

# GRADE 9 VACCINATION PROGRAM



# Vaccinations

---

## For Grade 9:

Diphtheria, Tetanus, & Pertussis  
Meningitis Groups A,C, W-135, Y

## Catch up:

Measles, Mumps & Rubella  
Hepatitis B  
Polio  
Varicella



# Diphtheria

## WHAT IS IT?

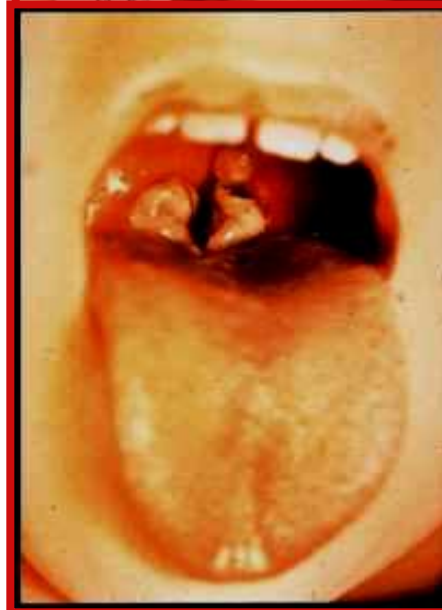
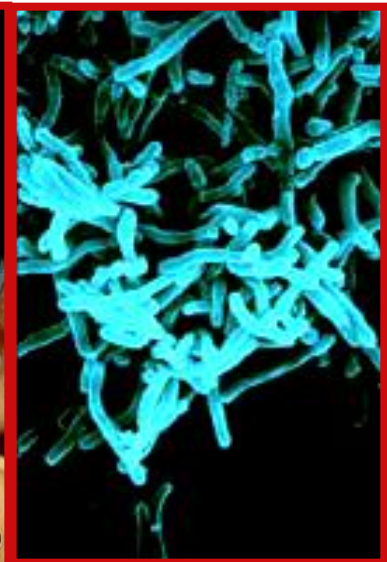
- A disease caused by BACTERIA
- Infects nose and throat.

## HOW DO YOU GET IT?

Direct contact with DROPLETS from infected person's nose & throat.

## SYMPTOMS?

- Grey spots may appear on tonsils
- Breathing becomes difficult
- Sore throat/headache
- The bacteria may produce TOXIN
- Can cause paralysis or heart damage



**DEATH RATE**  
1 in every 10 who  
gets diphtheria dies

# Tetanus

## WHAT IS IT? (LOCKJAW)

- A disease that causes BACTERIA to grow at the site of an injury

## HOW DO YOU GET IT?

- ✓ By stepping on a RUSTY NAIL
- ✓ By getting a CUT /LACERATION
- ✓ By getting a dog or cat BITE

## SYMPTOMS?

- ✓ The bacteria make a TOXIN, absorbed by the body's muscles
- ✓ Causes spasms that make it difficult to breathe



**DEATH RATE**  
6 out of 10  
people who get  
tetanus die

# Pertussis (Whooping Cough)

## WHAT IS IT?

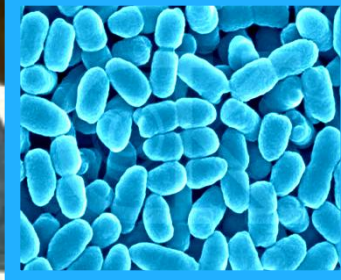
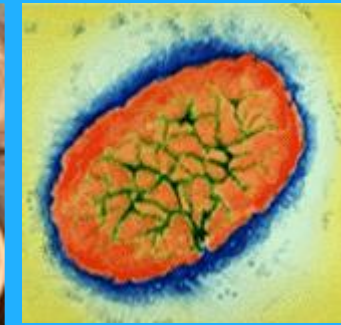
- A BACTERIAL disease
- Infects the lining of the airways.

## HOW DO YOU GET IT?

- Direct contact with DROPLETS from infected person's nose & throat.

## SYMPTOMS?

- Attacks of VIOLENT coughing
- Lasting 2 - 3 weeks or more
- Children may have difficulty breathing
- Babies with whooping cough may have fits (seizures)
- Coma due to lack of oxygen to their brain.



1 out of 400 babies under 1 year of age with whooping cough will end up with brain damage

# Meningitis

## WHAT IS IT?

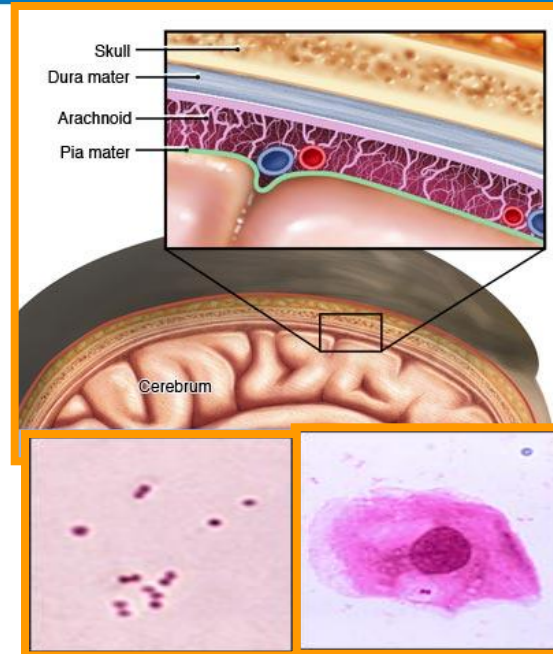
- Infection caused by a bacteria or virus
- Infection of the covering of the brain & spinal cord
- Infection of the blood.

## HOW DO YOU GET IT?

- By sharing food, drinks, lipstick, lip gloss, water bottles, kissing

## SYMPTOMS?

- Fever, headache, nausea, vomiting, generally feeling unwell
- Progresses to a bad headache, stiff neck and/or a reddish-purple tiny bruise-like skin rash



## DEATH RATE

Up to 10% of cases are fatal, even with treatment

# Measles

## WHAT IS IT?

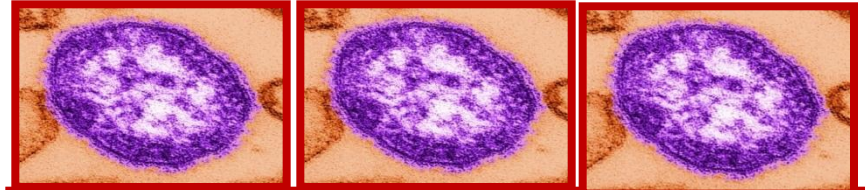
- Highly contagious viral disease.

## HOW DO YOU GET IT?

- Direct contact with droplets from infected person's nose and throat.

## SYMPTOMS?

- A red blotchy rash/high fever.
- Watery sore eyes.
- May cause pneumonia
- Inflammation of the brain leading to convulsions.



## DEATH RATE

1 person dies in every 3000 who gets measles

# Mumps

## WHAT IS IT?

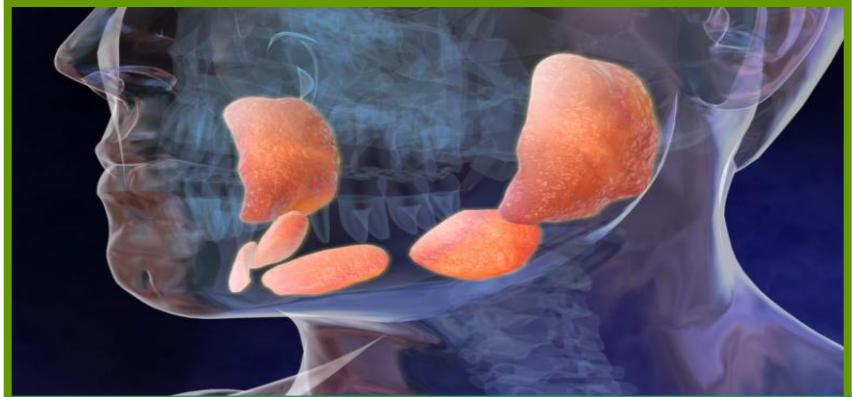
- A communicable viral disease

## HOW DO YOU GET IT?

- Direct contact with droplets from infected persons nose and throat

## SYMPTOMS?

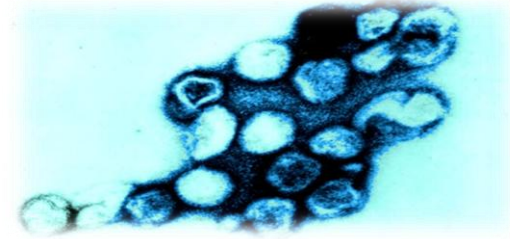
- Pain/soreness in the jaw/neck
- Swelling of the salivary glands (under the jaw)
- May cause permanent hearing loss
- May cause inflammation of the testicles



1 in 10 people with mumps can get meningitis. Today, most outbreaks occur in adolescents/young adults.



# Rubella



## WHAT IS IT?

- A mild viral disease
- During pregnancy there is a high risk to the unborn fetus
- Rubella within first 20 weeks of pregnancy
- >80% chance of miscarriage or baby borne with serious disability

## HOW DO YOU GET IT?

- Direct contact with droplets from infected person's nose & throat

## SYMPTOMS?

Rash of small pink spots all over the body  
Fever/sore achy joints  
Swollen lymph nodes in the back of the neck



# Hepatitis B

## WHAT IS IT?

A viral disease that infects the liver

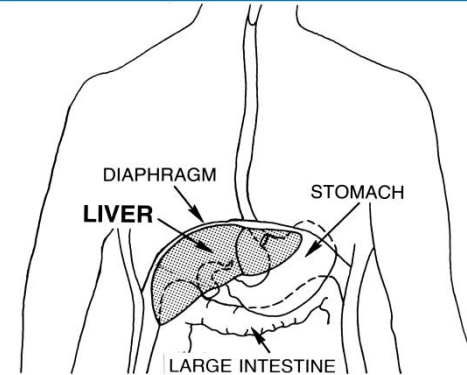
## HOW DO YOU GET IT?

Transmitted through blood and body fluids

- Sharing personal items (i.e. razors, toothbrushes)
- Using non-sterile needles when getting a tattoo or body piercing
- Sharing needles when injecting drugs, steroids etc.

## SYMPTOMS?

- Jaundice (yellowing of the skin)
- Abdominal pain
- Nausea & Vomiting
- Liver Cancer
- 5-10% chronic carriers



## DEATH RATE

Each year, approximately 1,000,000 people worldwide, die from the Hepatitis B virus

# Polio

## WHAT IS IT?

- A viral infection.

## HOW DO YOU GET IT?

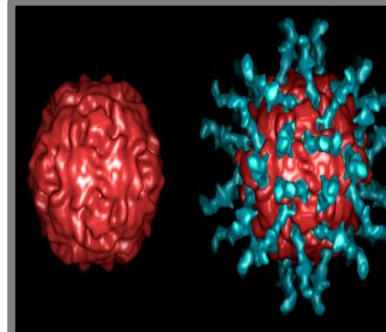
- From throat secretions & contaminated feces

## SYMPTOMS?

- Fever
- Headache
- Stiffness of the back
- Paralysis may occur

### DEATH RATE

1 out of 10 people who get Polio die from the disease



# Chicken Pox (Varicella)

## WHAT IS IT?

- Common childhood disease
- Varicella virus
- Can develop further complications.

## HOW DO YOU GET IT?

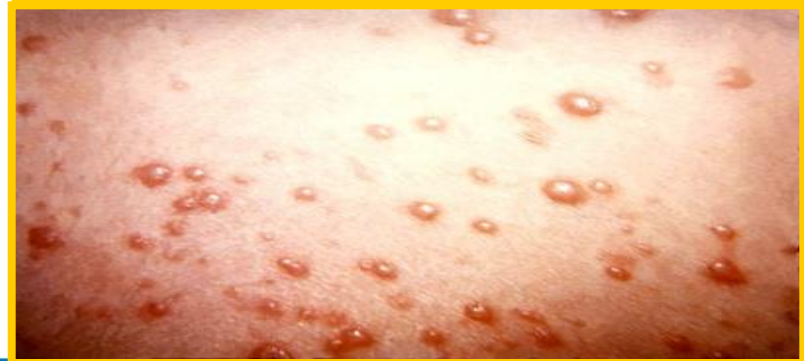
- Easily spread from person to person through air or direct contact with fluid from the blisters.
- Can be spread before the rash appears.

## WHAT HAPPENS?

- Infected blisters can leave scars.
- Can lead to pneumonia or problems with other organs (i.e. brain, liver, heart)

## Death Rate

- Average of 5.8 deaths /year in Canada
- 90% deaths in previously healthy persons



# What to Expect After Vaccination...



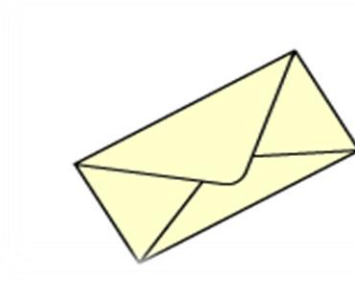
## Possible Sides Effects:

- Slight fever, decreased energy, headache, or general body ache, nausea, vomiting, dizziness
- Some redness, swelling or tenderness at the injection site, lasting up to 48 hrs

## Comfort Measures:

- You may use **Tylenol** for fever or discomfort
- Apply a **cold cloth/ice pack** to the injection site
- **Move your arm** frequently to relieve stiffness

# CONSENTS



Consent form will be sent home to your parents



- Will indicate which **vaccinations you require**
  - **Must be signed by your parent or guardian**
  - **Must be returned** to your Home Room Teacher or School office
- Bring your **signed** consent form **back by the deadline** given by your school nurse
- **NO EXCEPTIONS!**

# Vaccination Day

---



## Other Facts:

- ✓ Not everyone will be getting the same vaccines.
- ✓ If you were born in a different country or even a different province you may need other vaccines
- ✓ Some students may be away on vaccination day.
- ✓ If this happens to you, the school nurse will come back to the school on another day to make sure you get vaccinated

# Tips for Vaccination Day

---

- ✓ Ask your vaccinating nurse or school nurse any questions you might have
- ✓ **REMEMBER TO HAND IN YOUR CONSENT FORM!**
- ✓ Get a good night's sleep
- ✓ If possible, wear a **short sleeved shirt.**
- ✓ Eat breakfast  
or at least have  
a **glass of 100% fruit juice**  
before you come to school





# Tips for Vaccination Day

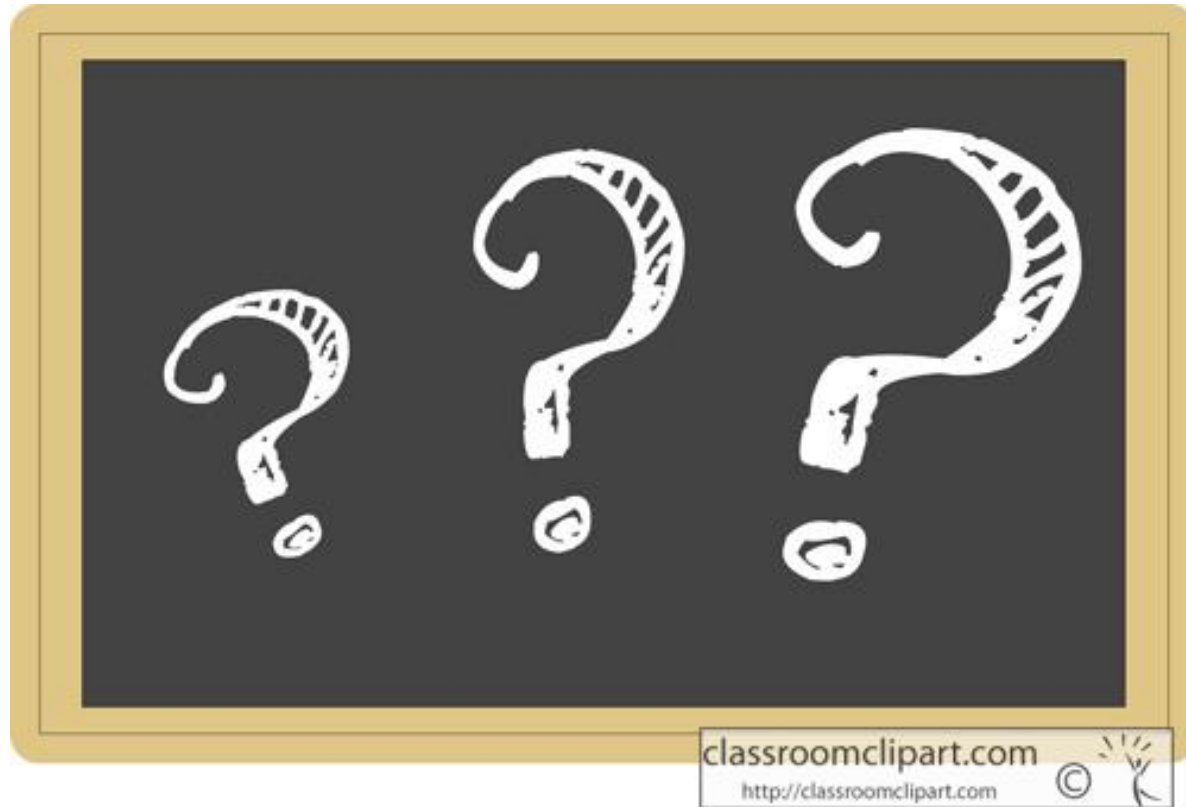
---

- If you are feeling nervous, try:
  - Deep breathing and visualization
  - Think of something positive
  - Your favorite color/sound/smell
  - That makes you feel peaceful, calm, relaxed
  - Focus on that feeling or image while breathing
- Try not to worry, you will be surprised how quickly it is over
- Helpful for students to return to class in pairs



# Questions?

---



# Thank You!

---

