

## WHERE to get immunized?

Ask your doctor about immunizations for you and your family. If you or your family do not have an Ontario Health Insurance Plan (OHIP) card, call the Immunization Information Line at 416-392-1250.

## WHEN should your child be immunized?


The Immunization Schedule in this flyer shows you the age that your child should get each vaccine. These vaccines are paid for by the government. Diphtheria, tetanus, polio, measles, mumps and rubella vaccines are needed for children to attend elementary school. Students 14-16 years of age need a booster vaccine for diphtheria and tetanus (contains whooping cough). If your child has missed any immunizations, ask your doctor to recommend a catch-up schedule.

## KEEP an Immunization Record. It's important!

Use the yellow immunization record to keep track of vaccines your child gets so that none are missed.

## IMMUNIZATION Records are needed when:

- Starting day nursery or school
- Transferring to a school in another area
- Going to camp
- Enrolling in certain health-related college/university programs or working in a health-related field
- Going for emergency health care
- Travelling to other countries
- Joining Canadian Forces

|  |  |
|--|--|
|  Ministry of Health Ontario / Ministère de la Santé |  |
| <b>Immunization Record</b><br><b>Fiche d'immunisation</b>  |  |
| Name<br>Nom  | _____  |
| Date of Birth<br>Date de naissance   | ____/____/____<br><small>(yyyy/mm/dd)<br/>(aaaa/mm/ij)</small> |
| Ontario Health Card Number<br>Numéro de carte Santé de l'Ontario   | _____  |
| 2373-64 (04/02)  | 7530-4708  |

Get this  
Immunization Record  
from your doctor.

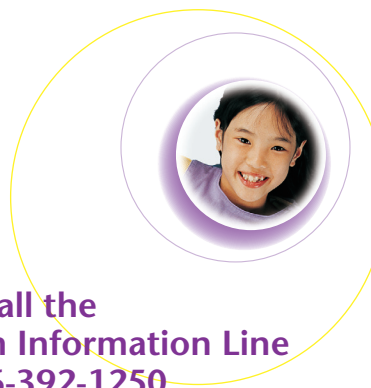
## Every time your school-aged child receives a vaccine, report it to Toronto Public Health.

It is parents' responsibility to report immunization information to public health. Doctors do not report your child's immunizations. Children with an incomplete immunization record or without a valid exemption on file with Toronto Public Health may be suspended from school.

## Report your child's immunization information to Toronto Public Health in one of these ways:

- Online at [toronto.ca/health](http://toronto.ca/health)
- Fax: 416-338-2487
- Mail: Toronto Public Health Immunization  
850 Coxwell Ave.  
Toronto ON M4C 5R1

*(Mail a clear photocopy of the original immunization record with your child's name and date of birth. Do not send the original record.)*



Call the  
Immunization Information Line  
at 416-392-1250  
if you have questions.

Translation services are available  
for various languages.

## Immunization protects us all

### What about you? Adults need a tetanus and diphtheria vaccine every 10 years.

The whooping cough vaccine is given to adults as part of the tetanus and diphtheria shot. Vaccinating adults against whooping cough helps to protect babies against the disease.

### Over 65 years?

You should get one shot of pneumococcal vaccine to protect against pneumonia.

### Thinking of getting pregnant?

Talk to your doctor. Be sure you are immunized against rubella before getting pregnant to protect your baby from serious harm.

Everyone over six months of age  
can get a free flu shot every fall!

## Learn More

Toronto Public Health  
[www.toronto.ca/health](http://www.toronto.ca/health)

Ontario Ministry of Health and Long-Term Care  
[www.health.gov.on.ca](http://www.health.gov.on.ca)

Canadian Paediatric Society  
[www.caringforkids.cps.ca](http://www.caringforkids.cps.ca)

The Canadian Coalition for Immunization  
Awareness and Promotion (CCIAP)  
[www.immunize.cpha.ca](http://www.immunize.cpha.ca)

The Immunization of School Pupils Act  
[www.e-laws.gov.on.ca](http://www.e-laws.gov.on.ca)

PH1109GB224

416.338.7600  
[toronto.ca/health](http://toronto.ca/health)

 TORONTO  
Public Health

Keep your  
children healthy!



Protect them!  
Immunize them!

# Diseases that can be prevented with immunization

All of these vaccines are paid for by the government.



**ROTAVIRUS** is a common virus that causes sudden fever, vomiting and diarrhea that can lead to dehydration (loss of body fluids). Babies and young children are at greatest risk.

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



**WHOOPING COUGH** (Pertussis) causes severe coughing spells for weeks or months. It can also cause pneumonia (lung infection), middle ear infection, convulsions (seizures), swelling of the brain and death.

**TETANUS** (Lockjaw) causes painful muscle spasms, breathing failure and death. It is caused by bacterial spores in the soil which can infect deep wounds.

**POLIO** can cause paralysis, swelling of the brain and death. People get polio from drinking water or eating food containing the polio virus. Cases are uncommon in Canada but do occur worldwide.

**HAEMOPHILUS B** (Hib) is a bacteria that can cause middle ear infection, damage to joints, pneumonia, swelling of the brain and spinal cord, and death.



**PNEUMOCOCCAL DISEASE** is a bacterial infection which causes middle ear infection, pneumonia, sepsis (blood infection), and an infection of the lining of the brain and spinal cord.

**MENINGOCOCCAL MENINGITIS** is a bacterial infection of the spinal cord and lining of the brain. It can also cause a serious infection in the blood that can lead to sudden severe illness and death.

**MEASLES** (Red Measles) causes rash, high fever, cough, runny nose and watery eyes. It can cause middle ear infection, pneumonia and swelling of the brain.

**MUMPS** causes fever, headache, earache and painful swelling of the glands in the mouth and neck. It can cause swelling of the ovaries and testes and, in rare cases, sterility.

**RUBELLA** (German Measles) causes fever, rash, swelling of the neck glands and pain, swelling in the joints, bruising and bleeding. Getting rubella during pregnancy can lead to birth defects.

**CHICKENPOX** (Varicella) can cause scarring of the skin, skin infections, pneumonia, swelling of the brain and death. Shingles, a painful rash, can occur in later life.



**HEPATITIS B** can cause serious liver problems, including liver failure, liver cancer and death. The virus is found in blood and other body fluids. It is spread by unprotected sex and contact with body fluids.

**HUMAN PAPILLOMAVIRUS** (HPV) is a common virus that causes cervical cancer. It can also lead to genital warts and cancer of the vagina, penis, anus, head and neck. HPV is spread through skin-to-skin contact during sex.

**FLU** (Influenza) is a viral infection of the nose, throat and lungs that causes coughs, high fever, chills, headache and muscle pain. It can cause pneumonia (lung infection), middle ear infection, heart failure and death.

Please see your doctor for more information.



## WHAT is immunization?

Immunization and vaccination both mean receiving a vaccine. Immunization makes people immune to a disease meaning they are protected from it.

## HOW does it work?

Immunization helps prepare the body to fight disease. If an immunized child is exposed to one of these diseases, their body is ready to act quickly and stop illness from happening. Children are best protected when they receive all of their vaccines according to the immunization schedule.

## IS it safe?

Immunization is very safe. All vaccines are thoroughly tested before public use and continuously monitored for safety.

## ARE there any side effects?

Serious side effects are rare. Some people experience pain after receiving an injection and the area may swell or get red. For more information on reducing the pain of immunization or preventing mild reactions, talk to your doctor or visit [toronto.ca/health](http://toronto.ca/health).

## Ontario's Publicly Funded Immunization Schedule

| Vaccine         | Diphtheria <sup>1*</sup> | Pertussis <sup>2*</sup> | Tetanus <sup>2*</sup> | Polio <sup>3*</sup> | Haemophilus B (Hib) <sup>4*</sup> | Pneumococcal <sup>5*</sup> | Rotavirus <sup>6*</sup> | Meningococcal <sup>7*</sup> | Measles <sup>8*</sup> | Mumps <sup>8*</sup> | Rubella <sup>8*</sup> | Chickenpox (Varicella) <sup>8*</sup> | Hepatitis B <sup>8*</sup> | HPV <sup>8*</sup> | Influenza <sup>8*</sup> |
|-----------------|--------------------------|-------------------------|-----------------------|---------------------|-----------------------------------|----------------------------|-------------------------|-----------------------------|-----------------------|---------------------|-----------------------|--------------------------------------|---------------------------|-------------------|-------------------------|
| 2 months        | ✓                        | ✓                       | ✓                     | ✓                   | ✓                                 | ✓                          | ✓                       |                             |                       |                     |                       |                                      |                           |                   |                         |
| 4 months        | ✓                        | ✓                       | ✓                     | ✓                   | ✓                                 | ✓                          | ✓                       |                             |                       |                     |                       |                                      |                           |                   |                         |
| 6 months        | ✓                        | ✓                       | ✓                     | ✓                   | ✓                                 | ✓                          | ✓                       |                             |                       |                     |                       |                                      |                           |                   |                         |
| 1 year          |                          |                         |                       |                     |                                   |                            |                         | ✓                           | ✓                     | ✓                   | ✓                     |                                      |                           |                   |                         |
| 15 months       |                          |                         |                       |                     |                                   |                            |                         |                             |                       |                     |                       | ✓                                    |                           |                   |                         |
| 18 months       | ✓                        | ✓                       | ✓                     | ✓                   | ✓                                 |                            |                         |                             |                       |                     |                       |                                      |                           |                   |                         |
| 4 – 6 years     | ✓                        | ✓                       | ✓                     | ✓                   |                                   |                            |                         |                             | ✓                     | ✓                   | ✓                     | ✓                                    |                           |                   |                         |
| Grade 7         |                          |                         |                       |                     |                                   |                            |                         | ✓                           |                       |                     |                       |                                      | ✓                         |                   |                         |
| Grade 8 (girls) |                          |                         |                       |                     |                                   |                            |                         |                             |                       |                     |                       |                                      |                           | ✓                 |                         |
| 14 – 16 years   | ✓                        | ✓                       | ✓                     |                     |                                   |                            |                         |                             |                       |                     |                       |                                      |                           |                   |                         |
| Every autumn    |                          |                         |                       |                     |                                   |                            |                         |                             |                       |                     |                       |                                      |                           |                   | ✓                       |

- Some infants need 4 doses of pneumococcal vaccine. Ask your doctor.
  - Haemophilus influenzae type b vaccine is not necessary for children older than 5 years of age.
  - Rotavirus vaccine: 2 oral (by mouth) doses should be given at least 4 weeks apart and both doses must be given before 25 weeks of age.
  - Measles, Mumps, Rubella (MMR) vaccine: should be given on or after the first birthday.
  - Hepatitis B vaccine: 2 doses offered to all grade 7 students through school and community clinics.
  - Human Papillomavirus vaccine: 3 doses offered to all grade 8 girls through school and community clinics.
  - Adults, 19 to 64 years of age, who missed their diphtheria, tetanus, whooping cough vaccine given between 14 to 16 years of age can get one dose as an adult to replace a diphtheria, tetanus vaccine that adults receive every 10 years.
  - Influenza vaccine is recommended for all individuals 6 months of age and older.
- \* Immunization against these diseases is required for school.

Same colour boxes in a row indicate vaccines are given together in one needle.