

Free human papillomavirus (HPV) and hepatitis A 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 ?

Since HPV 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 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
quebec.ca/en/health/advice-and-prevention/vaccination

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

Canadian Paediatric Society
Immunization
caringforkids.cps.ca

Society of Obstetricians and Gynecologists of Canada
hpvinfo.ca
sexandu.ca

Naître 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 an HPV infection. They stimulate the immune system to prepare antibodies against HPV. Later, if the person is exposed to HPV, the body will already be ready and will defend itself right away.

HPV vaccines do not contain any preservatives, latex, antibiotics, thimerosal and 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 15 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 data, HPV immunization provides close to 100% protection against HPV infections caused by HPV included in the vaccines, 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	File number
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SI-PMI ID no.

TO BE COMPLETED BY PROFESSIONAL ADMINISTERING VACCINE

VACCINATION DETAILS							
Vaccination Date (year, month, day)	Vaccination Time (00:00)	Vaccine Name	Batch #	Quantity/ Units	Administration Route	Injection Site	
					Intramuscular	Left arm	Right arm
					I.M.	<input type="checkbox"/>	<input type="checkbox"/>
					I.M.	<input type="checkbox"/>	<input type="checkbox"/>

VACCINATION SITE:

INFORMATION ON HEALTH CARE PROFESSIONAL QUALIFIED TO VACCINATE
 Nurse Physician Respiratory Therapist Midwife Pharmacist

Name: _____ Signature: _____ Occupation (specify): _____ License #: _____

INFORMATION ON QUALIFIED CONTRIBUTOR ADMINISTERING VACCINE
(To be completed only if vaccine is administered by a qualified contributor)

Name: _____ Signature: _____ Occupation (specify): _____ License #: _____

Notes :

IMPORTANT :

Regardless of whether or not you opt to have your child vaccinated :

- Complete the consent form on the last page of this leaflet;
- Return the completed form to school as quickly as possible.

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

The objective of HPV and hepatitis A 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 school nurse. 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 sick or absent from school on the day of the vaccination session, or if you wish to be present during the vaccination, the school nurse will inform you of the process to obtain the vaccine.

Different websites are presented on the last page of the leaflet. You can consult them if this leaflet does not answer 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 vaccines are offered in Grade 4 for the following reasons:

- The immune system responds best to these vaccines at that age;
- It is preferable for children to have at least one dose of HPV vaccine and at least one dose of hepatitis A vaccine before they are exposed to these infections;
- School-based vaccination allows to vaccinate several youths in a short period of time. 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 vaccine;
- One dose of HPV vaccine.

An other dose of HPV vaccine is 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 receive the additional doses.

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

Situation	Vaccination in Grade 4	Doses to be received in Grade 4	Reason
My child has already had one dose of combined hepatitis A and hepatitis B vaccine before 12 months of age	Yes	One dose of hepatitis A vaccine	To protect your child against hepatitis A
My child has already had one dose of combined hepatitis A and hepatitis B vaccine after 12 months of age	No	None	Your child is already protected against hepatitis A
My child has already had at least one dose of hepatitis A vaccine before 12 months of age	Yes	One dose of hepatitis A vaccine	To protect your child against hepatitis A
My child has already had at least one dose of hepatitis A vaccine after 12 months of age	No	None	Your child is already protected against hepatitis A
My child has already had hepatitis A	No	None	Your child is already protected against hepatitis A

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

What reactions can occur to the vaccines?

The HPV and hepatitis A 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 vaccine:** In most cases, pain may be felt at the injection site, very often with swelling or redness. Headaches, muscle soreness and fatigue are also frequent. Fever, nausea or vomiting may also occur.
- **HPV vaccine:** In most cases some pain may be felt at the injection site, very often with swelling or redness. 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 and the nurse is trained to respond immediately to stop the allergic reaction.

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

- Apply a cold, damp compress at the injection site to relieve any pain, swelling, redness or itching.
- Use acetaminophen or ibuprofen to relieve fever or discomfort.
- Consult 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

What is hepatitis A?

Hepatitis A 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 are the main symptoms of hepatitis A?

Hepatitis A 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 A 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 are 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 can one be protected against hepatitis A?

Vaccination is the best protection against hepatitis A.

Hepatitis A vaccine

Is the hepatitis A vaccine used in Grade 4 effective?

Yes. The dose given in Grade 4 is sufficient to protect children against hepatitis A. In Québec, hepatitis A almost disappeared in children who have been vaccinated.

Is the hepatitis A vaccine used in Grade 4 of primary school 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 vaccination and serious illnesses (such as immune system or nervous system disorders), no link has been found.

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

In healthy people, protection against hepatitis A will last at least 25 to 35 years after vaccination with 1 dose of hepatitis A vaccine. 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 an 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 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 an HPV infection have?

Very often, people who have an 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.



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CONSENT TO VACCINATION AGAINST HEPATITIS A AND HUMAN PAPILOMAVIRUS (HPV) FOR GRADE 4 STUDENTS

- **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: <input type="checkbox"/> Parent 1 <input type="checkbox"/> Parent 2 <input type="checkbox"/> Guardian		Phone number where you can be reached	Area code Number

Child's Medical and Vaccination Record

1. Has your child ever had a serious allergic reaction that required emergency medical care? Yes No
If so, state the cause: Vaccine 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)? Yes No
If yes, your child needs to receive an extra dose.

Please provide your child's vaccination record upon request by the nurse, whether or not you consent to vaccination. This information, including the number of doses to be administered, will be verified and recorded.

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 you consent to your child being vaccinated against hepatitis A.**
[Grade 4 students will receive one dose of the hepatitis A vaccine. If your child has already been vaccinated against this disease, vaccine will only be administered if required].
 I **CONSENT** to have my child vaccinated with this vaccine.
 I **DECLINE** to have my child vaccinated with this vaccine.
 DOES NOT APPLY – My child has already been vaccinated against hepatitis A or has already had hepatitis A.
2. **Indicate whether or not your child may be vaccinated against HPV (human papillomavirus).**
[Grade 4 students will receive one dose of the HPV vaccine, which protects against several types of HPV].
 I **CONSENT** to have my child vaccinated with this vaccine.
 I **DECLINE** to have my child vaccinated with this vaccine.
 DOES NOT APPLY because my child has already been vaccinated against HPV.

Parent's or guardian's signature	Date	Year	Month	Day