

Students might not be up-to-date on some of their childhood vaccines. This means they might not be protected against some diseases that vaccines can easily prevent. With consent from a parent or a student giving mature minor consent, we can give any missed vaccines during our immunization clinics.

About Mature Minor Consent, see [HealthLinkBC File #119](#).

Chickenpox (Varicella) Vaccine (Var)

This virus causes many red, itchy blisters all over the body. It can worsen to a lung infection (pneumonia), swelling of the brain (encephalitis) and bacterial skin infections. Brain swelling can lead to seizures, deafness, brain damage, or death. Infection early in a pregnancy can cause miscarriage or result in birth defects.

The virus spreads by breathing in tiny germ droplets in the air when the person with chickenpox talks, coughs or sneezes close to you. It also spreads by touching the fluid coming from blisters, and through the spit (saliva) of the person with chickenpox, such as by kissing, or by sharing food, drinks, or cigarettes.

For more information, see [HealthLinkBC File #44b](#).

Hepatitis A Vaccine (HA)

This vaccine protects against the hepatitis A virus. The virus attacks and damages the liver. It can cause a fever, no appetite, feeling sick to the stomach (nausea), throwing up, stomach pain, extreme tiredness, dark urine, pale stools, and yellowing of the skin and eyes.

The virus exits the body in bowel movements (stools). When an infected person doesn't clean their hands well after using the toilet, they can pass the virus on when preparing food or touching items that others put in their mouth. It also spreads from drinking water or eating food contaminated with the virus.

For more information, see [HealthLinkBC File #33](#).

Hepatitis B Vaccine (HB)

This vaccine protects against the hepatitis B virus. The virus attacks the liver. It can cause permanent liver damage, liver cancer, and death. The virus spreads to others through contact with blood and body fluids of the infected person.

For more information, see [HealthLinkBC File #25a](#).

Along with the routine vaccines offered in Grade 9, this sheet describes other free vaccines the student might need.

For more information on vaccines, visit fraserhealth.ca/immunizations and immunizebc.ca.

Human Papillomavirus Vaccine (HPV)

HPV can cause cancers of the cervix, mouth, throat, anus, vagina, vulva, and penis. It can also cause genital warts. HPV is one of the most common sexually transmitted infections (STIs). Three (3) out of 4 sexually active people get HPV at some point in their lives. It spreads from any kind of oral, genital, or anal sexual activity with another person.

This vaccine best protects people when they get it before they become sexually active. The vaccine prevents almost all cervix cancers and genital warts caused by the HPV types covered by the vaccine.

For more information, see [HealthLinkBC File #101b](#).

Measles, Mumps, Rubella Vaccine (MMR)

The MMR vaccine protects against 3 viruses.

Measles causes a full body rash, cold-like symptoms, and fever. It can spread to infections in the ears and lungs. About one person in 1,000 with measles can get swelling of the brain (encephalitis). This swelling can cause seizures, deafness, brain damage, or death.

Mumps causes a fever, headaches, and swelling of the spit (salivary) glands in the cheeks and throat, as well as swelling of testicles. About one in 20 people with mumps get an infection in the lining covering the brain (meningitis) and deafness.

Rubella can cause birth defects in 9 out of 10 unborn babies of people who have this disease while pregnant. Birth defects include deafness, eye problems, heart defects, and liver and brain damage. Rubella can also cause miscarriage or stillbirth.

Each of these viruses can spread when an infected person talks, coughs or sneezes and others breathe in the tiny germ droplets in the air. People can catch these diseases by touching surfaces contaminated with the viruses. The viruses can spread through contact with an infected person's spit (saliva), such as by kissing, or by sharing food, drinks, or cigarettes.

For more information, see [HealthLinkBC File #14a](#).

Tetanus, Diphtheria, Pertussis, Inactivated Polio Vaccine (Tdap-IPV)

Inactivated Polio Vaccine (IPV)

The Tdap-IPV vaccine protects against 4 diseases.

The IPV vaccine is for those who already have their Tdap vaccine and just need to be protected against polio.

Tetanus, also called lockjaw, causes painful muscle spasms, broken bones, and breathing problems. The bacteria live in the soil and can enter the body through a cut or scrape. Up to one in 5 people can die from this.

Diphtheria is a serious infection in the nose and throat. The bacteria spread from person to person when an infected person sneezes or coughs and others breathe in the air droplets, or by touching surfaces contaminated with the bacteria. The disease can cause serious breathing problems, heart problems, and paralysis of muscles. About one in 10 people die from this.

Pertussis, also called whooping cough, is a serious infection in the airways caused by pertussis bacteria. It easily spreads from person to person when an infected person talks, coughs or sneezes and others breathe in the tiny germ droplets in the air.

Poliovirus spreads by contact with the bowel movement (stool) of an infected person. This can happen from drinking water or eating food contaminated with stool. Polio can result in paralysis of the arms or legs in about one in 200 people, and even lead to death.

For more information, see [HealthLinkBC File #15a](#) and [HealthLinkBC File #13](#).

Who should not get a vaccine

A vaccine is not recommended for these people:

- People who had a **severe allergic reaction** to a previous dose of the vaccine or any part of the vaccine. Reaction include hives, breathing problems, or swelling of the throat, tongue, or lips.
- Some people who have a weakened immune system from disease or medical treatment.
- People who have had a **blood transfusion** or blood products within the past 11 months.
- People who currently have and are not being treated for **tuberculosis** might not be able to get the MMR or chickenpox vaccines.
- People who got **Guillain-Barré Syndrome** after an infection or, very rarely, within 8 weeks of a tetanus vaccine (without any other cause) should not get the Tdap-IPV vaccines. This is a rare condition causing weakness and muscle paralysis.
- People who are **pregnant or planning to become pregnant** within a month before a chickenpox, MMR, or HPV vaccines.

There is no need to delay vaccines because of a cold or other mild illness.

If the student is sick with signs of COVID, do not attend the immunization clinic and talk to a healthcare provider.

Possible reactions to vaccines

Many children have no reaction to vaccines.

Common reactions can include soreness, redness, or swelling where we gave the vaccine, headaches, fever, and tiredness. These reactions are mild and usually go away in 24 to 48 hours.

Seven (7) to 12 days after a MMR vaccine, the reaction could also include a measles-like rash, sore joints, and swollen cheek or neck glands. About 2 weeks after a chickenpox vaccine, you might see a mild rash that looks like chickenpox. To keep any virus from spreading to others, cover the blisters until they dry and crust over. Rarely, more serious reactions to MMR vaccine can include seizures caused by fever (about one in 3,000), a temporary drop in the blood cells that help prevent bleeding (about one in 30,000), and an inflammation of the brain or encephalitis (about one in a million).

Very rarely (less than one in a million), a child could have a severe and life threatening allergic reaction. This can include hives, breathing problems, or swelling of the throat, tongue, or lips. If a child has a severe reaction, nurses in the clinic are ready to treat it and will transfer the child to the nearest Emergency Department. If a reaction happens after the clinic, call **9-1-1**.

Report all serious or unexpected reactions to your healthcare provider

Caring for your child after vaccines

Treat any fever or soreness with either acetaminophen (Tylenol® or store brand) or ibuprofen (Advil® or store brand). Never give ASA (Aspirin® or store brand) to a child under 18 years (can cause Reye's Syndrome).

For information on Reye's Syndrome, see [HealthLinkBC File #84](#)