

Yukon School Immunization Program **Grade 9**

INFORMATION FOR PARENTS/GUARDIANS

July 2018

Read

the information in this booklet.

Complete, sign and return

the Immunization Consent Form that came with this booklet.

Sign and return the Immunization Consent Form even if you **DO NOT** want your child to receive any of these vaccines.

When in doubt, ask!

Questions?

If you have any questions about the information in this booklet, or if there is anything you don't understand, contact your local health centre.

You'll find contact information in the back of this booklet.

If you would like information about Yukon's Immunization Schedule, contact your local health centre or visit the yukonimmunization.ca website.

If you would like more information about immunization, visit these websites:

Yukon Immunize
yukonimmunization.ca

Immunize Canada
immunize.ca

Government of Canada
canada.ca/en/public-health/topics/immunization-vaccines.html

The School Immunization Program

Every school year community health nurses offer students vaccines to prevent some serious diseases. These vaccines are:

1. **Tetanus, Diphtheria and Acellular Pertussis (Tdap)**
2. **Meningococcal Quadrivalent (Men-C, A, C, Y, W-135)**
3. **Measles, Mumps and Rubella (MMR).** Catch-up for two-dose series, if needed.

In this booklet, you'll find information on these vaccines and the diseases that they prevent.

When will my child get these vaccines?

Your child will get these vaccines at an immunization clinic being held at your child's school.

What if my child is sick or not in school on the day of the immunization clinic?

Don't worry. You can bring your child into the local health centre to receive the vaccines. Call to speak to a community health nurse. The contact information is at the back of this booklet.

What if my child is afraid of needles?

The community health nurses at school clinics can help children who are worried or afraid. Please contact the local health centre if your child has medical problems, is very frightened about getting needles, or has ever fainted or been lightheaded while getting shots. The contact information is in the back of this booklet.

We will work out a plan to support your child. Below you'll find some tips for helping your child get ready to receive vaccines. Please do not give your child any medicine to relieve anxiety about getting vaccines.

What if my child has already received some of these vaccines?

Your child may have already received some of these vaccines if he or she has lived in another province/territory. If new to Yukon, please provide a copy of your child's immunization history to the health centre. The nurse will only give the vaccines to your child if he or she needs them, and only if you have checked the "YES I CONSENT" boxes.

Can my child consent for him/herself?

Mature minors have the authority to give, refuse, or revoke consent for their own immunization. There is no legal age of consent for health care in Yukon. The nurse will determine if the individual is capable of this decision based on professional guidelines in place.

Do I get a record of the vaccines my child receives?

Yes. After your child has received all the vaccines you consented to, he or she will be given a copy of the immunization received. You should keep this with their other health records.

It is important to keep a record of all your child's immunizations.

Helping your child get ready for immunizations

Children often worry about getting immunized or getting needles of any kind. To help make this easier for your child:

Make sure they know what will happen

Tell them when the clinic will be. Remind them at least one day before.

Help them work out ways to take their mind off the actual shots

Distraction — thinking about something else — is a good way to cope with something that might hurt. Help them to come up with a list of things they can do to distract themselves while waiting for the needle, getting the shot, and afterwards.

For example, they could:

- think of a favourite memory
- talk with a friend
- listen to music
- read a book

Never say “it won’t hurt”

Be honest. Tell them what they can really expect. “You might feel a small pinch and some pressure.” Help them stay calm.

- Be calm and matter of fact yourself. This is no big deal.
- Don’t joke or tease. For example, don’t say that they will get the “extra big” needle.
- Don’t apologize that they “have to go through this.”

Information adapted from “Clinical Practice Guideline for Pain Management during Childhood Immunizations” developed by Help Eliminate Pain in Kids.

Information about the vaccines offered in the Grade 9 school immunization schedule

1. Tetanus, Diphtheria and Acellular Pertussis Vaccine (Tdap)

What are tetanus, diphtheria and pertussis?

- **Tetanus (lockjaw):** Tetanus is caused when tetanus infects 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 by immunization.**
- **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 one of every 10 people who get it. **Diphtheria can be prevented by immunization.**
- **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 six to 12 weeks. **Pertussis can be prevented with immunization.**

What is the vaccine for tetanus, diphtheria and pertussis?

Tdap is three vaccines in one. It prevents tetanus, diphtheria and pertussis. Tdap is given in a single needle.

Why is this vaccine being offered to my child now?

This vaccine is being offered because the diseases it prevents can be serious. The Yukon Immunization Schedule recommends that students receive this vaccine as part of their school immunization program.

Your child received four to five doses of tetanus, diphtheria and acellular pertussis vaccines as an infant and pre-schooler. This Tdap vaccine is a booster to those earlier vaccinations.

Does this vaccine have side effects?

Your child may experience:

- Redness or swelling in the area where the needle goes in.
- Fever, crankiness, drowsiness, or a loss of appetite.

Many children have no side effects at all.

Caution

Your child should **NOT** receive Tdap vaccine if he or she has had a severe allergic reaction to a previous dose of Tdap. If your child has had tetanus shot — for example, after a cut, dog bite or stitches — please note the date of this shot on the consent form.

Check with your doctor **BEFORE** receiving Tdap vaccine if your child:

- Is taking high doses of oral steroids.
- Has problems with his or her immune system that make them more likely to get an infection.
- Females who are pregnant should check with a doctor before receiving this vaccine.

2. Meningococcal Quadrivalent Conjugate Vaccine (Men-C, A, C, Y, W-135)

What is Meningococcal Disease?

The majority of invasive meningococcal disease (IDM) is associated with *Neisseria meningitidis* (meningococcus). It is a serious and life-threatening infection including:

- **Meningitis**, which is an infection of the lining that covers the brain, and
- **Septicemia**, which is an infection of the blood.

These are life-threatening infections. Permanent complications of infection include brain damage, deafness, and loss of limbs. Meningococcal infection can be spread from one person to another through respiratory contact (coughing, sneezing, or close face to face contact) or through saliva (kissing, sharing of food, drink, mouth guards, water bottles, or other items in contact with saliva). Immunization is the best prevention against Meningococcal infections.

What is Meningococcal Quadrivalent Conjugate vaccine?

Meningococcal Quadrivalent Conjugate vaccine provides protection against illness caused by serogroups Men-C, A, C, Y, W-135 strains of meningococcus. It does not protect against other strains of this bacteria. It does not protect against other organisms that cause meningitis or septicemia. The vaccine is given in a single needle.

Why is this vaccine being offered to my child now?

This vaccine is being offered because the disease it prevents can be very serious. Since 2011, the Yukon Immunization Schedule has recommended that children receive the monovalent vaccine (Men C) when they are two months old and 12 months old. The meningococcal quadrivalent offered in Grade 9, will cover three more strains than the vaccine offered for the infant series.

Does this vaccine have side effects? Your child may experience:

- Soreness, redness and swelling where the vaccine was given. Headache, muscle soreness, chills, fever, and nausea may also occur after getting the vaccine. These reactions are mild and generally last 1 to 2 days.
- It is important to always report serious or unexpected reactions to your health care provider.
- Many children have no side effects at all. Serious side effects are extremely rare.
- Vaccines are very safe. It is much safer to get the vaccine than to get meningococcal disease.

Caution

Your child should **NOT** receive Meningococcal Quadrivalent vaccine if he or she has had a severe allergic reaction to a previous dose of Meningococcal Quadrivalent vaccine. Check with a doctor **BEFORE** your child receives this vaccine if he or she:

- Has problems with his or her immune system that make them more likely to get an infection or
- Has thrombocytopenia or other bleeding disorders.
- Females who are pregnant should check with a doctor before receiving this vaccine.

3. Measles Mumps Rubella (MMR) Vaccine

What is Measles Mumps Rubella?

Measles, Mumps and Rubella are all caused by viruses that are easily spread by coughing and sneezing.

Measles

- Measles, also known as Red Measles or Rubeola, causes fever, runny nose, very red eyes and a rash on face and upper body.
- Measles infection can lead to ear infections and pneumonia. Less commonly but much more seriously, measles can lead to infection of the brain (encephalitis) which can lead to seizures, deafness, and permanent brain damage. Measles can be fatal.

Mumps

- Mumps causes fever, headache, swollen saliva glands that are painful and make the cheeks puff out.

Rubella

- Rubella, also known as German Measles, causes low grade fever, mild cold, sometimes a rash, swollen neck glands and joint pains. Rubella is very dangerous for an unborn baby so it is very important to ensure that your MMR immunization is complete before you start a family. Complications are rare but can include inflammation of the brain (encephalitis), testicles or ovaries, and deafness.

What is MMR vaccine?

MMR is a combination of three vaccines given in one needle. It is a two-dose series, usually offered when a child is one year of age and then again before your child begins school (four to six years of age).

Why is this vaccine being offered to my child now?

It is important to complete the two-dose series to ensure protection from all three diseases. Some individuals may have an incomplete series. The nurse will check your child's immunization history to see if your child requires this vaccine.

Canada has seen outbreaks of measles and mumps in the recent past. All three diseases lead to serious side effects and immunization is the best way to protect your child, as well as our community.

Does this vaccine have side effects?

In most cases there are no adverse reactions and any reactions caused by the vaccine are mild. Possible side effects are local redness, and swelling where the needle went in. A mild fever and/or a rash may appear seven to 14 days after vaccination.

Temporary joint pain may occur. Serious side effects are very rare but at this age may include: temporary clotting abnormalities, and inflammation of the brain or encephalitis (about 1 per million doses, so the chance of getting encephalitis with measles [about one per 1000 cases] is much, much higher than getting it as a complication of MMR vaccine.

Caution

Your child should **NOT** receive this vaccine if he or she has had a severe allergic reaction to a previous dose of **MMR** vaccine. Check with a doctor **BEFORE** your child receives this vaccine if:

- He or she has problems with his or her immune system that make them more likely to get an infection.
- She is pregnant.

What can I do if my child has side effects?

After receiving any vaccine, your child will be observed for at least 15 minutes in case he or she develops a serious allergic reaction. A serious reaction would happen soon after receiving the vaccine. By observing your child, the community health nurse would be able to take care of him or her.

If your child has a fever you might need to treat it at home after a vaccination. Make sure you have acetaminophen or ibuprofen on hand just in case.

There is an extremely rare possibility, less than 1 in a million, of a life-threatening allergic reaction called anaphylaxis. This may include hives, difficulty breathing, or swelling of the throat, tongue or lips. If symptoms develop after you leave the clinic, call 9-1-1 or the local emergency number.

What to do for a fever?

A fever is not necessarily bad, but it may make your child uncomfortable. If you think your child has a fever:

- Take your child's temperature.
- If the temperature is over 38.5°C (101°F) you may give your child acetaminophen or ibuprofen. Follow the instructions on the container.
- Encourage your child to drink EXTRA fluids — like water and juice.

Report any side effects other than those listed to your local health centre

Call your health provider or 811 if:

- A fever lasts more than 24 hours.
- A fever is 39.5°C (103°F) or higher.
- A fever doesn't go down after giving acetaminophen or ibuprofen.
- Your child seems sick or has other symptoms.

Yukon Community Health Centres

Beaver Creek Health Centre.....	867-862-4444
Carcross Health Centre	867-821-4444
Carmacks Health Centre.....	867-863-4444
Dawson City Health Centre.....	867-993-4300
Destruction Bay Health Centre	867-841-4444
Faro Health Centre	867-994-4444
Haines Junction Health Centre.....	867-634-4444
Kwanlin Dün Health Centre.....	867-668-7289
Mayo Health Centre.....	867-996-4444
Old Crow Health Centre	867-966-4444
Pelly Crossing Health Centre	867-537-4444
Ross River Health Centre	867-969-4444
Teslin Health Centre	867-390-4444
Watson Lake Health Centre.....	867-536-5255
Whitehorse Health Centre.....	867-667-8864



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