

“Take Your Best Shot” DVD

The “Take Your Best Shot” DVD is a fast moving, 3 ½ minute interactive DVD that speaks to youth about hepatitis B and meningococcal vaccination.

**Script prepared for:
The Toronto District School Board**

Listen up everybody.

You’re growing up fast ~ and you’re nearing the point where you could put your health at risk in a big, big way. The good news is there are a couple of humungous risks that you can be rid of with a simple vaccination.

That’s like a needle in the arm to help your body fight off infection from dangerous germs.

It takes seconds, it’s free, the benefits last a lifetime, and all you have to do is take home what we’re handing out and share this with your parents. We think you’re up for it.

So what’s the risk? And why now?

Well, it’s now because there are two really ugly diseases that you just don’t want – ever – and two vaccines can protect you.

Here’s the scoop.

Hepatitis B is not pretty – not even a little bit. It’s highly contagious, and gets passed along through contact with blood and other body fluids from an infected person. Plus the virus itself is a tough customer and can survive for days on things like a razor, and still infect.

So, if you think maybe someday you’d look good with pierced ears, or a tattoo somewhere, you could catch hep B, if there’s even the tiniest amount of infected blood on the equipment. But a simple immunization can protect you. Maybe you want to borrow a friend’s nail clipper, toothbrush or earrings. Same story – vaccination will protect you. Unprotected sex is another way hep B gets around.

If you don't get the shot, but you do get hep B, you could get off lightly, or you could get puking sick, and end up with a diseased liver. Not fun at all. And in a worst-case scary scenario, hep B can be deadly. So this is one shot you won't want to miss.

The other big nasty is a disease called meningitis C (also called meningococcal disease).

It's also highly infectious and gets spread around in a way you might not like to think about: it lives in 'spit'.

So pass around your water bottle, your drinking straw, your sandwich – and you could be passing along the men-C bacterium. Share a pop, lipstick, or the mouthpiece of a musical instrument, same story.

And kissing? You guessed it – it's one more way to spread men-C.

And this is one disease you just don't want to spread around. It's not that common, but it's out there – and right here in Toronto. And when it strikes, it strikes fast.

Fever, nausea, more puking, bad, bad headaches – and then it can get worse. Catch men-C and one minute you can be healthy, and the next you could be in a hospital fighting for your life.

But the good news is – the hep-B and men-C vaccines protect you.

So maybe you're thinking, "But if I'm careful, I may not need these shots. Right?"

Sorry. Wrong answer. It's important to be careful AND to get vaccinated.

The hep B / men-C shots prevent you from getting these diseases. And being careful can help prevent other infections and diseases.

So clue in your parents – show them the information to help them decide.

And the pain? Look, the needles really won't hurt..... Much.

We know you can handle it.