

VACCINATION

YOUR SUPERPOWER AGAINST DISEASES

What is a vaccine for?

A vaccine helps your body protect itself against a virus or bacteria that can make you sick. Vaccination helps you defend yourself against disease. A vaccine may be given in one or several doses.

I am healthy, why should I get vaccinated?

Even if you are healthy, some diseases can be very serious, such as brain infections (meningitis), respiratory infections (measles), cancers (HPV), or liver infections (hepatitis).

Vaccines help protect you and the people around you. By getting vaccinated, you help protect your family, babies, and people with more fragile health.

Vaccines protect you now against diseases you may encounter later in life.



Do I have to give my permission or consent?

Starting at age 14, you have the right to decide whether or not you want to be vaccinated. This is called giving your permission or consent.

You can also ask your parents to help you make your decision. The nurse can answer your questions and those of your parents.

Can I receive more than one vaccine?

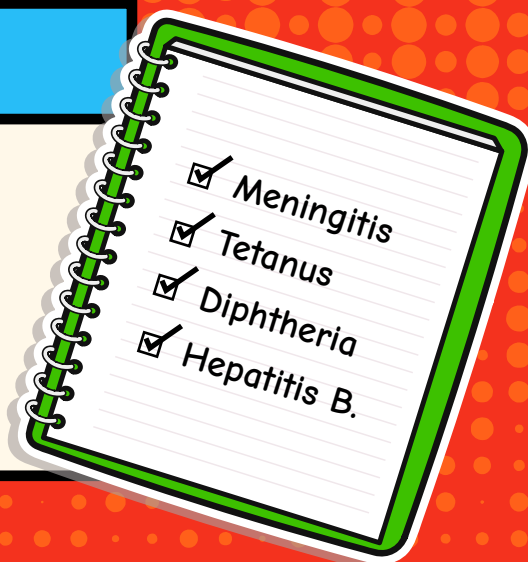


It is safe, and each vaccine protects against a different disease. You can receive:

- several vaccines at the same time without having more side effects.
- the same vaccine more than once at different times.

Which vaccines will be offered to me?

The nurse will review your vaccination record. You will be offered the vaccines you need. For example, in Secondary 3, students are offered vaccines against meningitis, tetanus, diphtheria, and hepatitis B. You may also be offered other vaccines based on your record.



I protect lives!

Does my religion accept vaccines?

Vaccines are encouraged by all major religions. Vaccination helps protect your life and the lives of others.

Your entire community will be better protected.

What are the side effects?

Regardless of the number of vaccines you receive, you may experience some redness or soreness in your arm, a headache, body aches, or fatigue. Your immune system is becoming active and your body is defending itself. These effects are usually mild and last only 2 or 3 days.

I am afraid of needles! Does getting a vaccine hurt?

The injection does not last long. If you are afraid, the nurse can reassure you and help you manage the pain.

Do not hesitate to talk to them about it!

