HPEPH may be able to make arrangements to have the vaccine(s) delivered to your child's doctor.

Q: What if my child misses the school clinic?

A: HPEPH offers catch-up clinics. Call us to book an appointment at 613-966-5500 ext. 221.

Please review, sign and return the consent form to your child's school by **September 17, 2018.**

To request this document in an alternate format, call 613-966-5500; TTY: 711 or visit www.hpepublichealth.ca

This pamphlet has been adapted from Toronto Public Health.

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 doctor, for fever, irritability or sore arm. For serious reactions or if your child is feeling unwell, consult your doctor. Report reactions to HPEPH at 613-966-5500.

For information on vaccinations:

613-966-5500 ext. 221
Toll-Free 1-800-267-2803
TTY: 771
www.hpepublichealth.ca
Healthy Living -
Immunization Services

Grade 7 Vaccinations

Dear Parent or Legal Guardian:

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

- Meningococcal
- Human Papillomavirus (HPV)
- 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 by **September 17, 2018**, even if you choose not to vaccinate.

Sincerely,



Dr. Piotr Oglaza,
MD CPHI(C) CCFP MPH FRCPC
Medical Officer of Health
Hastings Prince Edward Public Health



HASTINGS PRINCE EDWARD
Public Health
www.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 or Menveo)

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.

Vaccine Side Effects and Risks

This vaccine is safe, effective and well tolerated. Reactions are usually mild. Common side effects include pain and redness at the injection site, headache, and feeling tired or unwell for a short time after receiving the vaccine.

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.



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.

Vaccine Side Effects and Risks

The vaccine is safe, effective and well tolerated. Common side effects include pain and redness at the injection site, headache, fever, dizziness, nausea or feeling faint shortly after receiving the vaccine.

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.



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.

Healthy students aged 9-14 years need two doses given six months apart.

Vaccine Side Effects and Risks

The HPV vaccine is 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.