

Vaccination,
the best protection

Free human papillomavirus (HPV) and hepatitis A and hepatitis B vaccines for youth in Grade 4 of primary school

Form to complete inside



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How to talk to my child about HPV and hepatitis

How should I talk to my child about HPV and hepatitis?

Since HPV and hepatitis B are spread primarily during sexual activities and since your child is in Grade 4, you may feel uncomfortable talking to him about these vaccines. You can simply tell your child that the vaccine is important for children his age and that it will protect him against infections that he might get when he is older. However, HPV and hepatitis immunization might be a good opportunity for you to discuss the topic of sexuality with your child. If your child asks you questions about the topic, make sure you give them information that is appropriate for their age and stage of psychosexual development. If you need help, you can talk to the school nurse or read the Mosaik bulletins, which have been developed especially for parents who want to be involved in their child's sex education: <http://publications.msss.gouv.qc.ca/msss/en/document-001666/>.

Useful sites

Government of Québec
Vaccination
<https://www.quebec.ca/en/health/advice-and-prevention/vaccination/>

Government of Canada
Health
Diseases and conditions
Vaccines and immunization
canada.ca

Canadian Paediatric Society
Illnesses and infections
Immunization
<https://www.caringforkids.cps.ca/>

Society of Obstetricians and Gynecologists of Canada
<https://www.hpvinfos.ca/>
<https://www.sexandu.ca/>

Naitre et grandir
Tout ce qu'il faut savoir sur la vaccination
naitreetgrandir.com

For more information, see also the Vaccination section on the website of the gouvernement du Québec including a new page on the Advices for Reducing the Pain and Anxiety of Vaccination in children.

Quebec.ca/vaccination

HPV vaccines

What are HPV vaccines made from?

HPV vaccines are made from a protein on the surface of the virus that mimics the envelope of the virus. They are unable to infect the person who is given the vaccine. This means they cannot transmit a HPV infection. They stimulate the immune system to prepare antibodies against HPV. Later on, when the person is exposed to HPV, the body is ready to defend itself right away.

HPV vaccines do not contain any preservatives, latex, antibiotics, thimerosal or mercury. They contain a product called an adjuvant which increases the immune system's response to the vaccine.

Are HPV vaccines effective?

Yes. In Québec, HPV infections with HPV included in the vaccines have almost disappeared in youth who have been vaccinated. Studies show that HPV vaccination is highly effective in preventing HPV infections, precancerous and cancerous lesions as well as condylomata (genital or anal warts) associated with the types of HPV the vaccines protect against. These high efficacy rates are particularly seen when vaccination is started before the beginning of sexual activity.

Are HPV vaccines safe?

Yes. HPV vaccines are very safe. They have been used for almost fifteen years, and over 300 million doses have been distributed worldwide. All provinces in Canada and over 80 countries around the world have HPV immunization programs for children. Since vaccination was introduced, many research scientists have conducted studies to find out if there is a link between HPV vaccination and serious disorders (such as immune system or nervous system, or fertility or ovarian disorders), no link has been found.

With immunization, how long does protection against HPV last?

According to scientific data, HPV immunization provides close to 100% protection against HPV infections, precancerous lesions, and condylomata (genital and anal warts) for at least 14 years. The longer-term protective effect remains unknown, but it is believed that it should last several decades. The duration of protection continues to be studied.

Are HPV vaccines a substitute for screening tests for precancerous lesions and cancer of the cervix such as the Pap test?

No. HPV vaccines are not a substitute for these screening tests.

Women who are 21 to 65 years of age and who are sexually active should have a screening test for precancerous lesions and cancer of the cervix every two or three years. This way, precancerous lesions and cancer can be detected early and treated promptly.

For the moment, there are no reliable tests for detection of throat or anal cancer. There are also no reliable tests for the detection of precancerous genital lesions in men.

User's name	Record no.
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SI-PMI ID no.

CLSC USE ONLY Vaccination Information

Vaccination site and contraindication to vaccination			
Contraindication to vaccination (specify)			
CLSC name			
CLSC address (number, street, city, province)			Postal code
Vaccination site			
Vaccine Name	Batch Number	Dose	Injection Site
<input type="checkbox"/> Twinrix		<input type="checkbox"/> 0.5 ml IM	<input type="checkbox"/> Left arm <input type="checkbox"/> Right arm
<input type="checkbox"/> Gardasil 9		<input type="checkbox"/> 0.5 ml IM	<input type="checkbox"/> Left arm <input type="checkbox"/> Right arm
Date of vaccination	Year	Month	Day
			Hour
			Minutes
Time of vaccination			
Notes			
Nurse's signature		License no.	
If a 2 nd person has administered the vaccines, nurse or auxiliary nurse's signature		License no.	

It is very important that you **complete the consent form** on the last page of this leaflet and return it to the school as quickly as possible, regardless of **whether or not you opt to have your child vaccinated**.

The HPV and hepatitis A and hepatitis B vaccines are recommended for youth in Grade 4.

The main objective of HPV and hepatitis A and hepatitis B immunization is to provide protection against these infections and their complications.

The two vaccines will be given at school at the same time by the local community services centre (CLSC) nurse (two vaccines will be given at each session). On the day of vaccination, ask your child to wear a short-sleeved top and to **take their vaccination record to school with them** if it has not already been submitted to the school. If your child is absent on the day of the vaccination session, you will still be able to have them vaccinated free of charge by following the school nurse's instructions or by making an appointment at your CLSC.

Different websites are presented on the last page of the leaflet. You can consult them if this leaflet does not answer all your questions. You can also contact the school nurse, your CLSC, your pharmacist or your doctor.



Vaccination

Why start vaccination in Grade 4 of primary school?

The HPV and hepatitis A and hepatitis B vaccines are offered in Grade 4 for the following reasons:

- The immune system responds best to these vaccines between the ages of 9 and 11, when children are in Grade 4;
- It is preferable for children to have at least one dose of vaccine against HPV and hepatitis A and B before they are exposed to these infections;
- School-based vaccination allows to vaccinate several youths in a short period of time, thus helping to the protection of everyone. It also means that you do not have to go anywhere to have your child vaccinated.

My child will be given two vaccines at the same time. Is this safe?

Yes, it is perfectly safe. It has been used for several decades all over the world.

How many doses of vaccines will my child be given?

- Your child will receive two doses on the same day:
- One dose of hepatitis A and hepatitis B vaccine (Twinrix Junior®);
 - One dose of HPV vaccine (Gardasil 9®).

A dose of hepatitis B vaccine and a dose of HPV vaccine are also scheduled in Secondary 3.

Students with weakened immune systems will require additional doses of these vaccines according to a special schedule. If this applies to your child, the school nurse will give you more information and refer you to the CLSC to receive the additional doses.

Should my child be vaccinated against hepatitis A and hepatitis B in the following situations?

Situation	Vaccination in Grade 4	Number of doses to be received in Grade 4	Reason
My child has already had one dose of hepatitis B vaccine*	Yes	One dose of hepatitis A and hepatitis B vaccine	To protect your child against hepatitis A and hepatitis B
My child has already had one dose of combined hepatitis A and hepatitis B vaccine**	Yes	One dose of hepatitis A and hepatitis B vaccine	To complete your child's protection against hepatitis B
My child has already had at least two doses of hepatitis B vaccine, at least 5 months apart	Yes	One dose of hepatitis A and hepatitis B vaccine	To protect your child against hepatitis A
My child has already had at least one dose of hepatitis A vaccine **	Yes	One dose of hepatitis A and hepatitis B vaccine	To protect your child against hepatitis B***
My child has already had at least two doses of combined hepatitis A and hepatitis B vaccine, at least 5 months apart **	No	None	Your child is already protected against hepatitis A and hepatitis B
My child has already had hepatitis B	Yes	One dose of hepatitis A and hepatitis B vaccine	To protect your child against hepatitis A
My child has already had hepatitis A	Yes	One dose of hepatitis A and hepatitis B vaccine	To protect your child against hepatitis B***

* If the last dose was given before 12 months of age, a dose of hepatitis B vaccine is also recommended in Grade 4.

** If the last dose was given before 12 months of age, one dose of hepatitis A and hepatitis B vaccine is recommended in Grade 4.

*** Two doses of vaccine are required to protect against hepatitis B. One dose of hepatitis B vaccine is scheduled in Secondary 3.

There is no risk in having a hepatitis vaccine more than once.

What reactions can occur to the vaccines?

The HPV and hepatitis A and hepatitis B vaccines are safe. The main reactions that can occur are generally not serious, of short duration and do not require any medical intervention:

- Hepatitis A and hepatitis B vaccine (Twinrix Junior®):** Very often some pain, swelling or redness may be felt at the injection site. Often a fever or headaches, discomfort, fatigue, nausea or vomiting may also occur.
- HPV vaccine (Gardasil 9®):** In most cases some pain may be felt at the injection site. Very often some swelling or redness may also be felt at the injection site. Often a fever or itching at the injection site may occur.

With each vaccine, there is a very low risk that a serious allergic reaction may occur. This type of reaction typically occurs within minutes of vaccination. The nurse is trained to respond immediately to stop the allergic reaction.

What should I do if my child has reactions to the vaccines?

You can put a cool, moist compress at the injection site to relieve any pain, swelling, redness or itching. To relieve fever or discomfort, you can give your child acetaminophen or ibuprofen.

You can always consult the school nurse, Info-Santé 811, your pharmacist or a doctor, depending on the severity of the symptoms.

Since two vaccines will be given at the same time, will the reactions that might occur be worse?

No. Any reactions that might occur to the vaccines will occur only once but will not be any worse.

Hepatitis A and hepatitis B

What is hepatitis?

Hepatitis is a liver disease that can have serious complications. There are several types of hepatitis, but the most common are those caused by viruses, such as hepatitis A and hepatitis B.

What is the difference between hepatitis A and hepatitis B?

Hepatitis A is not spread in the same way as hepatitis B.

In general, the possible complications of hepatitis B are more serious than those of hepatitis A.

Unlike hepatitis A, hepatitis B can make a person contagious for life.

What are the main symptoms of hepatitis A and hepatitis B?

Hepatitis A and hepatitis B can cause:

- Fatigue
- Loss of appetite, nausea or vomiting
- Stomach pains
- Fever
- Diarrhea
- Jaundice (yellowing of the skin and whites of the eyes)
- Pale stools and dark urine

Some people do not have symptoms. This means that they do not know that they have hepatitis and might infect other people.

How is hepatitis A spread?

Hepatitis A is spread by drinking water or eating food or by using objects that is contaminated with the stool of an infected person. For example, a person can contract hepatitis A if an infected person does not wash their hands after going to the toilet and then prepares food.

What are the possible complications of hepatitis A?

The possible complications of hepatitis A are:

- Serious liver damage
- Persistent fatigue (lasting several weeks)
- Death (0.1 to 0.3% of cases)

How is hepatitis B spread?

Hepatitis B is spread by contact between a wound or mucous membrane and the blood, semen or vaginal secretions of an infected person. For example, through:

- Accidental contact with an infected person's blood
- Unprotected intercourse (without a condom)
- Sharing of needles or other injection equipment by drug users or accidental contact with this equipment
- Tattooing or body piercing with non-sterilized equipment

What are the possible complications of hepatitis B?

The possible complications of hepatitis B are:

- Serious liver damage
- Chronic liver infection
- Cirrhosis
- Liver cancer
- Death (around 1% of cases)

How can one be protected against hepatitis A and hepatitis B?

Vaccination is the best protection against hepatitis A and hepatitis B.

Hepatitis A and hepatitis B vaccines

Is the hepatitis A and hepatitis B vaccine used in Grade 4 effective?

Yes. The dose given in Grade 4 is sufficient to protect children against hepatitis A and partially against hepatitis B. A 2nd dose of hepatitis B vaccine is given in Secondary 3 to provides long-term protection against hepatitis B. The vaccines used are very effective. In Québec, hepatitis A and hepatitis B have almost disappeared in children who have been vaccinated.

Is the hepatitis A and hepatitis B vaccine used in Grade 4 safe?

Yes. This vaccine has been used for more than 25 years. Hundreds of millions of doses have been given worldwide. Since vaccination was introduced, many research scientists have conducted studies to find out if there is a link between hepatitis A and hepatitis B vaccination and serious illnesses (such as immune system or nervous system disorders), no link has yet been found.

With vaccination, how long does protection against hepatitis A and hepatitis B last?

In healthy people, protection against hepatitis A and hepatitis B will last at least 25 to 35 years after vaccination with 1 dose of hepatitis A and 2 doses of hepatitis B. Studies are ongoing, but there is no indication that a booster dose is necessary later in life.

HPV

What is HPV?

HPV refers to a group of viruses that are among the most common viruses in the world. There are over 100 different types of HPV. Some types of HPV can cause condylomata (genital or anal warts), precancerous lesions or cancers of the cervix, vagina, vulva, penis, anus and throat. HPV 16 is responsible for most HPV-related cancers among women and nearly all such HPV-related cancers in men.

How is HPV spread?

HPV is spread by intimate contact with the skin or mucous membranes, mainly during sexual activity.

Who can get a HPV infection?

Without vaccination, around 75% of men and women will get at least one HPV infection at some point in their lives. Men and women can be infected by more than one type of HPV at a time and be infected by the same type of HPV more than once.

How can one be protected against HPV?

Getting vaccinated against HPV is still the best protection against HPV and it is better to begin vaccination before becoming sexually active. However, HPV vaccines do not protect against other sexually transmitted infections or against all types of HPV. That's why it's important to use condoms, even if one or both partners have had the HPV vaccine.

Condoms reduce the risk of HPV infections. However, they do not fully protect because they do not cover the skin around the genitals. HPV can be found on skin that is not covered by the condom.

Contrary to some beliefs, having a Pap test does not protect against HPV. It is used to detect precancerous cervical lesions and cervical cancer caused by an HPV infection.

What symptoms will someone who has a HPV infection have?

Very often, people who have a HPV infection are not aware of it because they do not have symptoms. This means that they might unknowingly infect other people.

Among those who have not been vaccinated against HPV, condylomata (genital or anal warts) are one of the most common sexually transmitted infections. The warts can be embarrassing and appear as small bumps on the skin or genitals. Their treatment can be painful and require several medical visits.

Precancerous genital and cervical lesions can cause a variety of symptoms, such as pain or bleeding. They can also be present without causing any signs or symptoms for many years, sometimes leading to cancer.



CONSENT FOR VACCINATION AGAINST HEPATITIS A AND B AND HPV FOR STUDENTS IN GRADE 4

- Fill out all sections of the form including the box above using a pen**
- Sign the form**
- Detach the form from the pamphlet and return it quickly to the school, whether or not you consent to vaccination**

Additional Identification			
Name of school		Class	
Parent 1's name	Parent 2's name	Guardian's name (if applicable)	
Your relationship to the child:		Phone number where you can be reached	
<input type="checkbox"/> Parent 1	<input type="checkbox"/> Parent 2	<input type="checkbox"/> Guardian	Area code Number

Child's Medical and Vaccination Record	
1. Has your child ever had a serious allergic reaction that required emergency medical care?	<input type="checkbox"/> Yes <input type="checkbox"/> No
If so, state the cause:	<input type="checkbox"/> Vaccine <input type="checkbox"/> Other, specify: _____
2. Does your child have an immune system problem due to an illness (e.g., leukemia) or a medication he / she is taking (e.g., chemotherapy)?	<input type="checkbox"/> Yes <input type="checkbox"/> No
If yes, your child needs to receive an extra dose.	
Please provide your child's vaccination record when requested by the nurse whether or not you consent to vaccination. A CLSC nurse will verify and record this information, including the number of doses to be administered.	

Parent/Guardian Consent (Decision)			
As the parent or guardian of a child under the age of 14, you are in charge of vaccination decisions for this child.			
Explanations to help you make an informed decision are provided in the pamphlet attached to this form. If you would like additional information about vaccination programs, please contact your local CLSC or speak with the school nurse.			
Please read the following statements and check the box for each to give or decline consent. You must also sign your name at the bottom of the section. By giving your consent, you agree to the full vaccination series, which includes one dose of each vaccine listed below.			
1. Indicate whether or not your child may be vaccinated against hepatitis A and B.			
[For students in grade 4, one dose of Twinrix (combined vaccine against hepatitis A and B) is administered. If your child has already been vaccinated against one of these diseases, the nurse will give the vaccine if required].			
<input type="checkbox"/> I CONSENT to have my child vaccinated with this vaccine.			
<input type="checkbox"/> I DECLINE to have my child vaccinated with this vaccine.			
<input type="checkbox"/> DOES NOT APPLY because my child has already been vaccinated against hepatitis A and B or has already had hepatitis A and B.			
2. Indicate whether or not your child may be vaccinated against HPV (human papillomavirus).			
[For students in grade 4, one dose of Gardasil 9 (vaccine that protects against nine types of HPV) is administered].			
<input type="checkbox"/> I CONSENT to have my child vaccinated with this vaccine.			
<input type="checkbox"/> I DECLINE to have my child vaccinated with this vaccine.			
<input type="checkbox"/> DOES NOT APPLY because my child has already been vaccinated against HPV.			
Parent's or guardian's signature	Date	Year	Month Day