



# Grade 7 Vaccination Facts



Hamilton

***Nurses from Hamilton Public Health Services will be visiting your child's school to offer free vaccinations for students in grade 7***

### ARE VACCINES SAFE?

Vaccines go through years of testing before they become publicly available. Vaccines are carefully monitored from the time they are created to after the vaccine is given. It is safe to give multiple vaccines at one time and studies have shown there is no increase in side effects. It is worse to get the disease than the vaccine. If a vaccine is considered unsafe, the vaccine is then pulled from the market<sup>1</sup>.

### WHAT ARE THE SIDE EFFECTS OF THE VACCINES?

The most common side effects are tiredness, pain, redness and swelling where the vaccine was given<sup>2</sup>. Serious reactions to vaccines are very rare. When they do occur, they are reported and assessed by Public Health and tracked by the Ministry of Health.

## Meningitis Vaccine

*Vaccine name: Men-C-ACYW135*

*Vaccine Brand: Nimenrix®/ Menactra®*

- Meningitis can cause swelling of the brain and spinal cord, leading to brain damage, deafness, seizures and even death. This disease is spread through saliva and bodily fluids ex. Kissing, sneezing, coughing and sharing food, drinks and eating utensils<sup>3</sup>.
- The vaccine is 80% - 85% effective in teens<sup>2</sup>.
- This vaccine is required for children to attend school, unless they have a valid exemption.
- In Ontario, the first meningitis vaccine is given at 12 months (Men-C-C) protecting your child against one strain. This Grade 7 vaccine (Men-C-ACYW135) protects against 4 strains<sup>2</sup>.
- Ingredients: contains Meningococcal strains A, C, Y, and W-135, tetanus toxoid protein carrier, sodium chloride, sodium phosphate, dibasic, anhydrous, sodium phosphate monobasic and water<sup>4, 12</sup>.
- Parents who choose not to vaccinate their child/children with the Men-C-ACYW135 vaccine must complete a valid exemption. This form must be notarized and brought to Public Health.

## Human Papillomavirus (HPV) Vaccine:

*Vaccine name: HPV-9*

*Vaccine Brand: Gardasil®-9*

- HPV disease can cause genital warts and cancer (cervical, anal, genital, mouth and throat)<sup>5</sup>. This virus is spread by sexual skin to skin contact<sup>5</sup>.
- This vaccine prevents 60% - 70% of HPV related cancers and about 90% of genital warts<sup>6</sup>.
- This vaccine is offered as a two-dose series for students under 15 years of age.
- Ingredients: L1 proteins for HPV Type: 6, 11, 16, 18, 31, 33, 45, 52, 58, aluminum, L-histidine, polysorbate 80, sodium borate, sodium chloride and water<sup>7</sup>.

## Hepatitis B Vaccine:

Vaccine name: Hepatitis B

Vaccine Brand: Engerix®-B/ Recombivax-HB®

- Hepatitis B is one of the most common causes of liver cancer and it can lead to liver failure. This disease is spread through bodily fluids such as blood, semen and vaginal fluids<sup>5</sup>.
- This vaccine is 95%-100% effective in teens when the series is completed<sup>8</sup>.
- The Hepatitis B vaccine is offered as a two-dose series for students under 16 years of age.
- Ingredients: Hepatitis B surface antigen, aluminum hydroxide, disodium phosphate dehydrate, sodium chloride, sodium borate, sodium dihydrogen phosphate dihydrate and water<sup>9,10</sup>.

**Please note:** The HPV and Hepatitis B vaccines are free of charge for all students in grade 7. If you decide to wait to vaccinate your child, you may need to pay up to \$530 to complete the series.

### HOW CAN I PREPARE MY CHILD?



- ✓ Talk to your child about the vaccine(s)
- ✓ Complete and return the consent form
- ✓ Review helpful ways to deal with fear or anxiety (look away, listen to music, watch a video etc.)
- ✓ Make sure your child eats on clinic day
- ✓ Make sure your child wears a short sleeve shirt on clinic day

### WHAT IF I DECIDE NOT TO VACCINATE?

- The Men-C-ACYW135 vaccine is required by law (Immunization of School Pupils Act, 1990). If your child does not receive the vaccine, and does not have a valid exemption, they could be suspended<sup>11</sup>.
- The Hepatitis B and HPV vaccines are not required by law (Immunization of School Pupils Act, 1990) but are highly recommended<sup>11</sup>.



If you have any questions or concerns regarding vaccines, please call Public Health Services to speak to a nurse at 905-540-5250.

### References:

<sup>1</sup>National Advisory Committee on Immunization. Canadian Immunization Guide (Evergreen Edition). Part 2 Vaccine Safety. Ottawa: Public Health Agency of Canada; April 2023.

<sup>2</sup>National Advisory Committee on Immunization. Canadian Immunization Guide (Evergreen Edition). Part 4 Active Vaccines: Meningococcal Vaccine. Ottawa: Public Health Agency of Canada; June 2023.

<sup>3</sup>Moore, D. Meningococcal Disease (pp. 223-246). In: Your Child's Best Shot (4th ed.). Canadian Pediatric Society; 2015.

<sup>4</sup>Pfizer Canada ULC. Product Monograph: Nimenix®. Kirkland, QC. December 2022.

<sup>5</sup>Kwong JC et al. Ontario Burden of Infectious Disease Study (ONBOIDS): An OAHPP/ICES Report. Toronto: Ontario Agency for Health Protection and Promotion, Institute for Clinical Evaluative Sciences; 2010.

<sup>6</sup>National Advisory Committee on Immunization. Canadian Immunization Guide (Evergreen Edition). Part 4 Active Vaccines: Human Papillomavirus Vaccine. Ottawa: Public Health Agency of Canada; September 2021.

<sup>7</sup>Merck Frosst Canada Ltd. Product Monograph: Gardasil®9. Kirkland QC; April 2022.

<sup>8</sup>National Advisory Committee on Immunization. Canadian Immunization Guide (Evergreen Edition). Part 4 Active Vaccines: Hepatitis B Vaccines. Ottawa: Public Health Agency of Canada; February 2023.

<sup>9</sup>GlaxoSmithKline Inc. Product Monograph: Engerix®-B. Mississauga ON; October 2020.

<sup>10</sup>Merck Canada Inc. Product Monograph: Recombivax HB®. Kirkland, Quebec; May 2019.

<sup>11</sup>Immunization of School Pupils Act, R.S.O. 1990, c. 1.1. (Online). Toronto: Government of Ontario; 2019.

<sup>12</sup>Sanofi Pasteur Limited. Product Monograph: Menactra®. Toronto, ON; November 2017



Hamilton