

The Grade 7 Immunization Program



and





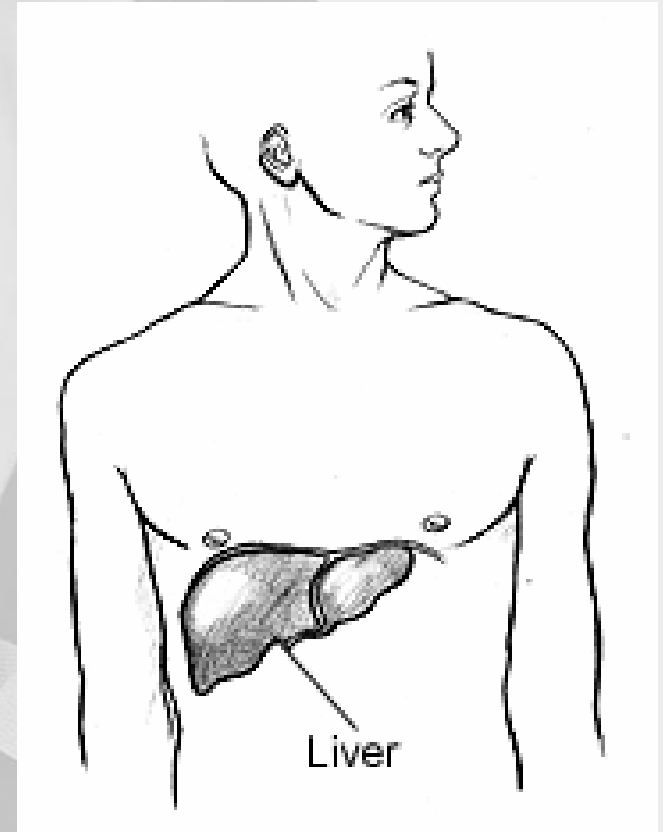
Hepatitis B

Hepatitis B Disease

- **is a serious infection of the liver**
- **cannot be cured**
- **develops in about 150 new people each year in Ontario, mostly in young adults**
- **for every 100 people who get hepatitis B**
 - **about 90 of them will eventually recover**
 - **about 10 will develop permanent liver damage, cirrhosis (scarring of the liver), or liver cancer. Of these 10 people, one person may die**

Functions of the Liver

- fights infections
- helps stop bleeding
- digests food
- removes some waste products
- stores energy
- helps to makes sex hormones and adrenaline



Symptoms of Hepatitis B Disease

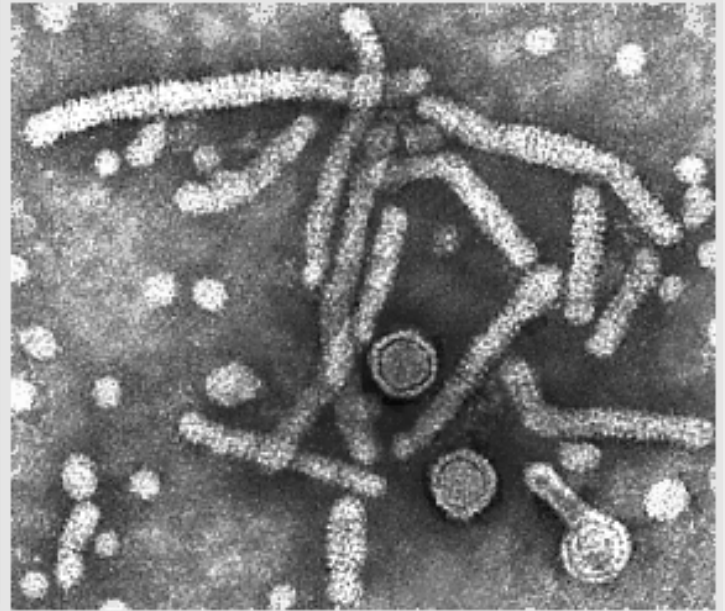
- **half of people who become infected with hepatitis B don't develop symptoms**
- **other people may develop fever, headache, joint pain, tiredness, tenderness in the upper abdomen and jaundice**
- **symptoms can last up to 3 months**
- **symptoms can develop 45 to 160 days after exposure to the virus**

The Hepatitis B Virus

- **lives in the blood and body fluids (semen, vaginal secretions, saliva and breastmilk) of a person who has hepatitis B**
- **can live in dried blood on surfaces outside the body for up to 7 days at 25°C**
- **spreads like HIV (the virus that causes AIDS)**
- **is easy to catch. It has a better ability to spread than HIV because it is over 100 times more concentrated in an infected person's blood**

The Hepatitis B Virus

After becoming infected, some people carry the hepatitis B virus and are capable of infecting others for the rest of their lives.



How Hepatitis B Spreads

The hepatitis B virus can spread through:

- **unprotected sex with a person who carries the virus**
- **using items that could have someone else's blood on them**
- **an accidental jab from a used needle**
- **someone else's infected blood coming in contact with your open cuts or scrapes**
- **touching dried blood**
- **childbirth and/or breastfeeding**

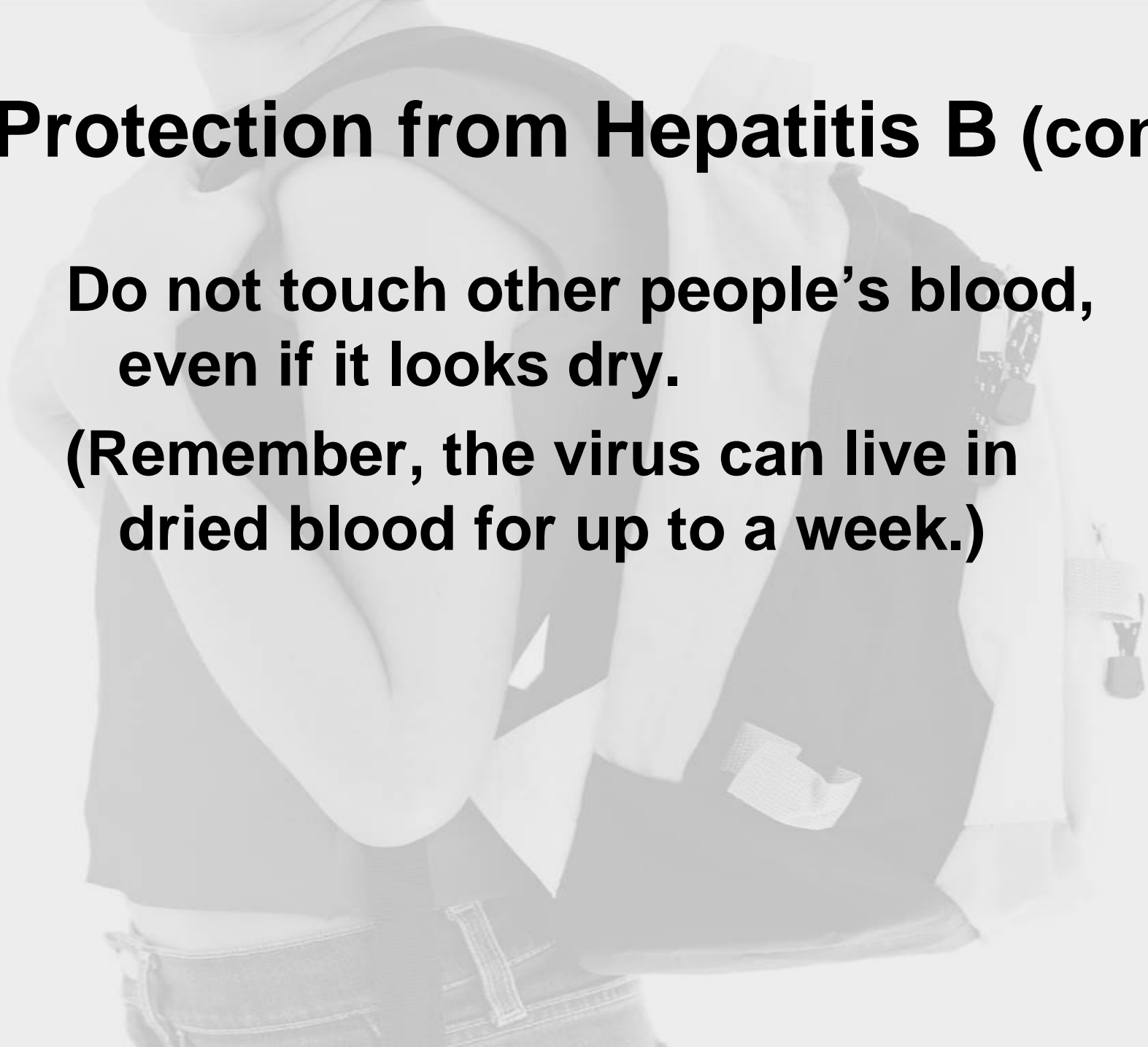
Protection from Hepatitis B

- **get the hepatitis B vaccine**
- **practice abstinence or use a new condom each time you have sex**
- **do not use items that could have someone else's blood on them, such as:**
 - **needles**
 - **toothbrushes**
 - **razors**
 - **unsterile tattoo and body piercing tools**
 - **unsterile manicure and pedicure tools**
 - **sports water bottles**

Protection from Hepatitis B (cont)

**Do not touch other people's blood,
even if it looks dry.**

**(Remember, the virus can live in
dried blood for up to a week.)**





MENINGITIS C

Meningitis C Disease

- is a serious but uncommon illness
- can cause
 - ***meningitis*** = infection of the tissues around the brain or spinal cord
- or
 - ***meningococemia*** = an infection of the blood

Meningitis C Disease (cont)

- may result in hearing loss, kidney problems, amputations of limbs, or death
- for every 100 cases, 5 – 15 people will die, even with treatment





Meningitis C Disease (cont)

In Ontario, most cases of meningitis C disease occur in adolescents and young adults

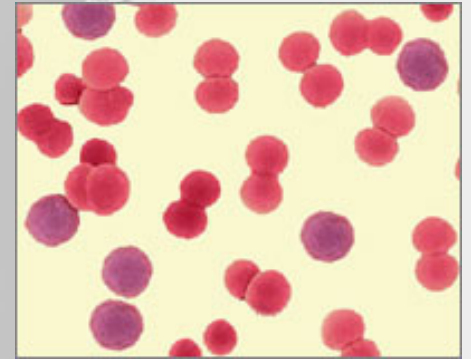
Symptoms of Meningitis C Disease

Sudden onset of:

- **fever/chills**
- **severe headache**
- **stiff or sore neck**
- **nausea and vomiting**
- **sometimes a rash**
- **body aches**
- **sensitivity to light**

The Meningitis C Bacteria

- are called *Neisseria meningitidis*
 - there are several types
 - Type C is one of the more common and deadly strains
- live in an infected person's saliva, and nose and throat secretions
- can be spread by an infected person for up to 7 days before he/she becomes ill



How Meningitis C Spreads

The bacteria can spread:

- **when an infected person sneezes or coughs**
- **by using items that have been in contact with an infected person's, mouth such as:**
 - cups, water bottles, straws
 - cigarettes
 - food and utensils
 - musical instruments
 - toothbrushes
 - lipstick
- **through kissing**



Protection from Meningitis C

- get immunized with the meningitis C vaccine
- understand how meningitis C spreads
- avoid exposure to other people's saliva and respiratory secretions
- wash your hands often



Giving Informed Consent



Step 1

Understand that the vaccines

- protect you from hepatitis B and meningitis C
- cannot give you the diseases

Giving Informed Consent (cont)

Step 2

- **Consider the benefits and risks**
 - **Benefits** – prevents you from getting these diseases and spreading them to other people
 - **Risks** – some people may experience tiredness, a slight fever, or a small red area at the injection site that may be tender for 24 to 48 hours

Giving Informed Consent (cont)

Step 3

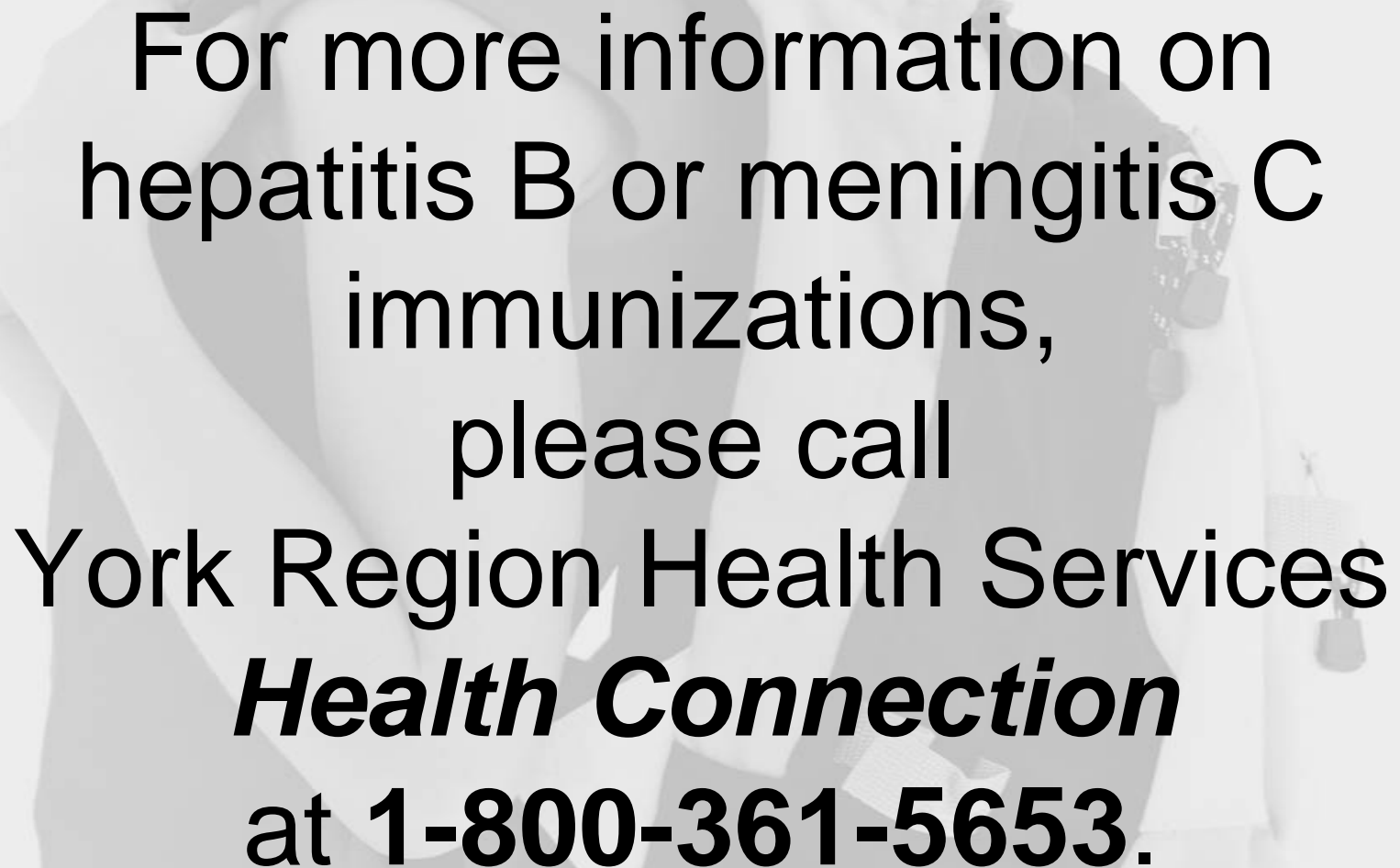
- **Evaluate** if these vaccines are good for you
 - Which carries more risk – getting the diseases or the vaccines?
 - Do the benefits of vaccination outweigh any risks?

Giving Informed Consent (cont)



Step 4

- **Decide** if you will be vaccinated



For more information on
hepatitis B or meningitis C
immunizations,
please call
York Region Health Services
Health Connection
at **1-800-361-5653.**