

MULTIPLE INJECTIONS

At the school clinic, some students may receive more than one vaccine.

FACTS:

- It is **safe** to receive more than one vaccine a day.
- Youth tolerate multiple injections well.
- It ensures your youth is protected at the earliest age possible.
- RCDHU School Immunization Team will observe students for 15 minutes after vaccination to monitor reactions.

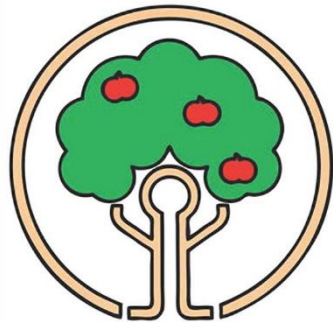
QUESTIONS

FOR QUESTIONS ABOUT THE VACCINES

- Speak to your health care provider.
- Visit our Immunization web page at <https://www.rcdhu.com/healthy-living/immunization/>.
- Call RCDHU Vaccine Information Line at 613-732-3629, ext. 509.

FOR QUESTIONS ABOUT THE CLINICS

- Call RCDHU Vaccine Information Line at 613-732-3629, ext. 509.



Renfrew County and
District Health Unit

"Optimal Health for All in Renfrew County and District"

MAKING VACCINES EASIER

PLAN AHEAD



Talk to your youth about the vaccination. "You will get a vaccine to keep you healthy. The vaccine goes in your arm with a needle."

Explore ways for staying calm, such as visualizing a fun memory. Use the [CARD System](#) (Comfort, Ask, Relax, Distract).

AT THE CLINIC



Take deep breaths and stay calm. Sit up during the needle. Use distraction such as music, electronic device.



Some students may feel faint after a needle, so sitting or lying down for 15 minutes may help.

AFTER THE CLINIC



Ask your youth about the experience. Offer praise.

MONITOR FOR REACTIONS



For mild reactions such as fever, aches, or pain, use acetaminophen or ibuprofen as directed by your health care provider.

For serious reactions or if your child is feeling unwell, consult your health care provider.

Ask your health care provider to report the reaction to **RCDHU**.

*This pamphlet has been adapted from Toronto Public Health.

GRADE 9-10 SCHOOL IMMUNIZATION CATCH-UP PROGRAM

Dear Parent/Legal Guardian and Student,

The Ontario Ministry of Health offers free Meningococcal, Hepatitis B, and Human Papillomavirus (HPV) vaccines to all Grade 7 students. Due to the COVID-19 Pandemic, students in Grade 9 and 10 may still be eligible to receive the above-mentioned vaccines.

- Meningococcal vaccine is a required vaccine for students attending school in Ontario.
- Hepatitis B, and HPV vaccines are not required vaccines to attend school but are strongly recommended.

The Ontario Ministry of Health offers free COVID-19 Vaccines to all eligible Ontarians.

On _____, Renfrew County and District Health Unit's (RCDHU) School Immunization Team will be at your school to provide vaccines to eligible Grade 9 & 10 students.

USING ICON TO CHECK YOUR YOUTH'S IMMUNIZATION STATUS

- If your youth has received doses of the vaccines mentioned above, and they are not included on their immunization record, update their record online through the [ICON](#) tool.

HOW TO GET YOUR YOUTH VACCINATED

- At the clinic hosted at your youth's school. Please [REGISTER HERE](#) to let us know your youth will be attending the Grade 9-10 School Immunization Clinic. A valid [CONSENT FORM](#) is required.
- Through your Health Care Provider. Inquire about school-based immunizations by calling their office.
- Through RCDHU. To book an appointment, call 613-732-3629, ext. 509.

COVID-19 VACCINE

- COVID-19 vaccine will be offered during the Grade 9-10 School Immunization Clinic, with a [VALID CONSENT](#).
- For more information, please refer to the electronic information package sent by your school.

PREVENT MENINGITIS

Meningococcal disease is rare, but it can quickly become life threatening. It is the leading cause of bacterial meningitis in teens and young adults. The bacteria can infect the lining of the brain leading to strokes, hearing loss, seizures, or blood infection. This vaccine may be needed for travel and/or post-secondary education.

Vaccine Benefits

The vaccine protects against four types of the meningococcal bacteria: A, C, Y, and W-135. The vaccine is 80 to 85% effective for teenagers.

**Of note: This is not the same vaccine received at 1 year of age.*

Trade Names of Vaccines Provided by RCDHU

Menactra®, Nimenrix® or Menveo™.

Vaccine Side-Effects and Risks

The vaccine is safe, effective, and well tolerated. Reactions are usually mild. Common side-effects include pain and redness where the vaccine was given, headache or feeling tired for a short time after receiving the vaccine. There are no long-term side-effects associated with this vaccine.

In rare cases, serious allergic reactions such as trouble breathing, rash, swelling in the throat and face may occur. Allergic reactions can be treated and are usually temporary. RCDHU School Immunization team observes students for 15 minutes after vaccination to monitor for reactions.

Who Should Not Get the Vaccine?

Anyone with allergies to the vaccine ingredients or has had a serious reaction to a previous vaccine (containing diphtheria or tetanus toxoid protein).

As a precaution, RCDHU will delay giving the vaccine if your youth has a fever.

PREVENT CANCERS

There are different types of Human Papillomavirus (HPV). Many people do not know they are infected and never develop symptoms. Human papillomavirus infections cause many cancers of the mouth, head and neck, cervix, and genitals.

Vaccine Benefits

Gardasil®-9 vaccine is over 95% effective to protect against nine types of Human Papillomavirus. The vaccine prevents infection against seven types of the virus which may lead to cancer and pre-cancerous cells and two types that prevent warts.

Students under 15 years of age need two doses, given six months apart. Students with a weak immune system or 15 years and older will need a third dose.

**Of note: All students are eligible for human papillomavirus vaccination until the end of Grade 12.*

Trade Names of Vaccines Provided by RCDHU

Gardasil®-9.

Vaccine Side-Effects and Risks

The vaccine is safe, effective, and well tolerated. Reactions are usually mild. Common side-effects include pain, swelling and redness where the vaccine was given, headache, fever, dizziness, nausea, and sore throat. There are no long-term side-effects or chronic medical conditions associated with this vaccine.

In rare cases, serious allergic reactions such as trouble breathing, rash, swelling in the throat and face may occur. Allergic reactions can be treated and are usually temporary. RCDHU School Immunization team observes students for 15 minutes after vaccination to monitor for reactions.

Who Should Not Get the Vaccine?

Anyone with allergies to vaccine ingredients such as yeast or aluminum should not receive the vaccine.

As a precaution, RCDHU will delay giving the vaccine if your youth has a fever.

PREVENT LIVER CANCER

The hepatitis B virus is spread by infected body fluids. This can include improper cleaning of spa, tattoo, medical and dental instruments. Many people with this infection may not have symptoms and can continue to spread the infection to others. Some infections can cause permanent liver damage, cirrhosis, and cancer. This vaccine is recommended before travel and for some career choices.

Vaccine Benefits

The vaccine is over 95% effective to prevent HB virus infection.

Students ages 11 to 15 need two doses, given six months apart. Students with a weak immune system or 16 and older require three doses. If your child has received the full HB vaccine series as an infant, there is no need to get the vaccine again.

Trade Names of Vaccines Provided by RCDHU

Recombivax HB® or Engerix®-B.

Other Vaccines Containing Hepatitis B

Twinrix®, Twinrix®Jr., INFANRIX hexa®

Vaccine Side-Effects and Risks

The vaccine is safe, effective, and well tolerated. Reactions are usually mild. Common side-effects include pain and redness where the vaccine was given, headache, fever, dizziness, and nausea shortly after receiving the vaccine. There are no long-term side-effects associated with this vaccine.

In rare cases, serious allergic reactions such as trouble breathing, rash, swelling in the throat and face may occur. Allergic reactions can be treated and are usually temporary. RCDHU School Immunization team observes students for 15 minutes after vaccination to monitor for reactions.

Who should not get the vaccine?

Anyone with allergies to vaccine ingredients such as yeast, aluminium or latex (in Recombivax HB®) should not receive the vaccine.

As a precaution, RCDHU will delay giving the vaccine if your youth has a fever.