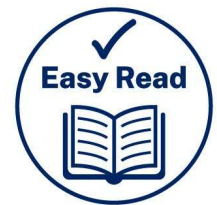


# Vaccines for high school students

## Information for parents and carers

Easy Read version

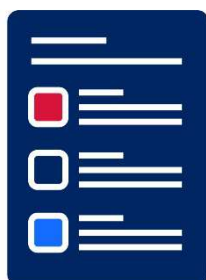


# How to use this document



We are NSW Health.

We wrote this document.



We wrote some words in **bold**.

We explain what these words mean.

There is also a list of these words on page 22.



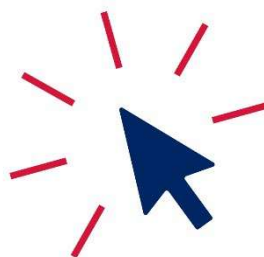
You can ask someone you trust for support to:

- read this document
- find more information.



This is an Easy Read summary of another document.

It only includes the most important ideas.



You can find the other document on our website.

[www.health.nsw.gov.au/immunisation/Pages/schoolvaccination.aspx](http://www.health.nsw.gov.au/immunisation/Pages/schoolvaccination.aspx)

# What's in this document?

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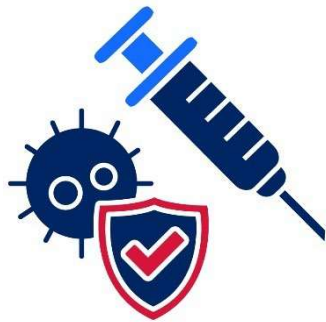
More information 24

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# Which vaccines your child will get



We work with NSW schools to give students **vaccines** while they are at school.



A vaccine is medicine you get through a needle to help your body fight off diseases and stay healthy.



These vaccines are free.

You don't need to pay for them.



You need to fill out a form before your child can get these vaccines.



Filling out this form tells us that it is okay for your child to get these vaccines at school.



Your child will get **3 vaccines** while they are at school.



In year 7, your child will get the human papillomavirus (HPV) vaccine.

The HPV vaccine protects people against cancers and illnesses linked to the HPV virus.



In year 7, your child will also get the dTpa vaccine.

The dTpa vaccine protects people from diphtheria, tetanus and pertussis (whooping cough).

These 3 illnesses are serious and can make people very sick.



**Meningococcal**

In year 10, your child will get a vaccine to protect them from 4 types of meningococcal disease.

Meningococcal is a serious disease that can make people very sick.

## Before getting the vaccine



You need to fill out a form to say your child can get these 3 vaccines at school.

You can fill out the form on our website.

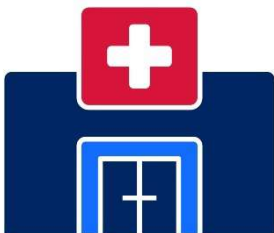
[www.health.nsw.gov.au/immunisation/Pages/schoolvaccination.aspx](http://www.health.nsw.gov.au/immunisation/Pages/schoolvaccination.aspx)



You can also scan our QR code.



Or you can ask your child's school for a paper form.



You can contact your local public health unit if your child needs more support to get their vaccine.

Your local public health unit can:



- make sure your child gets support at school on the day of their vaccine



- send your child to a health professional who can give them more support for their vaccine.



You can call your local public health unit.

1300 066 055

# Getting the vaccine

Your child can get ready for their vaccine by:



- eating a good breakfast



- wearing a short sleeve shirt, such as their sport uniform.



A nurse will talk to your child about the vaccine.



You can tell the nurse if your child is feeling:

- nervous
- sick.



The nurse will ask your child some questions.

This includes:



- their name, date of birth and address



- how they are feeling



- if they have an **allergy**.

An allergy is when your body has a bad response to something.

For example, if you get a rash after you eat nuts.

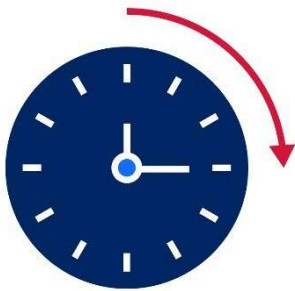


The nurse will also check the form you signed to say your child can have the vaccine.



Your child may feel a pinch, sting or tingle when they get the vaccine.

# After getting the vaccine



Your child will wait 15 minutes after they get their vaccine to make sure they are feeling well.

After their vaccine, your child's arm can:



- feel swollen
- feel a little sore
- show redness
- get a small red lump.



Your child may also feel tired or get a headache.



It's normal for your child's body to feel like this after a vaccine.



You can make sure your child gently moves their arm to help with sore muscles from the vaccine.

After the vaccine, your child can still:



- play sport



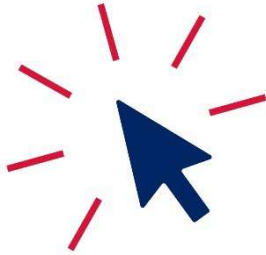
- have a shower



- take part in school activities.



You should take your child to a doctor if they feel sick after the vaccine.



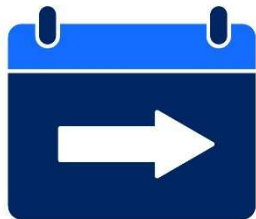
You can visit our website for more information about how your child's body can respond to vaccines.

[www.health.gov.au/resources/publications/following-vaccination-what-to-expect-and-what-to-do?language=en](http://www.health.gov.au/resources/publications/following-vaccination-what-to-expect-and-what-to-do?language=en)

# If your child misses their vaccines at school



If you signed the vaccine form, we will send you a letter if your child missed a vaccine.



Your child can get catch-up vaccines at school in the next year.



For example, if your child missed their year 7 vaccines, they can get them at school in year 8.

Your child can also get their vaccines from:



- a doctor



- a pharmacist



- Aboriginal Medical Services (AMS).



The vaccines are free.



But you might have to pay a health professional to give your child the vaccine.

## Other types of schooling



If your child doesn't go to a local school, they can still get the vaccines for:

- HPV
- dTpa
- meningococcal.

### Children at an Intensive English Centre (IEC)



Your child can get the vaccines if they go to an **Intensive English Centre (IEC)**.

An IEC teaches English to students who:



- just moved to Australia

and



- are high school age

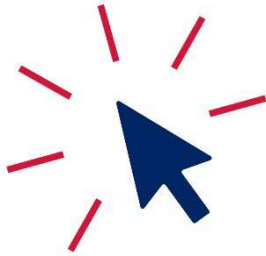
and



- don't speak English as their first language.



Your child might also need other vaccines.



You can find more vaccine information for IECs on our website.

[www.health.nsw.gov.au/immunisation/Pages/school-vaccination-parents.aspx#iecs](http://www.health.nsw.gov.au/immunisation/Pages/school-vaccination-parents.aspx#iecs)



You should take your child to a doctor or pharmacist if they miss vaccine day at the IEC.

## Children doing distance education and learning at home

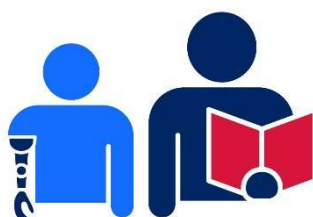


Your child can get the vaccines if they go to a **distance education school**.

These are schools for students who:



- live far away from schools



- need support that local schools can't give them.



Your child can also get the vaccines if you teach them at home instead of sending them to school.



You will need to take them to a health professional to get the right vaccines for their age.



You should call first so the health professional has time to get the right vaccines.



For more information about vaccines, you can call your local public health unit.

1300 066 055

# Word list

This list explains what the **bold** words in this document mean.



## **Allergy**

An allergy is when your body has a bad response to something.

For example, if you get a rash after you eat nuts.



## **Distance education school**

Distance education school is a school that you can learn from if you:

- live far away from schools
- need support that your local school can't give you.

## **Intensive English Centre (IEC)**



An IEC teaches English to students who:

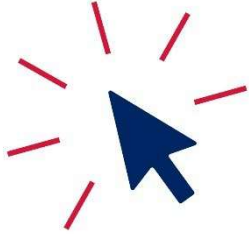
- just moved to Australia
- are high school age
- don't speak English as their first language.



## **Vaccine**

A vaccine is medicine you get through a needle to help your body fight off diseases and stay healthy.

## More information



You can find more information on our website.

[www.health.nsw.gov.au/immunisation/Pages/school-vaccination-parents.aspx](http://www.health.nsw.gov.au/immunisation/Pages/school-vaccination-parents.aspx)



You can find information in different languages on our website.

[www.health.nsw.gov.au/immunisation/Pages/school\\_vaccination\\_language.aspx](http://www.health.nsw.gov.au/immunisation/Pages/school_vaccination_language.aspx)



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