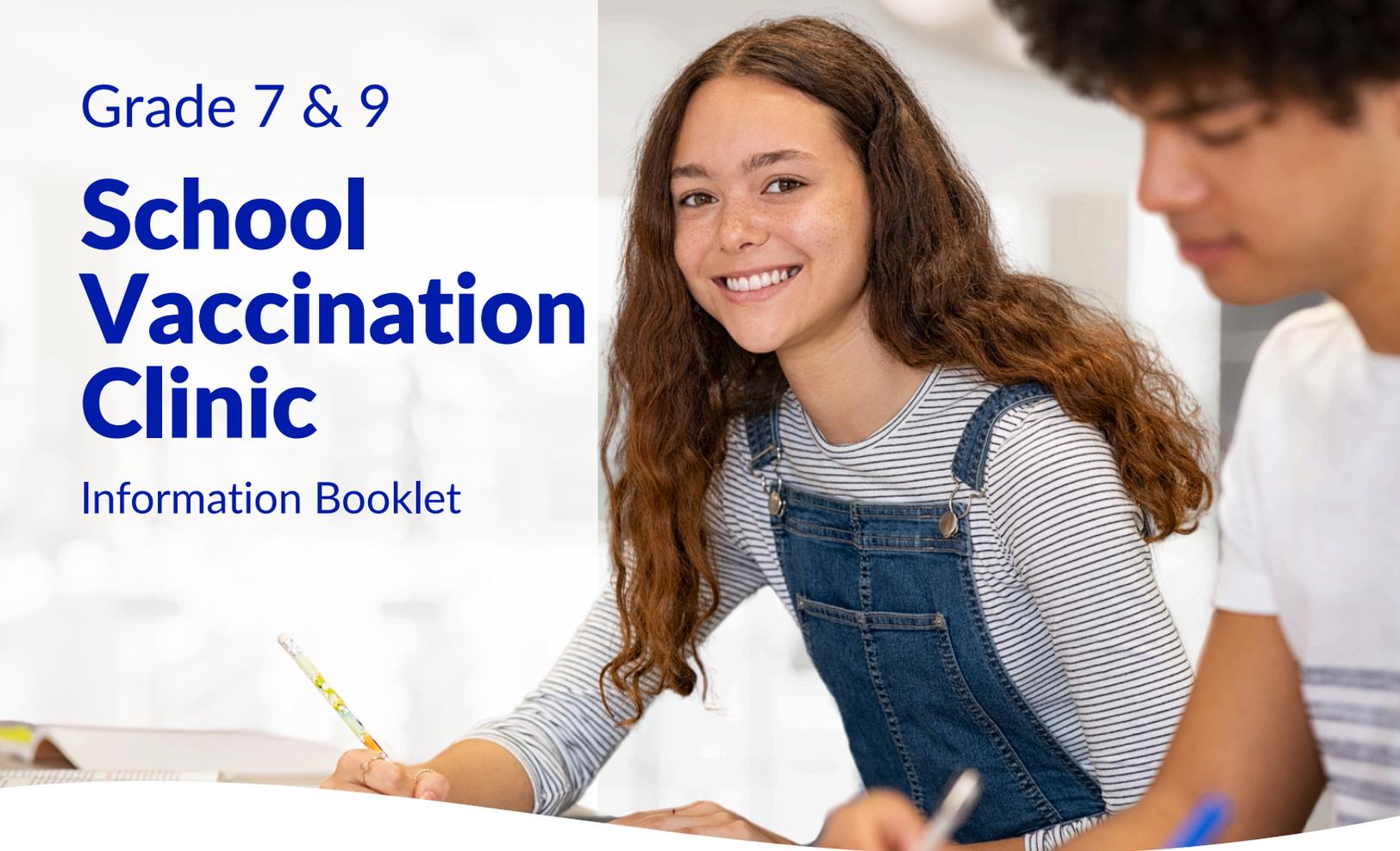


Grade 7 & 9

# School Vaccination Clinic

Information Booklet



**Vaccinating your child helps protect them** from serious diseases and keeps our school community healthy.

1

**READ** and **REVIEW**  
this school vaccination  
information booklet.

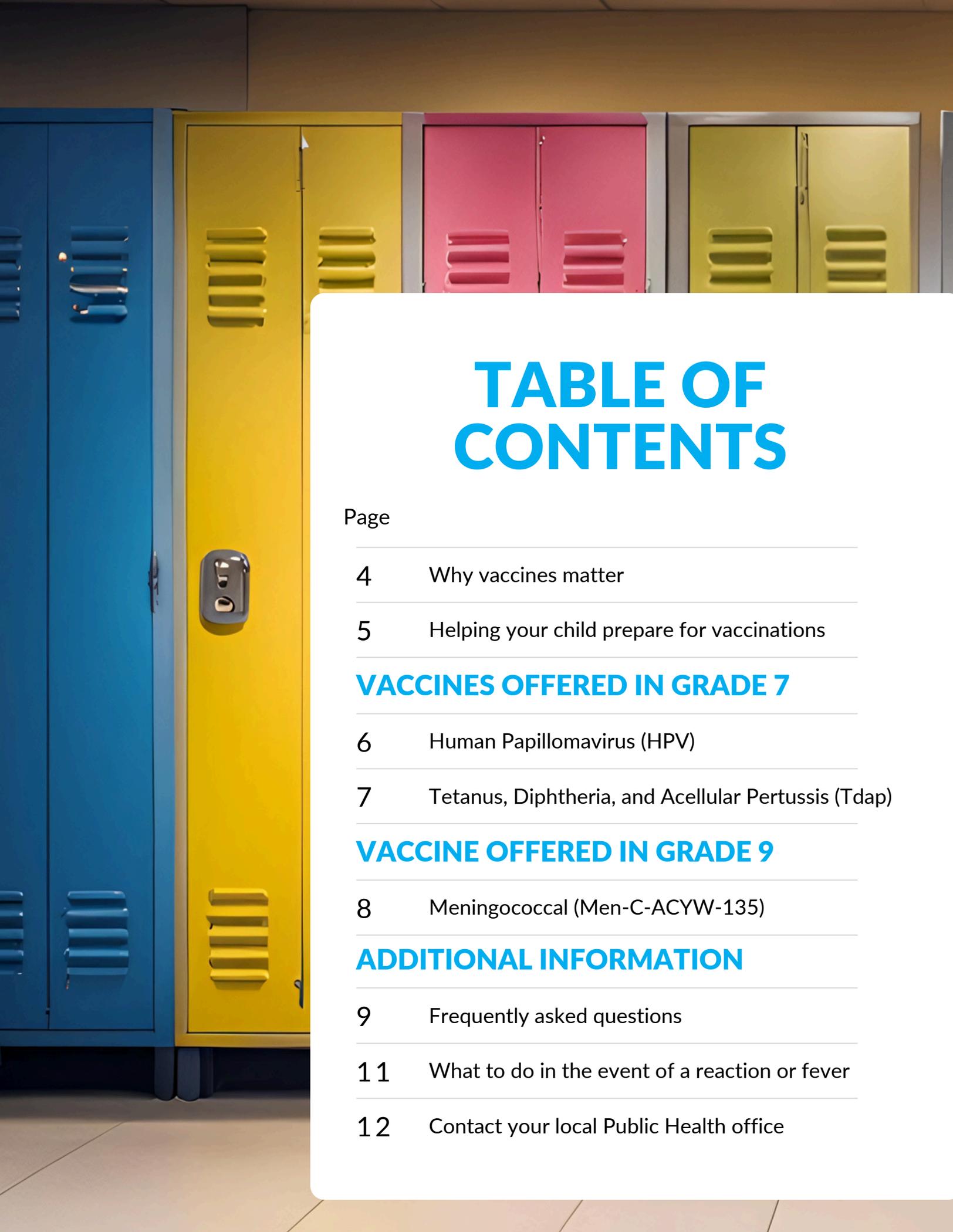
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**COMPLETE** the online  
vaccination consent form,  
even if you **DO NOT**  
want your child to get  
any vaccines.

**CLICK HERE**



If you have a printed copy  
of this booklet, scan the  
QR code with your phone  
to access the online  
vaccination consent form.



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If you have more questions after reading this booklet or want to know when your child's school vaccination clinic is scheduled, you can contact your local Public Health office. Contact information can be found at the end of this booklet, or visit this website:

[horizonnb.ca/services/public-health/](http://horizonnb.ca/services/public-health/)

For more information about vaccination, visit these websites:

- **Government of New Brunswick: Vaccines and vaccination**  
[www2.gnb.ca/content/gnb/en/corporate/promo/vaccines-and-vaccination.html](http://www2.gnb.ca/content/gnb/en/corporate/promo/vaccines-and-vaccination.html)
- **Immunize Canada**  
[immunize.ca](http://immunize.ca)
- **Public Health Agency of Canada**  
[phac-aspc.gc.ca](http://phac-aspc.gc.ca)

## PRIVACY STATEMENT

Horizon Public Health is committed to protecting the privacy of your personal health information in accordance with the New Brunswick Personal Health Information Privacy and Access Act (PHIPAA).

Access to your personal health information is available to those in your circle of care who need to know in order to provide care, including physicians, nurses, technicians, therapists, and other health professionals. They are responsible for following the New Brunswick Personal Health Information Privacy and Access Act (PHIPAA).

In collecting, using, or disclosing your personal health information, we take measures to ensure the privacy and confidentiality of the information is protected in accordance with the New Brunswick Personal Health Information Privacy and Access Act (PHIPAA).

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## Why Vaccines Matter

Vaccines are a safe and powerful way to keep kids, families, and communities healthy from harmful diseases.

In Canada, vaccines are carefully tested and monitored to protect children. When you vaccinate your child, you are also helping protect others who are not vaccinated, such as babies who are too young to receive vaccines, people fighting illnesses such as cancer, and the elderly.

More reasons why vaccines are important:

### **They protect against serious diseases**

Vaccines help the body fight serious germs such as viruses and bacteria before they make you sick. This is the case with meningitis, which affects the brain and spinal cord.

### **They stop diseases from spreading**

Vaccines can help prevent certain cancers and stop diseases, like measles and whooping cough, from spreading. When a large portion of a community is vaccinated, it becomes more difficult for diseases to spread, which is known as "herd immunity".

### **They are safe and tested**

In Canada, vaccines go through strong safety checks and are continuously monitored for quality and safety.

### **They follow a schedule**

Getting vaccinated on schedule protects children when they are most at risk. Waiting too long or skipping vaccinations can make it easier for diseases to spread.

### **They save lives**

Research confirms that vaccines have helped protect millions of people and stopped many disease outbreaks.

For more information about why vaccination is important for kids and communities you can search:

[A Teen's Guide to Vaccination, created by the Public Health Agency of Canada](#)



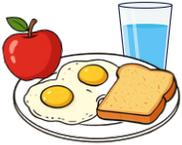
# Helping Your Child Prepare for Vaccinations

Children have varied feelings about needles. You know your child best. The following tips can help your child feel safe and ready on the day of their vaccination.



## Know the clinic day

Make sure you know when your child is scheduled to receive their vaccine. Check the school schedule or ask the teacher if needed.



## Provide breakfast

Give your child a healthy breakfast on the day of their vaccination so they can feel at their best.



## Remind your child to dress comfortably

Short sleeves make it easier to access the arm for the vaccine; however, your child should wear whatever makes them feel most comfortable.



## Help your child know what to expect

Never tell your child, “it won’t hurt.” Be honest and reassure them. Try saying: “It might pinch or sting for a moment, but it will be over really fast”. Knowing what to expect can help them feel more comfortable and confident.



## Take your child’s mind off the vaccinations

Distractions are a good way to bring comfort. Teach and practice calm deep breathing with your child. Create a list of distractions with your child to use before, during and after their vaccination. Other ideas:

- think of a favourite memory
- talk with a friend
- bring a support toy (stress ball)
- sing a song
- read a book



## Build trust and confidence about vaccines

Joking or teasing your child about getting vaccines can make them feel unsure or scared. Saying sorry for getting them vaccinated might make it seem like vaccines are a bad thing. Instead, be confident in your choice— this helps your child see that getting vaccinated is a brave and important part of staying healthy.



## Contact your local Public Health office

If your child is very anxious and needs more support or information, contact your local Public Health office. (See page 12 for details).

# Vaccines Offered in Grade 7

# HPV

## Human Papillomavirus Vaccine

### What is HPV?

Human papillomavirus (HPV) is a common virus that can cause cancers later in life. There are many different types of HPV. Some types are harmless. There is no cure for HPV; however, vaccination can prevent infection by the most common types that infect the genital area and may lead to genital warts and several types of cancer, including cancers of the cervix, penis, anus, throat, and neck. HPV is a very common infection that people can get when they have sex without condom. If not vaccinated, about 3 out of 4 sexually active people will get HPV at some point in their life.

### What is the HPV vaccine?

The HPV vaccine is a vaccine that offers protection against nine types of human papillomavirus which can lead to cervical and other cancers as well as genital warts. In New Brunswick, this vaccine is offered for free to **all students** in grade 7 as part of the New Brunswick vaccination Schedule. **The HPV vaccine is given as an injection into the upper arm.**

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### Does this vaccine cause any reactions?

Common reactions can include pain, redness, itching, and swelling at the injection site. Fever may also occur. This vaccine has been given safely to millions of children in Canada and worldwide, and is continually monitored for safety.

With all vaccines, there is a small risk that a serious allergic reaction can occur; therefore, all vaccinated students will be monitored for 15 minutes following their vaccination.

The HPV vaccine was approved in Canada in 2006. It became part of regular vaccination for girls in New Brunswick in 2008 and for boys in 2017. Since then, millions of doses have been given. HPV vaccines are among the safest and most tested in the world.



The HPV vaccine should NOT be given to a person who has had an allergic reaction after a previous dose of HPV vaccine, or has any severe, life-threatening allergies.

Check with a health care provider BEFORE the student receives this vaccine if they have an illness (including thrombocytopenia or other bleeding disorders) or are taking medications that could affect their immune system.



**For more  
information**

**Review the GNB vaccine fact sheet:**

<https://www2.gnb.ca/content/dam/gnb/Departments/h-s/pdf/en/CDC/FactSheets/hpv-fact-sheet.pdf>

# Vaccines Offered in Grade 7

# Tdap

## Tetanus, Diphtheria, and Acellular Pertussis (Tdap) Vaccine

### What are tetanus, diphtheria, and pertussis?

#### Tetanus (Lockjaw)

Tetanus is caused when tetanus bacteria infect cuts or wounds. Tetanus bacteria are often found in dirt. These bacteria make a poison that causes muscles in the body to go into spasms. Tetanus can be life threatening. **Tetanus can be prevented with vaccination.**

#### Diphtheria

Diphtheria is an infection of the nose and throat. It is very serious. It can affect breathing, infect the skin, and cause heart failure or paralysis. Diphtheria kills about 1 of every 10 people who get it. **Diphtheria can be prevented with vaccination.**

#### Pertussis (Whooping Cough)

Pertussis is a bacterial infection that causes severe coughing spells that can affect breathing. It can cause pneumonia, convulsions, and even death. Pertussis usually lasts for 6 to 12 weeks. **Pertussis can be prevented with vaccination.**

### What is the vaccine for tetanus, diphtheria, and pertussis?

Tdap is three vaccines in one. The Tdap vaccine protects against the three diseases: tetanus (lockjaw), diphtheria, and pertussis (whooping cough). It is provided for free as part of the New Brunswick routine vaccination schedule for students in grade 7. **The Tdap vaccine is given in a single needle into the upper arm.**

### Does this vaccine cause any reactions?

Reactions are generally mild and last one to two days. The most common reactions include soreness, redness and/or swelling where the vaccine was given and mild fever. Less common reactions can include fatigue, headache, nausea, vomiting, joint and muscle pain, and rash.



## CAUTION

- The Tdap vaccine should not be given if the student has had a severe allergic reaction to a previous dose of Tdap.
- If the student has had a tetanus vaccine—for example, after a cut, dog bite, or stitches— please note the estimated date on the consent form.
- Check with a health care provider BEFORE the student receives this vaccine if they have an illness or are taking medications that could affect their immune system, have thrombocytopenia or other bleeding disorders.



## Meningococcal Quadrivalent Vaccine (Men-C-ACYW-135)

### What is meningococcal disease?

Meningococcal disease is caused by bacteria called meningococcus. Groups A, C, Y, and W 135 are four strains of this bacteria that can cause meningococcal disease. Many people carry these bacteria at the back of their nose and throat without being sick. But sometimes the bacteria break through the body's defenses and cause serious illnesses including:

- **meningitis**, an infection of the lining of the brain
- **meningococemia**, a widespread infection involving the blood and multiple organs

These diseases can be life threatening. Children could also lose their hearing, experience kidney damage, or need to have an arm or a leg amputated. **Meningococcal disease caused by these four strains can be prevented with vaccination.**

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### What is the Meningococcal Quadrivalent vaccine (Men-C-ACYW-135)?

The Meningococcal Quadrivalent vaccine (Men-C-ACYW-135) provides protection against illness caused by these four strains of meningococcus. It does not protect against other strains of meningococcus. **The vaccine is given in a single dose into the upper arm.**

### Does this vaccine cause any reactions?

Many individuals show no reactions at all; however, some may experience redness, swelling, or pain in the area where the needle goes in. Other common reactions are headaches and tiredness. This vaccine has been given safely to millions of children in Canada and worldwide, and is continually monitored for safety.

With all vaccines, there is a small risk that a serious allergic reaction can occur; therefore, all vaccinated students will be monitored for 15 minutes following their vaccination.



## CAUTION

The Meningococcal Quadrivalent vaccine should NOT be given if the student has had a severe allergic reaction to a previous dose of meningococcal vaccine.

Check with a health care provider BEFORE the student receives this vaccine if they

- have an illness or are taking medications that could affect their immune system
- have thrombocytopenia or other bleeding disorders





## Frequently Asked Questions

### 1. When will the vaccines be given?

- Grade 7 students- Receive the **HPV** (Human Papillomavirus) and **Tdap** (Tetanus, Diphtheria, and Acellular Pertussis) in the fall
  - Grade 9 students- Receive the **Meningococcal** vaccine (Men-C-ACYW-135) in the fall.
- The exact clinic dates will vary by school. Your child's school will send a reminder.

### 2. Is it safe for students to get 2 vaccines at once?

Yes, it is safe for students to get more than one vaccine at the same time. Children's bodies naturally fight off more germs daily—much more than what vaccines contain. These vaccines have been safely given to millions of children in Canada and worldwide and are continuously monitored for safety.

### 3. Can a primary health care provider (family doctor or nurse practitioner) give these vaccines?

Yes, but not all health care providers offer these vaccines. However, the HPV, Tdap, and Men-C-ACYW-135 vaccines are available for free to all students in grades 7 and 9, respectively, through the School Vaccination Program and with Public Health.

### 4. What if a student is afraid of needles?

The nurses at school clinics can help students who are worried or afraid. Please contact the Public Health office if your child has a medical condition, is very frightened about getting needles, or has ever fainted or been lightheaded while getting needles. The contact information is in the back of this booklet. We will work out a plan to support your child. Please do not give or take any medications to relieve anxiety about getting vaccines unless they are medically prescribed.

### 5. Are there any pain relief/distraction options available for my child during the vaccination process?

Yes, any student can ask to use the **Buzzy Device** during their vaccination. It is a small tool designed to help reduce pain by combining vibration and cold for distraction. We do not provide medication for pain relief. The nurse can show your child how the device works and support them in its use.





## Frequently Asked Questions

### 6. Is the Human Papillomavirus (HPV) vaccine only offered to students identifying as female?

No – the HPV vaccine is offered to **all Grade 7 students**, regardless of sex or gender identity.

### 7. What if a student is sick or not in school on the day of the vaccination clinic?

If your child misses the clinic, you can call your local Public Health office to schedule another time. Contact information is on page 12 of this booklet.

### 8. What if my child in Grade 7 or Grade 9 already had some or all of their vaccines?

You still need to fill out the vaccine consent form for your child. Please write down the dates when your child got their vaccines. The nurse will check the form and only give the vaccines your child needs.

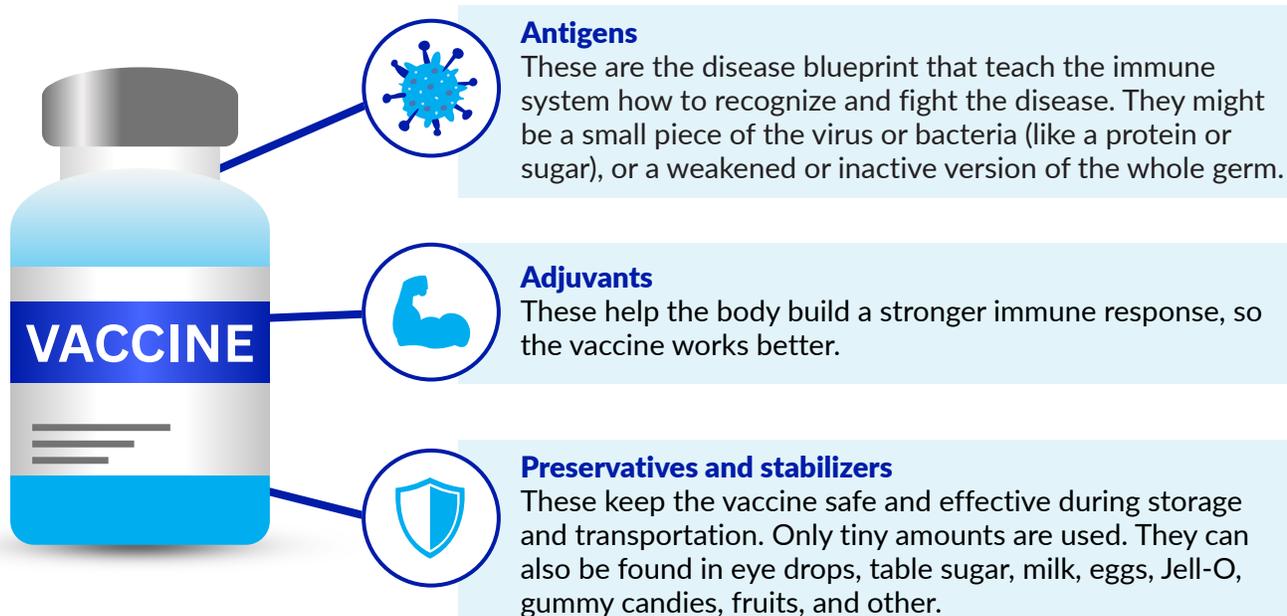
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### 9. Can students attend school without getting these vaccines?

The HPV, TDAP, and Meningococcal Quadrivalent (Men-C ACYW135) vaccines are highly encouraged but are voluntary for school attendance. However, under Policy 706 as per the Department of Education and Early Childhood Development, unvaccinated students may have to be excluded from school during outbreaks.

### 10. What is in the vaccines?

Vaccines are made with carefully chosen ingredients that work together to protect your child from serious diseases. Each part of the vaccine has a specific job and is tested for safety during the manufacturing process. Here's what's inside:



For a full list of what is in Canadian-approved vaccines, you can search:  
Contents of immunizing agents authorized for use in Canada: [Canadian Immunization Guide](#)

## What To Do in The Event of a Reaction or A Fever

After any vaccine is given, the student is monitored for 15 minutes. This allows time for the public health nurse to watch students for possible reactions. Allergic reactions **are rare** and tend to happen soon after being vaccinated. If something happens, the nurse is well trained and can help right away.

If your child develops a fever, this is not necessarily bad; however, it may make them uncomfortable. If this happens:

- Take their temperature
- If the temperature is over 38.5°C (101°F), you can give **acetaminophen** (Tylenol®) or **ibuprofen** (Advil®). Always follow the instructions on the box or bottle.
- The fever should go down within 1 hour of taking either one of these medications.
- **NEVER give acetylsalicylic acid** (ASA or Aspirin ®) to children younger than 18 years old because it can cause a severe liver and brain disease called Reye's Syndrome.

Other tips to help reduce a fever:

- Have your child rest and recover at home. Too much activity can make the fever worse.
- Have them drink lots of fluids like water.
- Gently wipe their skin with a damp, **lukewarm** cloth or have them take a **lukewarm** bath.
- Dress your child in light, comfy clothes to help to keep them cool.

If the area where the vaccine was given is red or feels hot, you can apply a **cold compress** to help reduce redness, soreness and/or swelling.



### CAUTION

Call your health care provider or Tele-Care **811** if:

- the fever lasts longer than 24 hours
- the fever is 39.5°C (103°F) or higher
- the fever does not come down after you have given acetaminophen or ibuprofen
- the child is unwell and has other symptoms

**Tele-Care 811** is a free provincial health advice line that works day and night. They speak English and French and can also help in many other languages using translation.

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# CONTACT YOUR LOCAL PUBLIC HEALTH OFFICE

## Public Health Business Hours

Monday to Friday, 8:30 a.m. to 4:30 p.m.

**Blackville**  
506-778-6102

**Miramichi**  
506-778-6102

**St. George**  
506-755-4022

**Boiestown**  
506-453-5200

**Neguac**  
506-776-3824

**St. Stephen**  
506-466-7504  
Toll-free: 1-888-476-3555

**Chipman**  
506-453-5200

**Oromocto**  
506-453-5200

**Sussex**  
Toll-free: 1-800-545-8008

**Fredericton**  
506-453-5200

**Perth-Andover**  
506-325-4630

**Woodstock**  
506-325-4630

**Grand Manan**  
506-662-7024  
506-755-4022

**Saint John**  
506-658-2454

If someone's health is in danger and they need help right away, call **911**.

Thanks to vaccines, we rarely see diseases like tetanus or diphtheria in Canada anymore. Following recommended immunization/vaccine schedules keeps this protection strong.

2

**COMPLETE** the online vaccination consent form, even if you **DO NOT** want your child to receive any vaccines

**CLICK HERE**



If you have a printed copy of this booklet, scan the code with your phone to access the online vaccination consent form.