

# FACT SHEET

## Hepatitis B Vaccine for Students

Grade 7 students are offered this free vaccine that is funded by the Ministry of Health and Long-Term Care.

### What is hepatitis B and how do you get it?

- Hepatitis B is a virus that may cause long-term liver damage and is the leading cause of liver cancer.
- Over 100 cases of hepatitis B are reported each year in Ontario<sup>1</sup>.
- Hepatitis B is found in the blood or other body fluids of an infected person. It can be spread through sexual contact, contaminated body/ear piercing and tattooing equipment, razors, scissors, nail clippers, or toothbrushes from people with hepatitis B. Pregnant mothers infected with hepatitis B can also pass the virus to the baby at birth.

### What are the symptoms of hepatitis B and can it be prevented?

- Symptoms of hepatitis B can include fatigue, fever, loss of appetite, and jaundice (yellow skin and eyes).
- Hepatitis B can be prevented through immunization.

### Why should my child receive the hepatitis B vaccine series?

- An up-to-date hepatitis B series is required for students entering health-related programs at colleges and universities.
- For protection during mission trips to countries where medical equipment is not sterilized up to Canadian standards.
- To provide protection if exposed to blood and other body fluids when providing first aid treatment.

### What to expect after receiving the hepatitis B immunization?

- The hepatitis B vaccine is very safe and has been used in Canada for more than 35 years<sup>2</sup>.
- It is common to have some redness, swelling, or pain at the site where the needle was given. Some students may develop a headache, muscle aches, fatigue, and on rare occasions, have nausea and/or vomiting. It is very rare for a severe reaction to occur. Difficulty with breathing, swelling of the

mouth or face, hives, a rash or seizure/convulsions require immediate medical care. Concerns about your child's symptoms should be reported to your physician/nurse practitioner and the Health Unit.

### What's in the hepatitis B vaccine?

Contents	Where else are they found?
Pieces of hepatitis B virus	Hepatitis B disease
Aluminum	Vegetables, cereal, deodorant
Sodium chloride	Human body, table salt
Sodium borate	Water softener, soap, soil
Yeast	Human body, bread, bagels
Formaldehyde	Human body, fruits, fish

### Who should not receive the vaccine?

- Those who are fevered the day of the clinic should wait until feeling better.
- Anyone with a weakened immune system due to illness, medication, or therapy should delay receiving the vaccine.
- Anyone with an allergy to any part of the vaccine.
- If you are pregnant or breastfeeding, consult your healthcare provider.

### How can I prepare my child?



Talk to your child about the vaccine.



Review helpful ways to deal with fear or anxiety (count to ten, look away from needle, focus on breathing)



Make sure your child eats on clinic day.



Make sure your child wears a short sleeve shirt on clinic day.

#### Sources:

<sup>1</sup> Ministry of Health and Long Term Care.

<http://www.health.gov.on.ca/en/public/publications/immune/hepb.aspx#:~:text=There%20are%20over%20100%20cases,and%20not%20have%20any%20symptoms>

<sup>2</sup> Canadian Public health agency. <https://www.cpha.ca/immunization-timeline>

# FACT SHEET

## Human Papillomavirus (HPV9) Vaccine for Students

Grade 7 students are offered this free vaccine that is funded by the Ministry of Health and Long-Term Care.

### What is HPV and how do you get it?

- HPV is a group of viruses that can cause cancer of the cervix, vagina, vulva, penis, mouth and throat, as well as genital warts.
- HPV is spread by direct skin-to-skin contact and through sexual activity with someone who has the virus.
- 8 out of 10 Canadians become infected with HPV during their lives.
- Some people with HPV infections do not have any symptoms.
- HPV in Ontario has been estimated to cause an average of 254 deaths and 1,300 cases of cancer each year.

### Can HPV be prevented?

- The HPV vaccine, Gardasil, provides effective protection against the most common types of HPV.
- The vaccine is most effective when given to individuals before they are exposed to HPV.

### What to expect after receiving the HPV immunization?

- Gardasil is very safe and has been approved for use by the Food and Drug Administration (FDA) since 2006.
- Some people may experience redness, itching, pain, swelling, and/or bruising at the site where the needle was given. A few people may get a slight fever, headache, dizziness, nausea or vomiting, or feel unwell the following day. This means the body is responding to the vaccine.
- Fainting can occur after vaccination and is not uncommon in adolescents.
- Very rarely, swollen glands, joint/muscle pain, tiredness, shortness of breath, and Guillain-Barré Syndrome have been reported.
- Some side effects, though extremely rare, require immediate medical care. These include difficulty breathing, swelling of the mouth or face, hives, a rash or seizure/convulsions.
- If you have concerns about any side effects, please report them to your physician/nurse practitioner and the Health Unit.

### What's in the Gardasil vaccine?

Contents	Where else are they found?
Pieces of HPV proteins	HPV
Yeast	Human body, bread, bagels
Sodium chloride	Human body, table salt
Aluminum	Vegetables, cereal, deodorant
L-histidine	Human body, beans, fish, milk
Polysorbate 80	Ice cream, cottage cheese
Sodium borate	Water softener, soap, soil

### Who should not receive the vaccine?

- Those who are fevered the day of the clinic should wait until feeling better.
- Anyone with a weakened immune system due to illness, medication, or therapy should delay receiving the vaccine.
- Anyone with an allergy to any part of the vaccine.
- If you are pregnant or breastfeeding, consult your healthcare provider.

### How can I prepare my child?



Talk to your child about the vaccine.



Review helpful ways to deal with fear or anxiety (count to ten, look away from needle, focus on breathing)



Make sure your child eats on clinic day.



Make sure your child wears a short sleeve shirt on clinic day.

### Recommended websites to find out more:

- Huron Perth Public Health – [www.hpph.ca](http://www.hpph.ca)
- Society of Obstetricians & Gynaecologists of Canada – [www.hpvinfos.ca](http://www.hpvinfos.ca)
- Ontario Ministry of Health & Long-Term Care – [www.hpvontario.ca](http://www.hpvontario.ca)
- Canadian Cancer Society – [www.cancer.ca](http://www.cancer.ca)
- Cancer Care Ontario – [www.cancercareontario.ca/cancerfacts](http://www.cancercareontario.ca/cancerfacts)

# FACT SHEET

## Meningococcal (A, C, Y, W-135) Vaccine for Students

The meningococcal immunization is required for school attendance in Ontario. Funded by the Ministry of Health and Long-Term Care, this vaccine is offered free to all grade 7 students. The meningococcal vaccine protects against the meningitis strains A, C, Y, and W-135. It is different than the meningitis vaccine usually given on or after a child's first birthday.

### What is meningococcal disease and how do you get it?

- Commonly known as meningococcal meningitis, it is a bacterial infection of the blood and organs, or lining of the brain and spinal cord.
- Although rare, 1 in 10 people infected with meningitis will die, while 11-19% of survivors will have a permanent disability such as hearing loss, brain damage, or limb loss.
- It's easily spread by sharing food, cutlery, drinking containers, kissing, coughing, sneezing or other contact where saliva is passed from person to person.

### What are the symptoms of meningitis and can it be prevented?

- Early symptoms include headache, fever, and tiredness, then progresses to stiff neck, sensitivity to light, dizziness, red, blotchy rash, sleepiness, and coma.
- Meningitis can start quickly and become very serious or result in death within 12 to 24 hours.
- The meningococcal vaccine provides effective protection against four types of meningococcal bacteria (A, C, Y, and W-135).

### What to expect after receiving the meningococcal vaccine?

- The meningococcal vaccine is very safe. It is common to have some redness, swelling, or pain at the site where the needle was given. Some students may develop a headache, muscle aches, fatigue, and on rare occasions, have nausea and/or vomiting. It is very rare for a severe

reaction to occur. Difficulty with breathing, swelling of the mouth or face, hives, a rash or seizure/convulsions require immediate medical care. Concerns about your child's symptoms should be reported to your physician/nurse practitioner and the Health Unit.

### What's in the meningococcal vaccine?

Contents	Where else are they found?
Pieces of meningococcal bacteria	Meningococcal bacteria
Diphtheria toxoid	Other childhood vaccines
Sodium chloride	Human body, table salt
Sodium phosphate	Laxatives

### Who should not receive the vaccine?

- Anyone with a previous diagnosis of Guillain-Barré Syndrome.
- Those who are febrile the day of the clinic should wait until feeling better.
- Anyone with a weakened immune system due to illness, medication, or therapy should delay receiving the vaccine.
- Anyone with an allergy to any part of the vaccine.
- If you are pregnant or breastfeeding, consult your healthcare provider.

### How can I prepare my child?



Talk to your child about the vaccine.



Review helpful ways to deal with fear or anxiety (count to ten, look away from needle, focus on breathing)



Make sure your child eats on clinic day.



Make sure your child wears a short sleeve shirt on clinic day.