

# GET THE FACTS

## Hepatitis B

- Hepatitis B is caused by a virus that attacks the liver. It is one of the most common causes of liver cancer around the world.
- It is spread easily through blood and body fluids. You can become infected through tattoos, piercings, sexual contact, dental and medical care provided in other countries.
- The vaccine is between 95% and 100% effective when children receive 2 doses.

### Other tips to reduce the risk:

- Use a condom
- Abstain from sexual activity
- Make sure sterile tools are used for tattooing and body piercing
- Never share toothbrushes, razors, and other personal hygiene items

## Human Papillomavirus

- HPV is a virus that can cause cervical or penile cancer as well as other cancers and genital warts in men and women.
- HPV is spread through skin-to-skin contact (kissing or touching) with the genital areas of a person who has the HPV infection.
- It is not necessary to have intercourse to get HPV.
- Vaccinate your son or daughter well before they engage in sexual activity when they can be exposed to HPV.
- Without immunization, about three out of four sexually active Canadians will get HPV in their lifetime.
- For girls and boys between the ages of 9-14, the HPV vaccine is a 2-dose series.
- When given before a person is sexually active, the HPV vaccine protects against close to 100% of the 9 types of HPV that cause cancers and genital warts.

## Meningococcal Disease

- Meningococcal disease is caused by bacteria that can lead to Meningitis or an infection of the blood. Without treatment, children who get Meningococcal disease may die or suffer long-term disabilities including brain injury, loss of limbs or deafness.
- Meningococcal disease is spread through close, direct contact such as kissing, coughing, or sneezing. It can also be spread through sharing things like food, drinks, and musical instruments.
- One dose of vaccine is given at age 1 (Men-C-C) and a second dose is given in Grade 7 (Men-C-ACYW). Both vaccines are required for school attendance unless a valid exemption is provided.
- The Grade 7 vaccine is different from the one received as an infant as it contains the four types of the bacteria which cause almost all cases of meningitis.
- This vaccine protects between 80% and 85% of teens.

\*The most common side effects of all three vaccines include redness, pain and/or swelling at the site, especially during the first 24 hours. Less common side effects would include muscle aches, dizziness, headache and/or slight fever.