

## MULTIPLE INJECTIONS

At the school clinic, some students may receive up to three vaccines in one day.

### FACTS:

- It is **safe** to give all three vaccines in one day
- Children tolerate multiple injections well
- It ensures your child is protected at the earliest age possible
- Nurses will observe students for 15 minutes after vaccination to monitor reactions



### MISSED A SCHOOL CLINIC due to an absence or doing virtual school from home?

RCDHU offers in-office immunization clinics in Pembroke and Renfrew for missed school clinics.

Call us to book an appointment at **613-732-9436**

#### Already had your grade 7 vaccines.

If your child has already been vaccinated, list the vaccine names and dates on the consent form so we can update your child's record. We **strongly** recommend attaching a photocopy of your child's record that we are missing. This way RCDHU can properly assess what your child has received as it can be hard to understand.

**You can also view or update your child's immunization record please visit [re.icon.ehealthontario.ca](https://re.icon.ehealthontario.ca)**

### **YOUTH (12-17 y/o) COVID-19 VACCINATION INFORMATION**

Call **613-732-3629 ext. 203** to speak to a Public Health Nurse about the vaccine or visit our website to see where in the community COVID-19 vaccination is being offered.

## MAKING VACCINES EASIER

### PLAN AHEAD

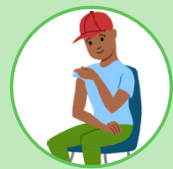


Talk to your child about the vaccination. "You will get a vaccine to keep you healthy. The vaccine goes in your arm with a needle." "It bothers some kids, but others think it is OK."

Explore ways for staying calm such as visualizing a fun memory.

Using 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. Students will be required to wear face masks at this time.



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

### AFTER THE CLINIC



Ask your child 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 doctor.

For serious reactions or if your child is feeling unwell, consult your doctor.

Ask your doctor to report the reaction to **RCDHU at 613-732-9436**

This pamphlet has been adapted from Toronto Public Health.



## SCHOOL IMMUNIZATION PROGRAM

### Keeping children healthy and in school

2021/2022 School Year

#### Dear Parent or Legal Guardian:

Renfrew County and District Health Unit (RCDHU) will be visiting your child's school on \_\_\_\_\_ to provide free vaccinations to Grade 7 -8 students with COVID-19 precautions in place. The three vaccines are:

- Meningococcal-ACYW to prevent meningitis
- Human papillomavirus to prevent cancers
- Hepatitis-B to prevent liver cancer

**Meningococcal vaccination is a requirement for school attendance. Your child must be up to date with the meningococcal vaccine or have a valid exemption to avoid school suspension.**

#### Already had your grade 7 vaccines.

If your child has already been vaccinated, list the vaccine names and dates on the consent form so we can update your child's record. We strongly recommend attaching a photocopy of your child's record that we are missing. This way RCDHU can properly assess what your child has received as it can be hard to understand.

RCDHU will review your child's vaccination record and with your consent, will vaccinate if your child requires it.

**Please return the signed consent form to the school before \_\_\_\_**

**You can also email it directly to [schoolimmunization@rcdhu.com](mailto:schoolimmunization@rcdhu.com). A copy of the consent is available on our website [here](#)**

Parents must return the completed consent form even if you do not want your child vaccinated.

If you have questions about the vaccines speak to your doctor or call us at **613-732-9436**.

Sincerely,

Dr. Robert Cushman  
Acting Medical Officer of Health



Renfrew County and District Health Unit

"Optimal Health for All in Renfrew County and District"

## PREVENT MENINGITIS

Meningococcal disease is rare, but it can become life threatening quickly. It is the leading cause of bacterial meningitis in teens and young adults. The bacteria infects 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.

Provide the dates of your child's vaccination on the consent form and RCDHU will review if your child has already been protected. 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.

### 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 child 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 9 types of human papillomavirus. The vaccine prevents infection against seven types of the virus which may lead to cancer and pre-cancerous cells and 2 types that prevent warts.

Students under 15 years of age need 2 doses, given 6 months apart. Students with a weak immune system or 15 years and older will need a third dose.

### 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. Public health nurses will observe students for 15 minutes after vaccination to watch 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 child 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 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 hepatitis B virus infection.

Students ages 11 to 15 need 2 doses, given 6 months apart. Students with a weak immune system or 16 and older will need a third dose.

If your child has received the full hepatitis B vaccine series as an infant, there is no need to get the vaccine again. Provide the dates of your child's vaccinations on the consent form and **RCDHU** can review if your child is protected.

### Trade Names of vaccines provided by RCDHU

Recombivax HB® or Engerix®-B.

### Other hepatitis B containing vaccines:

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. Public health nurses observe 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 child has a fever.