

# Protect your child against meningitis disease

**Adolescent dose**  
For Grade 9 students



## Why your child should get the meningococcal vaccine...

- To protect your child and the people you care about from getting sick.
- To protect your child from getting meningococcal disease.

## Who should get this vaccine?

Grade 9 students.

## Who should NOT get this vaccine?

- Students allergic to any part of the vaccine or its packaging.
- Students with a history of Guillain-Barré syndrome.
- Individuals who have already received the vaccine at age 12 or older.

## What you should know about invasive meningococcal disease...

- It is an infection caused by a bacteria known as meningococcus.
- Many healthy people carry these bacteria in the throat or nose with no symptoms, and it can spread to another person through close contact involving secretions (i.e. kissing, sharing water bottles)
- In rare cases, it can cause meningitis (brain infection) and septicemia (infection of blood and organs), and these can result in permanent brain damage, organ failure and even death.
- Invasive meningococcal disease kills one in 10 people who are infected.
- Up to one-third of survivors have permanent complications such as: deafness; brain damage; seizures; and amputation of one or more limbs.

Symptoms of Meningitis	Symptoms of Septicemia
– high fever	– high fever
– drowsiness	– drowsiness
– irritability, fussiness and agitation	– irritability, fussiness and agitation
– severe headache	– vomiting
– vomiting	– rash
– stiff neck	– cold hands and feet
– pain when moving neck	– rapid breathing
– rash (not always)	– pain in muscles, joints and abdomen

## Who can get meningococcal disease?

- The disease can occur at any age.
- The highest risk for invasive meningococcal disease is your children and teenagers 15 to 19.

## What you should know about the meningococcal vaccine...

The vaccine...

- is SAFE and very effective in preventing disease;
- protects against *N. meningitidis* types A, C, Y and W-135 combined in one needle; and
- will increase protection for those who have been previously vaccinated against meningococcal type C disease.

## What to expect following the meningococcal conjugate ACYW-135 immunization...

- Common side effects are pain, redness and/or swelling at the site of the injection, headache, fatigue and fever.

**Please note:** As is the case with any vaccine, there is a small risk that a serious allergic reaction can occur. *Therefore, students are asked to remain onsite for at least 15 minutes after the vaccine is given so that possible immediate reactions can be monitored and treated.*

## How to treat fever and pain...

- A cold compress on the injection site may reduce discomfort
- You may give your child acetaminophen (e.g., Tylenol®) or ibuprofen (e.g., Advil®).
- **NEVER** give Acetylsalicylic acid (ASA or Aspirin®) to children younger than 18 years because it can cause a severe liver and brain disease called Reye's syndrome.

## What else you should know...

- If your child has a fever or illness other than a minor cold, the nurse may delay giving this vaccine.
- If your child's immune system is affected by illness, steroid medication or cancer treatments, the decision to immunize must be made in consultation with your family physician.
- If your child has had an allergic reaction to a vaccine in the past, or if you have any questions, please contact your local Public Health office.

- Adverse reactions especially severe or unusual reactions in the four weeks following immunization should be reported to the local Public Health office. Please see your doctor if your child has a severe reaction.
- Contact your health care provider if you have questions about immunization.

# Protect your child against Varicella (chickenpox)

For Grade 9 students



## Why your child should get the varicella (chickenpox) vaccine ...

- The protection your child received from the first dose of varicella vaccine may no longer provide protection.
- A booster dose is needed to continue to protect your child against chickenpox.
- Before the vaccine, approximately 350,000 varicella cases and 1,500 to 2,000 varicella-related hospitalizations occurred each year in Canada.
- Adolescents are more at risk for severe symptoms and complications from chickenpox.

## Who should get this vaccine?

Grade 9 students born in 2006 who:

- have not received two doses of varicella vaccine
- do not have confirmation of a blood test that they had chicken pox after the age of one year

## Who should NOT get this vaccine?

- Individuals who are allergic to any part of the vaccine or its packaging.
- Individuals who have already received two doses of Varicella vaccine.
- Women who are pregnant or who are planning to become pregnant less than one month of receiving the vaccine. It is safe for household contacts of pregnant women to receive the varicella vaccine.
- Individuals with a weak immune system (check with healthcare professional).
- Individuals with tuberculosis.
- Individuals who have received another live vaccine in the last month. However, varicella vaccine can be given on the same day as another live vaccine.
- Individuals who had a blood transfusion or a blood product in the last 3 to 11 months.

## What you should know about chicken pox...

The chickenpox virus can be spread from person to person through the air or by contact with fluid from the chickenpox blister.

Symptoms of the disease	Possible Complications of the disease
<ul style="list-style-type: none"><li>• Headache</li><li>• Loss of appetite</li><li>• Fever</li><li>• Tiredness</li><li>• Rash, fluid-filled blisters</li><li>• Itching</li></ul>	<ul style="list-style-type: none"><li>• Scars</li><li>• Pneumonia</li><li>• Encephalitis (inflammation of the brain) leading to brain damage</li><li>• Septicemia (infection of the blood)</li><li>• Severe skin infections (necrotizing fasciitis)</li><li>• Death</li><li>• Varicella infection during pregnancy can cause birth defects and death of the baby</li></ul>

## Who can get chickenpox?

The disease can occur at any age.

## What you should know about the varicella vaccine

The vaccine...

- is **SAFE** and very effective in preventing disease;
- is given in a needle;
- has an estimated protection of:
  - » 98.3% following a second dose.

## What to expect following the varicella immunization ...

- **Common side effects** are soreness, redness and/or swelling where the vaccine was given and a mild fever.
- A rash may occur around the area where the vaccine was given within 5 to 26 days after immunization. The varicella (chicken pox) like blisters are not usually infectious and will disappear.

**Please note:** As is the case with any vaccine, there is a small risk that a serious allergic reaction can occur. **Therefore, student vaccine is given so that possible immediate reactions can be monitored and treated.**

## How to treat fever and pain...

- A cold compress on the injection site may reduce discomfort.
- You may give your child acetaminophen (e.g., Tylenol®) or ibuprofen (e.g., Advil®).
- **NEVER** give Acetylsalicylic acid (ASA or Aspirin®) to children younger than 18 years because it can cause a severe liver and brain disease called Reye's Syndrome.

## What else you should know...

- If your child has a fever or illness other than a minor cold, the nurse may delay giving this vaccine.
- This is a **live vaccine**.
- **If your child's immune system is affected by illness, steroid medication or cancer treatments, the decision to immunize must be made in consultation with your family physician.**
- If your child has had an allergic reaction to a vaccine in the past, or if you have any questions, please contact your local Public Health office.
- Adverse reactions especially severe or unusual reactions in the four weeks following immunization should be reported to the local Public Health office. Please see your doctor if your child has a severe reaction.

- Contact your health care provider if you have questions about immunization.

Further information is available at [www.gnb.ca/publichealth](http://www.gnb.ca/publichealth)