

# INFORMATION FOR PARENTS

## Human Papillomavirus, Meningococcal & Other Vaccines for Pre-Teens and Teens



Vaccines are not just for infants. In fact, they protect older children and adolescents from serious diseases. As children get older, the immunity provided by childhood vaccines can wear off. Children also develop risks for more diseases as they enter pre-teen years. For these reasons, they need vaccinations.

### Human Papillomavirus (HPV)

- HPV causes cervical cancer in women and anal cancer and genital warts in men and women.
- HPV is a common sexually transmitted infection and often has no symptoms.
- HPV vaccine protects against most but not all causes of cervical cancer in women.
- Vaccination against HPV is usually started at 11-12 years of age. Three doses of vaccine are recommended for girls and can be given to boys.
- This vaccine is very effective against several types of HPV and works best if given before exposure to HPV.
- The most common side effect is soreness where the shot was given.

### Meningococcal Disease

- Meningitis affects the brain and spinal cord.
- It can lead to brain damage, severe disabilities or death.
- Common symptoms include a fever, rash, headache, or stiff neck.
- It is spread through close contact: coughing, kissing and sharing food or drinks.
- Meningococcal vaccine can protect children and teens.
- Some children develop redness and pain where the shot was given.
- The first dose should be given at the 11-12 year old check up; the second dose should be given at 16 years of age.

### Pertussis or Whooping Cough

- Pertussis can cause severe coughing and choking, making it difficult to breathe or eat.
- The cough often lasts for 3 months or more – making it hard to sleep, go to school or do other activities.
- It is spread by coughing, sneezing or close contact with an infected person.
- Tdap vaccine protects against whooping cough along with diphtheria and tetanus. This vaccine is very effective in preventing all 3 diseases.
- Tdap vaccine is usually given at the 11-12 year old visit.
- Children may develop some redness and pain where the shot was given.

The Michigan Department of Education, in cooperation with the Michigan Department of Community Health is required by law (MCL 380.1177a) to develop and make available to schools information on meningococcal meningitis and human papillomavirus. In addition, the Michigan Department of Community Health is required by law (MCL 333.9205b) to identify materials about human papillomavirus and immunization and to notify schools of the availability of the materials, and encourage schools to make the information available to parents.

MCL 380.1177a [http://www.legislature.mi.gov/\(S\(xp00o445gphht5qhnv5dpu45\)\)/documents/mcl/pdf/mcl-380-1177a.pdf](http://www.legislature.mi.gov/(S(xp00o445gphht5qhnv5dpu45))/documents/mcl/pdf/mcl-380-1177a.pdf)  
MCL 333.9205b [http://www.legislature.mi.gov/\(S\(xp00o445gphht5qhnv5dpu45\)\)/documents/mcl/pdf/mcl-333-9205b.pdf](http://www.legislature.mi.gov/(S(xp00o445gphht5qhnv5dpu45))/documents/mcl/pdf/mcl-333-9205b.pdf)

June 2, 2011

## Influenza OR “Flu”

- The flu is an infection of the nose, throat, and lungs. It is spread by coughing, sneezing, or talking.
- Children with the flu develop a high fever, headache, dry cough, sore throat and achy muscles very quickly. Each year, many children die from flu or its complications.
- Places where children are in close contact, such as classrooms, make it easier for flu to spread.
- Everyone 6 months of age and older should have flu vaccine every year.
- There are 2 types of vaccine: a shot and a nasal spray. Both types of flu vaccines are safe.
- The most common side effect is soreness where the shot was given or a stuffy nose after the nasal spray.

### **Pre-teens and teens are recommended to have the following vaccines if they have not already had them:**

- 1-2 doses of meningococcal vaccine (MCV4)
- 3 doses of human papillomavirus vaccine (HPV)
- 1 dose of tetanus, diphtheria, pertussis vaccine (Tdap)
- 3 doses of hepatitis B vaccine (hep B)
- 2 doses of hepatitis A vaccine (hep A)
- 2 doses of measles, mumps, rubella vaccine (MMR)
- 2 doses of chickenpox vaccine (Var)
- At least 3 doses of polio vaccine (IPV or OPV)
- Flu vaccine every year in the fall or winter months

### **Paying for Vaccines**

Check to see if your health insurance will pay for these vaccines. If your child does not have health insurance or does not have health insurance that covers the cost of vaccines, ask your health care provider or local health department about the Vaccines for Children (VFC) program. Eligible children, 18 years of age and younger, may receive publicly-purchased vaccine through the VFC program.

### **For More Information**

- ▶ Contact your health care provider or local health department
- ▶ Michigan Department of Community Health • [www.michigan.gov/immunize](http://www.michigan.gov/immunize)
- ▶ Michigan Department of Community Health • [www.michigan.gov/teenvaccines](http://www.michigan.gov/teenvaccines)
- ▶ Centers for Disease Control (CDC) • [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)
- ▶ Vaccine Education Center • [www.chop.edu/vaccine](http://www.chop.edu/vaccine)
- ▶ Vaccines for Children program • [www.cdc.gov/vaccines/programs/vfc](http://www.cdc.gov/vaccines/programs/vfc)

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June 2, 2011

# the flu

## Information for Schools on Influenza and Vaccines

**What is influenza or “the flu”?**

The flu is an infection of the nose, throat and lungs caused by flu viruses. There are many different flu viruses that can cause people to get sick. The flu is spread easily by coughing, sneezing or talking. Every year many people get the flu. Some people can get very sick and some may even die.

**What are the symptoms of the flu?**

People with the flu develop a high fever, headache, dry cough, sore throat and achy muscles very quickly. Children may have stomach problems. Some people with the flu have NO symptoms at all and can still spread flu to others.

**How can students be protected from the flu?**

Getting flu vaccine is the best way to protect children and adults from the flu. Flu vaccine is now recommended for everyone 6 months of age and older

**What can I do to protect students?**

**Get vaccinated** and encourage others in contact with children to be vaccinated - parents, siblings, teachers, secretaries and other support staff. Getting vaccinated is especially important for those who take care of infants younger than 6 months of age. These babies are too young to be given flu vaccine.

**Is flu vaccine recommended for children in schools?**

Yes. The Centers for Disease Control and Prevention (CDC) and MDCH recommend that children 6 months of age and older receive flu vaccine to help them stay healthy, although the vaccine is not required for school or daycare entry.

**Does the flu vaccine only come in a shot?**

There are currently 2 types of vaccine - a shot and a nasal-spray. In addition, some children may need 2 doses of vaccine. Health care providers can determine which type of vaccine can be given and how many doses are needed.

**How often should students be vaccinated?**

To be protected, children and adults need to be given flu vaccine every year - usually in the fall or winter months.

**Are flu vaccines safe?**

Yes, flu vaccines are safe and can be given with other vaccines. It is important to understand that the chance of being harmed from this disease is much greater than any chance of being harmed from vaccination.

**Are there side effects from the flu vaccine?**

Most adults and children have little or no problems after receiving flu vaccine. There may be soreness or redness where the shot was given. The nasal flu vaccine can sometimes cause a stuffy nose.

**What if a student's family cannot afford vaccine?**

Children 18 years of age and younger may be eligible for publicly purchased vaccines through the Vaccines for Children (VFC) program. To learn more about the VFC program contact your local health department or health care provider.

**Where can I get more information?**

Contact your health care provider or local health department  
Centers for Disease Control & Prevention • [cdc.gov/flu](http://cdc.gov/flu)  
Michigan Dept of Community Health • [michigan.gov/flu](http://michigan.gov/flu)  
Childhood Influenza Coalition • [preventchildhoodinfluenza.org](http://preventchildhoodinfluenza.org)  
Families Fighting Flu • [familiesfightingflu.org](http://familiesfightingflu.org)