

MULTIPLE INJECTIONS

At the school clinic, some students may receive up to three vaccines in one day.

Find your child’s school clinic date online: toronto.ca/SchoolVaccines

Facts:

- It is safe to get all three vaccines in one day
- Children/teens tolerate multiple injections well
- It ensures your child is protected at the earliest age possible
- These vaccines are only free through Toronto Public Health
- Nurses observe students for 15 minutes after vaccination to monitor for reactions



Missed a school clinic?

If your child misses the school clinic, we will be back again in the spring. Toronto Public Health also offers these vaccines at community vaccine clinics by appointment: [TPHBookings.ca](https://torontopublichealth.com/TPHBookings.ca)

MAKING VACCINES EASIER

PLAN AHEAD



Talk to your child about the vaccination. Explore ways for staying calm such as visualizing a fun memory.

AT THE CLINIC



Take deep breaths and stay calm. Sit up during the needle. Use distraction such as music or an electronic device.



Some students may feel faint after a needle, so sitting or lying down for 15 minutes may help.

AFTER THE CLINIC



Ask your child about their experience. Offer praise.

MONITOR FOR REACTIONS



For mild reactions such as fever, aches or pain, use acetaminophen or ibuprofen as directed by your health care provider.

For serious reactions or if your child is feeling unwell, consult your health care provider. Ask them to report the reaction to **Toronto Public Health at 416-338-7600.**

Fall 2025



GRADE 7 & 8 STUDENT VACCINATION PROGRAM
Keeping children healthy and in school

2025/2026 School Year

Dear Parent or Legal Guardian:

Toronto Public Health will be visiting your child’s school to provide free vaccinations to Grade 7 & 8 students:

- Meningococcal-ACYW to prevent meningitis
- Human papillomavirus to prevent cancers
- Hepatitis B to prevent liver cancer

Meningococcal vaccination is a requirement for school attendance.



Already got the vaccine?

List the vaccine names and dates on the consent form (see Step 2) so we can update your child’s record or visit toronto.ca/StudentVaccines. Toronto Public Health will review your child’s vaccination record and with your consent, **vaccinate only if your child requires it.**

Please return the signed consent form to the school by Friday September 12, 2025, even if you don’t want your child vaccinated.

If you have questions about the vaccines speak to your health care provider or call us at 416-338-7600.

Sincerely,

Dr. Vinita Dubey, MD, MPH, CCFP, FRCPC
Associate Medical Officer of Health

PREVENT MENINGITIS

Meningococcal disease is very rare, but it can become life threatening quickly. It is the leading cause of bacterial meningitis in teens and young adults. It can cause strokes, hearing loss, seizures, brain damage, or blood infections. This vaccine or a valid exemption is needed for school attendance. It may also be needed for travel or postsecondary education.

Vaccine benefits

The quadrivalent vaccine protects against four types of the meningococcal bacteria: A, C, Y, and W. The vaccine is 80 to 85% effective in teenagers. Vaccine effectiveness decreases over time. If it has been more than five years since your child’s dose, a booster is recommended.

When completing the consent form, provide your child’s vaccination dates. Toronto Public Health will review this information to determine if your child is already protected.

Trade names of vaccines provided by Toronto Public Health

Menactra®, MenQuadfi®, Menveo™, Nimenrix®

Vaccine side effects and risks

The vaccine is safe, effective and well tolerated. Reactions are usually mild. Common side effects include pain and redness where the vaccine was given, headache, and feeling tired or unwell for a short time after receiving the vaccine.

In rare cases, serious allergic reactions such as trouble breathing, rash, swelling in the throat and face may occur. Allergic reactions can be treated and are usually temporary. Public health nurses will observe students for 15 minutes after vaccination to watch for reactions. There are no long-term side effects associated with this vaccine.

Who should not get the vaccine

- Anyone with allergies to the vaccine ingredients or who has had a serious reaction to a previous vaccine (containing diphtheria or tetanus toxoid protein).
- As a precaution, Toronto Public Health will not vaccinate if your child has a fever on the day of the clinic.



PREVENT CANCERS

There are different types of human papillomavirus. Many people do not know they are infected and never develop symptoms. Human papillomavirus infections cause many cancers of the mouth, head and neck, cervix and genitals.

Vaccine benefits

Gardasil®-9 vaccine is over 95% effective to protect against nine types of human papillomavirus. The vaccine prevents infection against seven types of the virus which may lead to cancer and pre-cancerous cells and two types that cause warts.

Students over the age of nine get two doses, given six months apart. Students with a weak immune system will need a third dose. Vaccinating with Gardasil®-9 will provide added protection even if your child has already received another human papillomavirus vaccine (e.g. Gardasil®-4 or Cervarix®).

Trade names of vaccines provided by Toronto Public Health

Gardasil®-9

Vaccine side effects and risks

The vaccine is safe, effective and well tolerated. Reactions are usually mild. Common side effects include pain, swelling and redness where the vaccine was given, headache, fever, dizziness, nausea, or feeling faint shortly after receiving the vaccine.

In rare cases, serious allergic reactions such as trouble breathing, rash, swelling in the throat and face may occur. Allergic reactions are treatable and usually temporary. Public health nurses will observe students for 15 minutes after vaccination to watch for reactions. There are no long-term side effects or chronic medical conditions associated with this vaccine.

Who should not get the vaccine

- Anyone with a known allergy to vaccine ingredients, such as yeast or alum.
- As a precaution, Toronto Public Health will not vaccinate if your child has a fever on the day of the clinic.



PREVENT LIVER CANCER

The hepatitis B virus can cause inflammation of the liver, which can damage it. It can also cause cancer. Some people have no symptoms of infection and others get very sick. It can spread from improper cleaning of spa, tattoo, medical and dental equipment. This vaccine may be needed before travel and for some careers (e.g. health care).

Vaccine benefits

The vaccine is over 95% effective to prevent hepatitis B virus infection.

Students ages 11 to 15 need two doses, given six months apart. Students with a weak immune system or ages 16 and older will need a third dose.

If your child has received the full hepatitis B vaccine series, provide the dates of your child’s vaccination on the consent form and Toronto Public Health can review to assess if your child is protected.

Trade names of vaccines provided by Toronto Public Health

Recombivax HB® or Engerix®-B

Other hepatitis B containing vaccines:

Twinrix®, Twinrix®Jr., INFANRIX hexa®

Vaccine side effects and risks

The vaccine is safe, effective and well tolerated. Reactions are usually mild. Common side effects include pain and redness where the vaccine was given, headache, fever, dizziness, nausea or feeling faint shortly after receiving the vaccine.

In rare cases, serious allergic reactions such as trouble breathing, rash, swelling in the throat and face may occur. Allergic reactions can be treated and are usually temporary. Public health nurses will observe students for 15 minutes after vaccination to watch for reactions. There are no long-term side effects associated with this vaccine.

Who should not get the vaccine

- Anyone with allergies to vaccine ingredients such as yeast, alum or latex (in Recombivax HB®) should not receive the vaccine.
- As a precaution, Toronto Public Health will not vaccinate if your child has a fever on the day of the clinic.

