

Diseases Can Be Prevented

DIPHTHERIA is a disease of the nose, throat and skin. It can cause breathing problems, heart failure and nerve damage. Diphtheria kills 1 out of every 10 people who get the disease.

HEPATITIS B can cause scarring of the liver or liver cancer, and in some cases, death. It is the second leading cause of cancer in the world.

HAEMOPHILUS INFLUENZA "B" (HIB) germ, until recently, was the most common cause of bacterial meningitis in children less than 5 years old. Vaccination has made this a rare disease.

HUMAN PAPILLOMAVIRUS (HPV) HPV is one of the most common sexually transmitted infections. There are over 100 types of HPV. Some types can lead to genital warts, precancerous lesions, and cancers in both males and females. These cancers can include cervical, vulvar, vaginal, anal and penile cancers as well as cancers of the mouth and throat.

INFLUENZA is an infection in the airways caused by the influenza virus. Although some symptoms may be cold-like, they are far more serious; headache, chills and a dry cough are rapidly joined by body aches and fever. Full recovery may take up to 6 weeks. Influenza may lead to more severe and life-threatening illnesses, such as pneumonia, resulting in hospitalization and even death. Influenza vaccination is safe for anyone 6 months of age and older.

MEASLES virus causes high fever, cough and a rash - ear infections or pneumonia may follow. Measles can also affect the brain (encephalitis).

MENINGOCOCCAL infections are caused by a germ (meningococcus). This germ can cause two serious diseases, meningitis and septicemia. Meningitis is an infection of the fluid and lining that cover the brain and spinal cord. Septicemia is a serious blood infection that can kill very quickly. Even with treatment, about 1 in 2 children with meningococcal septicemia will die or have permanent damage.

MUMPS can cause fever, headaches and a swollen face. The swelling is caused by a viral infection of the salivary glands. One of every 10 persons with mumps gets meningitis. Deafness and infertility are other rare consequences of mumps.

PERTUSSIS (whooping cough) can last for months. The cough is so strong, the child often throws up. Children can also have breathing problems, pneumonia, brain damage and die. The risk of complications is greatest in children younger than 7 years of age.

PNEUMOCOCCAL infections are caused by a germ (streptococcus pneumoniae). This germ causes several different infections. These are meningitis (brain infection), bacteremia (blood infection), pneumonia (lung infection) and otitis media (middle ear infection).

POLIOMYELITIS can cause nerve damage and paralyze a person for life. People get polio from drinking water or eating food with the polio virus in it.

ROTAVIRUS is a common virus that causes mild to severe diarrhea and vomiting. Rotavirus is very contagious, usually spreading to infants, children, and sometimes adults. Rotavirus infection is a major cause of health care provider visits and hospital-stays for infants and children under 5 years of age.

RUBELLA (german measles) is usually a mild viral illness in children. If a woman gets rubella in the early part of pregnancy, there is a high risk for miscarriage, stillbirth and birth defects such as: deafness, blindness, mental impairment and heart defects.

SHINGLES (Herpes Zoster) is an infection that occurs more often in older adults and is caused by the same virus as chickenpox. Signs of shingles are pain, itching or tingling in the area where the rash develops, followed by a band or a patch of raised bumps on one side of the body. The rash then develops into small, fluid-filled blisters, which contain the virus.

TETANUS (lockjaw) is a disease caused by a germ often found in soil that gets into the body through a cut in the skin and kills 2 of every 10 people who get it. Those who survive often have lasting problems with speech, memory and mental function.

VARICELLA (chickenpox) begins with a fever, followed in a day or two by a rash that can be very itchy. This rash starts with red spots that soon turns into fluid-filled blisters. It is common in children and usually mild but can also lead to severe skin infections, scarring, pneumonia, brain damage and death. If adults get it, they can become very sick.

Call Us If You Have Questions About...

- Vaccine preventable diseases
- A letter you received from the Health Department regarding your child's immunization record
- The Ontario Immunization Schedule (for adults and children)
- Influenza vaccination
- Travel immunizations

Vaccine safety is very important. If you think your child has had a reaction to a vaccination, please call us.

REMEMBER

We rely on you...

Please call us each time your child receives an immunization so that we can update his/her record.

**Vaccinate...
then UPDATE**



Durham Health Connection Line
905-666-6242 or 1-800-841-2729
Fax: 905-666-6216
durham.ca/immunize



If you require this information in an accessible format, contact 1-800-841-2729.

Immunization Awareness~

The Best Protection



Immunization is important for everyone...

People need vaccinations to protect themselves from serious diseases that can be preventable. Vaccine-preventable diseases are rare in North America because of immunization.

History shows if we stop immunizing, diseases will and have come back.



UNDER THE IMMUNIZATION OF SCHOOL PUPILS ACT (ISPA),

parents are responsible to ensure that their children are immunized against diphtheria, tetanus, polio, measles, mumps and rubella, pertussis (whooping cough), meningococcal and varicella (chickenpox)* and to notify the Health Department when their child receives these vaccinations.

*For children born in 2010 or later

Are there any side effects?

Most people do not have any side effects. Of those who do, tenderness, redness and/or swelling at the site of injection are most common. For more information, ask your health care provider or call the Health Department.

Ontario's Publicly Funded Immunization Schedule

This chart shows when you and your children should get your free vaccinations. If you or your child has missed any vaccinations, ask your health care provider for a catch-up schedule. Coloured boxes indicate vaccines that are given together in one vaccination.

Age at vaccination	Vaccine																	
	Diphtheria	Tetanus	Pertussis	Polio	Haemophilus B (Hib)	Pneumococcal-C-13	Rotavirus ¹	Measles	Mumps	Rubella	Varicella (Chickenpox)	Meningococcal-C	Meningococcal-C-ACYW135	Hepatitis B	Human Papillomavirus (HPV)	Influenza	Pneumococcal-PP23	Shingles
2 months	✓	✓	✓	✓	✓	✓	✓											
4 months	✓	✓	✓	✓	✓	✓	✓											
6 months	✓	✓	✓	✓	✓		✓											
1 year*						✓		✓	✓	✓		✓						
15 months											✓							
18 months	✓	✓	✓	✓	✓													
4-6 years	✓	✓	✓	✓				✓	✓	✓	✓							
12 yrs (Grade 7)**												✓	✓	✓				
14-16 years***	✓	✓	✓															
Every Fall															✓			
24-26 years	✓	✓	✓															
≥ 34 years****	✓	✓																
65 - 70 years																		✓
65 years+																	✓	

Vaccines in large bold font are required for school attendance under the Immunization of School Pupils Act

*Vaccines required at 1-year of age should be given on or after the child's first birthday

**Vaccines for Grade 7 students provided in schools by local health units

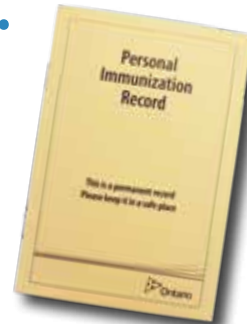
***Booster given 10 years after previous dose

****Once a dose of Tdap is given in adulthood (24-26 years of age), adults should receive a Td booster every 10 years thereafter

¹Children born before 2018 require only 2 doses of Rotavirus vaccine

Keep a record...

Have your health care provider complete a yellow immunization card and update it after each vaccination.



IMPORTANT...

Parents of children attending child care and/or school MUST provide a record of the child's immunization history to the Health Department. The record is reviewed every year. Parents will be informed if further information is needed or if the child requires vaccinations.

UNDER THE CHILD CARE AND EARLY YEARS ACT, SECTION 35

Child care operators must ensure that all children attending their centre are immunized against diphtheria, tetanus, polio, pertussis (whooping cough), haemophilus influenzae type B, pneumococcal, rotavirus, measles, mumps, rubella, meningococcal type C and varicella (chicken pox) as recommended by the local Medical Officer of Health.

Exemptions may be granted for medical reasons, or reasons of conscience or religious belief, using forms available for this purpose from Durham Region Health Department. For more information, please contact Durham Health Connection Line 1-800-841-2729 or 905-666-6242.

Maintaining An Immunization Record Is Important

You may need your immunization record when:

- starting child care or kindergarten
- transferring to a school in another region
- going to camp
- starting university, college or a job
- presenting yourself for emergency health care
- getting your booster shot(s)

