

Tetanus Diphtheria, Polio

Why should I have the vaccination?

The <u>3-in-1 teenage booster vaccine</u> is routinely offered on the NHS to all young people aged 14 (school year 9).

If I was vaccinated against tetanus, diphtheria, and polio as a child, am I still protected?

You'll have some protection, but the booster vaccination will strengthen this and help keep you protected for many more years.

Can I get polio from the polio part of this vaccine?

The teenage booster vaccine contains dead (inactivated) polio virus, which cannot cause polio.

How many boosters do I need to have?

In total, you need 5 doses of the tetanus, diphtheria, and polio vaccines through your childhood. This will build up and maintain your body's own immunity against these infections and protect you against the diseases.

You receive the first 3 doses as a baby in the <u>6-in-1 vaccine</u>. The 4th dose is given around the age of 3 as a pre-school booster in the <u>4-in-1 vaccine</u>, and the 5th and final dose is the <u>teenage 3-in-1 booster</u> given at age 14 (school year 9)

What is the MenACWY vaccine?

The MenACWY vaccine is called Nimenrix.

The MenACWY vaccine is given by a single injection into the upper arm and protects against 4 strains of the meningococcal bacteria – A, C, W and Y – which cause <u>meningitis</u> and blood poisoning (septicaemia).

Why should teenagers and students have the MenACWY vaccine?

Meningococcal disease (meningitis and septicaemia) is a rare but life-threatening disease caused by meningococcal bacteria.

Older teenagers and new university students are at higher risk of infection because many of them mix closely with lots of new people, some of whom may unknowingly carry the meningococcal bacteria at the back of their nose and throat.

The bacteria can spread from person to person by prolonged close contact – such as coughing, kissing or sneezing – with someone who is carrying the bacteria.



Symptoms of meningococcal disease (meningitis and septicaemia) can start like a bad case of flu, but they get worse very quickly. Early treatment can be lifesaving.

Other symptoms of meningococcal disease can include:

- a headache
- vomiting
- a stiff neck
- muscle and joint pain
- a high temperature
- cold hands and feet
- drowsiness or difficulty waking up.

Does it hurt?

Each injection is normally given in each upper arm and may cause an achy arm feeling after for a short period of time.

How do I know If I am up to date with my vaccinations?

You can contact Child Health Information Service or your GP.

What should you do on the day of Vaccination?

Eat breakfast, drink well, wear a short-sleeved top if the school allows this.

How do I stay well after the vaccination?

Drink lots of water, move your arm. If you are worried talk to your school or your parent

My parents do not want me to receive the vaccination, but I do. Who can I talk to for support?

You can contact us on:

Telephone: 0300 365 0077

Email address: Consentschoolimms@berkshire.nhs.uk

Consent to treatment - Children and young people - NHS (www.nhs.uk)

What do I do if I am unsure if I need this vaccine?

Receiving the vaccination more than once cannot cause you any harm.

What should I do if I am worried about having the vaccination?

Come and talk to us on the day. All the nurses are here to support you.

Are there any side effects?

It is common to get some swelling, redness or tenderness where you have the injection. Sometimes a small painless lump develops, but this usually disappears in a few weeks. More serious effects are rare but include fever, headache, dizziness or feeling faint, feeling sick and swollen glands.

If you feel unwell after the immunisation, take paracetamol. Read the instructions on the bottle or packet carefully and take the correct dose for your age. If necessary, take a second dose 4 to 6 hours later.

If your temperature is still high after the second dose, speak to your GP or call the free NHS helpline 111.

If you experience any suspected side effects to the vaccine, you can report these on the Yellow Card website or by calling 0800 731 6789 (9am to 5pm Monday to Friday) or by downloading the Yellow Card app. www.mhra.gov.uk/yellowcard

Now is a good time to check that you are up to date with all your immunisations

Immunisations for young people

NHS vaccinations





For more information about teenage vaccinations visit www.nhs.uk/vaccinations or read https://qrco.de/YoungPeopleImms

Its not too late to catch up on the doses you may have missed.

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The leaflet can be ordered or downloaded from: www.healthpublications.gov.uk, by calling: 0300 123 1002 (lines are open 8am to 6pm Monday to Friday).

Paper copies of this in leaflet in English are available to order.

Translated versions of this leaflet are also available to order.

UK Health Security Agency

Td/IPVteenage3 in 1 booster

At 14 years old or during Year 9 of school you become eligible for the 3 in 1 teenage booster dose of the vaccine that prevents tetanus, diphtheria and polio. The Td/IPV vaccine will boost your body's immunity to these infectious diseases which may have decreased as you have grown up.

What does this vaccine protect me from?

Tetanus Т affecting the nervous system which can lead to muscle spasms, cause breathing problems, and can kill. It is caused when germs found in the soil and cuts or burns. Tetanus cannot be passed from person to person.



Diphtheria

D Diphtheria is a serious disease

Polio



Polio is a virus that attacks the nervous system which can cause permanent paralysis of muscles. If it affects the chest

The teenage booster vaccine is called Revaxis, you can read the Patient Information Leaflet at www.medicines. org.uk/emc/product/5581/pil

If I was immunised against tetanus, diphtheria and polio as a child am I still fully protected?

No, you will still need a booster to top up the protection you have previously received.

How many boosters do I need to have?

You need a total of 5 doses of tetanus, diphtheria and polio vaccines to build up and keep your immunity.

You should have had:



the first 3 doses as a baby

dose 4



when vou were between 3 and 5 years old, this is the pre-school booster

dose 5

is due in year 9 (aged 13 to 14)

Will I need more boosters in the future?

You will probably not need further boosters of these vaccines. However, you may need extra doses of some vaccines if you are visiting certain countries or if you have an injury, you may need another tetanus injection. Check with your practice nurse at your GP surgery.

How will I be given the Td/IPV booster?

You will get 1 injection in your upper arm. Nobody likes injections, but it is very quick. The needles used are small and you should feel only a tiny pinprick. If you are a bit nervous about having the injection, tell the nurse or doctor before you have it.

Are there any other immunisations I need to have now?

When you are having your Td/IPV booster you will also be eligible for your MenACWY vaccine. You should have this before your leave school. Speak to your school nurse if you have missed out and are still at school. If you have left school, you should contact your GP practice to arrange to catch up. It's a good idea to check with your GP practice that all your other immunisations are up to date including HPV and MMR (measles, mumps and rubella).

If you have never had the MMR vaccine. you should have one dose now and another 1 month later to protect you from measles, mumps and rubella.



In school years 9 or 10?

Protect yourself against meningikis AND septicaemia

Have the MenACWY vaccine

This leaflet tells you why it is important to have the MenACWY vaccine.



the safest way to protect your health

MENINGOCOCCAL



is a rare but life-threatening disease caused by meningococcal bacteria. Teenagers and young adults are in one of the highest risk groups for this disease.

This leaflet explains why it's important that students in school years 9 to 10 have MenACWY vaccination to protect against meningococcal disease.



What is MenACWY vaccine?

MenACWY vaccine protects against four common groups of meningococcal disease – MenA, MenC, MenW and MenY. You should receive an invitation to have this vaccine when you are in school year 9 or 10 (aged 13-15 years). You need this vaccine even if you had a meningococcal vaccine when you were younger.

What is meningococcal disease?

Meningococcal disease can cause both meningitis and septicaemia. Meningitis is when bacteria reach the meninges (the lining around the brain and spinal cord) and cause dangerous swelling. Septicaemia is when bacteria enter the bloodstream and cause blood poisoning which can trigger sepsis. Sepsis is an overwhelming and life-threatening immune response to any infection and can lead to tissue damage, organ failure and death.

Meningococcal disease is rare but very serious and requires urgent hospital treatment. It can lead to life-changing disabilities such as amputations, hearing loss, brain damage and scars.

What causes meningococcal disease?

Meningococcal disease is caused by different groups of meningococcal bacteria. In the UK it is almost always caused by one of four meningococcal groups commonly known as MenB, MenC, MenW or MenY. These can be prevented with vaccines. MenA disease is rare in the UK but can also be prevented by vaccination.

What are the common signs and symptoms?

Initially meningococcal disease can be like a bad case of flu. But anyone affected will usually become seriously ill within a few hours. Early treatment can save your life so it is sensible to be aware of some main signs and symptoms. It is important to know the signs and symptoms of meningitis and septicaemia even if you are vaccinated as there are many other bacteria that can cause these illnesses, including the group B strain that is not covered by the ACWY vaccine.

Be aware of these common signs and symptoms

High temperature	Cold hands and feet
Vomiting/diarrhoea	Pale blotchy skin
Stomach cramps	Rash/bruising rash*
Joint or muscle pain	Confusion and/or irritability Drowsy or difficult to wake Seizures/fits
Severe headache	
Stiff neck	
Dislike of bright light	
Rapid breathing	

One or more of these symptoms may develop and they can appear in any order and be mixed between the two illnesses. It is important to seek early medical advice if you or a friend have symptoms of concern or a condition that is getting rapidly worse.

A full description of the signs and symptoms of meningitis and septicaemia can be found at www.meningitis.org and www.meningitisnow.org

^{*}On dark skin, check inside the eyelids or roof of the mouth where the spots may be more visible.

Why do I need to get the vaccine?

Older teenagers and young adults are at higher risk of getting meningococcal disease, so you need to get vaccinated now to protect yourself. Vaccination also reduces the risk of other people around you becoming infected. You may have had MenC vaccination as a baby and toddler but this will not protect you against other meningococcal groups.

The MenACWY vaccine will increase your protection against MenC and help to protect you against three other meningococcal groups (A, W and Y).

Do I have to have MenACWY vaccine?

No, but the best way to help protect yourself is by having the MenACWY vaccine. You, or your parent/guardian, have to consent to have the vaccine.

What if I want the vaccination but my parents don't agree?

If you can show that you understand the benefits and risks of MenACWY vaccination, you can consent to have the vaccine. It's good to discuss the matter as a family and come to a shared decision.

Does MenACWY vaccine protect against Men B?

No, Men B is caused by another group of the bacteria which commonly affects young infants. A different vaccine, which protects against MenB, is given to very young babies.Some adults and older children considered at risk may be eligible on the NHS. You can find out more about how to get the MenB vaccine through the charity websites listed overleaf.

What if I want more information?

See the information provided at the end of the leaflet.

What do I need to do if I'm now in an older school year group or have left school?

If you were born on or after 1 September 1996 and eligible but missed your teenage MenACWY vaccine you can still have the vaccine up to your 25th birthday. If you are older and starting university for the first time, you can still have the vaccine up to your 25th birthday. If you are still at school you should talk to your school provider otherwise you will need to make an appointment with your GP practice.

Is the vaccine safe?

The vaccine has been used for many years across the world and has an excellent safety record. Serious side effects from the vaccine are rare.

Does the vaccination hurt? What are the common side effects?

It's like a sting. You may get soreness and some redness and swelling in your arm after the injection – you may also get a headache, but these symptoms should disappear after one or two days.

If you feel unwell at any time after vaccination, you should contact your GP.



Meningitis and septicaemia are very serious and require urgent attention. If you think you've got either, get medical help immediately and make sure your fellow students know to look out for you and each other.

Do the glass test

Someone with septicaemia may develop a few spots or a widespread rash with fever. Later on the rash can develop into purple blotches that do not fade under pressure. You can do a test for this by pressing the side of a drinking glass against the rash. If you have a fever and a rash, and the rash does not fade under pressure, get medical help immediately by calling 999 or getting someone to take you to the nearest hospital emergency department.

Never wait for a rash, though. It can be a late sign or may not appear at all. If someone is ill and getting worse get medical help immediately*.



*On dark skin, check inside the eyelids or roof of the mouth where the spots may be more visible.

How can I find out more?

There is more information about the MenACWY vaccination on the NHS Choices website at

www.nhs.uk/conditions/meningitis

www.nhs.uk/conditions/vaccinations/ meningitis-b-vaccine

www.nhs.uk/vaccinations

www.nhs.uk/conditions/vaccinations/ men-acwy-vaccine

www.nhs.uk/Conditions/vaccinations/Pages/ men-acwy-vaccine.aspx or you can talk to your GP or university health centre if you have any questions.

The following charities also provide information, advice and support:

Meningitis Now

Freephone Meningitis Helpline 0808 80 10 388 9am to 10pm every day www.meningitisnow.org

Meningitis Research Foundation

Free helpline 080 8800 3344 (9am to 10pm weekdays, 10am to 8pm weekends and holidays) www.meningitis.org

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www.nhs.uk/conditions/vaccinations/ men-acwy-vaccine/