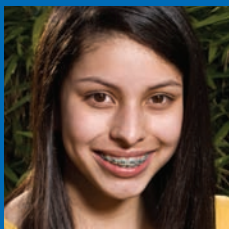


Immunization



Protection for all ages



Region of Waterloo

PUBLIC HEALTH

Are there any side effects?

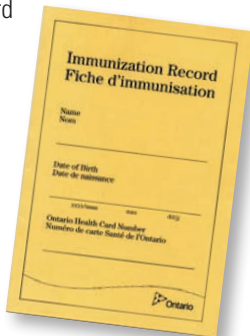
For most people, there are no side effects from immunization. However, some people may experience mild pain, swelling and redness where the needle has been given. Talk to your health care provider about how these reactions can be prevented or minimized. Serious side effects are rare.

For more information talk to your health care provider or call Region of Waterloo Public Health.

You should always discuss the benefits and risks of any vaccine with your health care provider.

Keep your immunization records. It's important!

Get a yellow immunization card from your health care provider to keep a record of needles. This will save you from getting unnecessary needles. Written immunization records are needed in the following situations:



- Starting childcare or kindergarten
- Transferring to a school in another area
- Going to camp
- Starting university, college or a job
- Going for emergency health care
- Travelling to other countries

It is the parent/guardian's responsibility to provide immunization records for all school children to Region of Waterloo Public Health. Don't forget to let us know when your child gets a needle.

Report immunizations online at:

<https://e-immunization.regionofwaterloo.ca>
or call **519-883-2006 ext. 6182**

See the schedule of immunization inside.

What is immunization and why is it important?

Immunization or vaccination is one of the best ways to protect yourself and your children against infectious diseases. When you receive an immunization, your immune system makes antibodies that fight infection. Many vaccine preventable diseases have become rare in Canada because the vaccines work so well and because we have excellent immunization programs. However, in developing countries these diseases still exist because there is a lack of immunization programs. That's why it's so important to contact a Travel Clinic before travelling to find out if you could be at risk.

If children are not protected by immunizations and come in contact with a vaccine preventable disease, they may get very sick or even die. Each child attending school in Ontario is required to provide proof of up-to-date immunization or a valid exemption. Parents or guardians must, **by law**, keep up-to-date records and provide this information to Region of Waterloo Public Health.

For medical or philosophical reasons, you may decide not to immunize your child. In this case, if the disease appears in your child's school or daycare, your child may have to stay out of school or daycare until the disease is gone.

Where can you get immunized?

Call your health care provider to make an appointment. If you don't have a health card or health care provider, call Region of Waterloo Public Health to find out where you can get immunized.



When to get immunized

For immunization to work best, children should have their needles at the times indicated on the schedule below. For children attending school in Ontario, documentation is required, **by law**, for diphtheria, tetanus, polio, measles, mumps and rubella vaccines. There are also immunization requirements for children attending licensed childcare centres.

Did you know?

The parent or guardian is responsible for keeping their child's immunization record and contacting Region of Waterloo Public Health with any updates.



Publicly Funded Immunization Schedule for Ontario

SCHEDULE 1. Routine Schedule for Children Beginning Immunization in Early Infancy (starting 2 months of age)

Age at vaccination: Completed months and years	Diphtheria, Pertussis, Tetanus, Polio, Haemophilus Influenzae	Diphtheria, Pertussis, Tetanus, Polio	Pneumococcal Conjugate	Rotavirus	Meningococcal Conjugate	Measles, Mumps, Rubella (MMR)	Chickenpox (Varicella)	Measles, Mumps, Rubella, Chickenpox (MMRV)	Meningococcal Conjugate ACYW	Hepatitis B	HPV	Diphtheria, Tetanus, Pertussis	Seasonal Influenza
2 months old	■		■	■									
4 months old	■		■	■									
6 months old	■												
12 months old			■		■	■*							
15 months old							■						
18 months old	■												
4-6 years old		■						■					
Grade 7 students									■**	■**			
Grade 8 females											■**		
14-16 years old (10 years after 4-6 year old booster)												■	
every year (in autumn)													■

* MMR = measles, mumps and rubella vaccine must be given after the first birthday.

** These vaccines are given in school.

All adults 19 to 64 years of age who did not receive the Tdap (Tetanus, Diphtheria, Pertussis) vaccine in adolescence are now eligible to receive **one lifetime** (publicly funded) dose of the vaccine. This lifetime dose replaces one of the Td booster doses given every 10 years.

Adapted from Ontario Ministry of Health & Long Term Care. (2009). www.health.gov.on.ca/english/public/pub/immun/immunization.html

Travelling to another country?

Contact the Region of Waterloo Public Health International Travel Clinic at 519-883-2007 to book an appointment.



Thinking of getting pregnant?

Be sure you are protected against rubella and chickenpox before pregnancy, to prevent harm to your baby during its development. Ask your health care provider to check this through a simple blood test.



Protect against these diseases

Diphtheria is a very serious bacterial infection. It can cause breathing problems, heart failure, paralysis (loss of control over muscles in the body), and death.

Haemophilus B (Hib) is a bacterium that can infect any part of the body. It can cause middle ear infections, breathing problems, damage to joints, pneumonia (lung infection), and inflammation of the brain leading to brain damage, and death.

Hepatitis B is a virus that can cause serious liver problems. Like liver failure and liver cancer, it can be fatal.

Human Papillomavirus is a virus that can lead to cancer of the cervix and genital warts.

Influenza is a viral infection that causes cough, high fever, chills, headache and muscle pain. It can cause pneumonia, middle ear infections, heart failure and death. This infection can vary from year to year depending on the strain of the virus and can be mild to severe.

Measles cause rash, high fever, cough, runny nose and watery eyes. The result can be middle ear infection, pneumonia (lung infection), inflammation of the brain, hearing loss, brain damage, and death.

Meningococcal Infections are very serious and may lead to death. Meningitis is an infection of the fluid and membranes which cover the brain and spinal cord.

Mumps cause fever, headache, painful swelling of the glands in the mouth and neck, earache and can cause inflammation of the brain. Mumps can cause temporary or permanent deafness and swelling of the ovaries in women and testes in men, which may lead to sterility.

Pertussis (whooping cough) causes severe coughing spells for weeks or months. It can also cause pneumonia (lung infection), middle ear infection, convulsions (seizures), inflammation of the brain, and death. Children younger than one year of age have the highest risk of complications.

Pneumococcal Infections are the leading bacterial cause of meningitis, blood infection, pneumonia and ear infections.

Polio can cause paralysis (loss of control over muscles in the body), inflammation of the brain, and death. People get polio from drinking water or eating food with the polio virus in it. It is no longer common in Canada because of our high immunization rates, but cases do occur elsewhere in the world, and may be acquired when travelling.

Rotavirus causes fever, vomiting, watery diarrhea and stomach pain which may last from 3–8 days. It is very contagious, and is a major cause of visits to health care providers and hospital stays for infants and children under five years of age.

Rubella (german measles) causes fever, rash, swollen neck glands, swelling and pain in the joints, bruising, and bleeding. If you are pregnant and get rubella, it is very dangerous for your unborn baby.

Tetanus (lockjaw) causes painful muscle spasms, breathing failure and death. It is caused by bacteria and spores in the soil that can infect wounds.

Varicella (chickenpox) is a virus that causes a blister-like rash, itching, slight fever and tiredness. Getting chickenpox puts a child at risk of serious infections of the skin, pneumonia, inflammation of the brain, and stroke. Unborn babies may be at risk for birth defects.

Don't forget... Adults need immunizations too!

You may need the following vaccine(s):

Hepatitis A – especially for: those who travel to countries lacking in good sanitation and clean water; street drug users, and men who have sex with men

Hepatitis B – especially for: health care workers; street drug users; people with multiple sexual partners; and those at risk of exposure in their occupation, lifestyle or environment

Influenza vaccine – given once a year

MMR – anyone born after 1970, with no history of disease or previous immunization

Pneumococcal – a single dose recommended for persons over 65 years old

Tetanus/Diphtheria – all adults 19 to 64 years of age who did not receive the Tdap vaccine in adolescence are now eligible to receive **one lifetime** dose of the vaccine. This lifetime dose replaces one of the Td booster doses given every 10 years

Travel Immunizations – consult your health care provider and/or Region of Waterloo Public Health International Travel Clinic

Varicella (chickenpox) – especially if you are a woman of childbearing years and have not had chickenpox

To learn more about immunization

Your Child's Best Shot: A Parent's Guide to Vaccination, 2nd edition, 2002, by Ronald Gold, MD and the Canadian Paediatric Society

Public Health Agency of Canada

www.publichealth.gc.ca/immunization

The Canadian Immunization Awareness Program

www.immunize.cpha.ca

The Canadian Paediatric Society

www.caringforkids.cps.ca/immunization/index.htm

Health Canada, Immunization Division

www.healthy Canadians.gc.ca/init/kids-enfants/immun/index-eng.php

If you have questions, talk to your health care provider or call Region of Waterloo Public Health at 519-883-2007.



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For additional copies of this resource visit our website.

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