

School vaccination information for students



Vaccination is a simple and clever way to protect you from serious diseases now and later in your life. It also protects your friends and family by helping stop the spread of disease.

What to expect

Before vaccination day

Don't miss out on these free vaccines! Remind your parent or carer to complete the online consent form at <https://engage.health.nsw.gov.au/engage>, or ask your school for a paper consent form.

Your parent or carer will need to complete the form before you get vaccinated at school.

On the day

- Have a good breakfast.
- If your school allows it, wear a short sleeve shirt like your sports uniform.
- A nurse will talk to you about the vaccine. There may be other students already there.
- Make sure you let the teacher or nurse know if you are feeling nervous or unwell.
- The nurse will ask you some questions:
 - Your name, date of birth and address
 - Check that your consent form has been signed
 - Ask if you are feeling well or have any allergies
 - Other questions about your health and wellbeing.
- When getting your vaccine, you may feel a little pinch, sting or tingle.
- After you get your vaccine, you will wait for 15 minutes to make sure you're feeling well.
- It is common to get some swelling, muscle ache, redness and a small red lump at where you had the injection. You may also feel tired or have a headache.
- Make sure you keep moving your arm to help with muscle soreness.
- After vaccination you can play sport, have a shower and participate in after school activities.



Well done! You did it!

Your vaccines and why they are important

Year 7	Year 10
<p>Human papillomavirus (HPV) vaccine</p> <p>This vaccine is important as it protects you against HPV-related cancers and illnesses that can affect everyone.</p>	<p>Meningococcal ACWY vaccine</p> <p>This vaccine is important as it protects against four types of meningococcal bacteria, which cause serious disease that can quickly become life-threatening.</p>
<p>Diphtheria, tetanus, and pertussis (whooping cough), (dTpa) vaccine</p> <p>This vaccine is important as it protects you against three illnesses – diphtheria, tetanus and pertussis, also known as whooping cough. These illnesses are serious and can be life threatening.</p>	<p>Remember – if you're not at school on vaccination day, don't worry. You can catch up at a future school clinic, or you can get a free vaccine at your GP or local pharmacy.</p>



For more information visit www.health.nsw.gov.au/schoolvaccination or scan the QR code.

