



**Mae Brechu yn achub bywydau**  
**Vaccination saves lives**

## **Teenage immunisations**

### **Helping to protect you from disease**

These slides are version controlled and subject to revision  
January 2024 (Version 2)



# Notes to school nurses

- This template slide set has been produced to assist with the delivery of local teenage vaccine information sessions for young people.
- The content is not exhaustive and should be checked prior to use and amended as appropriate.
- Websites and sources of further information are included in the notes sections.
- The notes section within this template is designed to provide nurses with additional information for their own reference and is not necessarily to be delivered to pupils as part of this presentation.
- It is important to critically appraise sources of information prior to using them in the session.
- Material contained in this document may be reproduced without prior permission provided it is done so accurately and is not used in a misleading context.
- Acknowledgement to Public Health Wales Vaccine Preventable Disease Programme to be stated.

# Why is immunisation important?

- Immunisation is a way of helping to protect you against serious diseases.
- Once you have been immunised, your body is more able to fight these diseases if you come into contact with them.
- If enough people in the population are immunised, people who have reduced immunity e.g. babies and people unable to have vaccines, will also be protected. This is called herd immunity.
- After clean water, immunisation is the most effective way of saving lives .
- Immunisations are estimated to save 3.5-5 million lives across the world every year.

# Importance of Vaccines

Public Health Wales animated video (2023)



[Importance of Vaccines | Public Health Wales - YouTube](#)

# Immunisation: Why we do it

BBC news video (2019)



Immunisation: Why we do it and how 'herd immunity' works - BBC News

[Immunisation: Why we do it and how 'herd immunity' works - BBC News \(youtube.com\)](https://www.youtube.com/watch?v=...)

# What vaccinations do you need

- \*Flu vaccination- **Years 7-11.**
  - \*Human papillomavirus vaccination (HPV) - **Year 8**
  - 3 in 1 Teenage booster vaccination (Tetanus, diphtheria and polio (Td/IPV)) - **Year 9.**
  - Meningitis ACWY vaccination (MenACWY) - **Year 9.**
  - Measles, mumps and rubella (MMR) vaccination any age if missing 1 or 2 doses.
- \* Only HPV and flu vaccinations are given in Cardiff and Vale schools. Others are given by your GP.

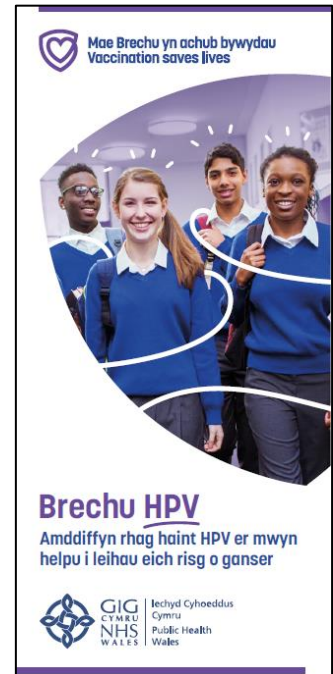
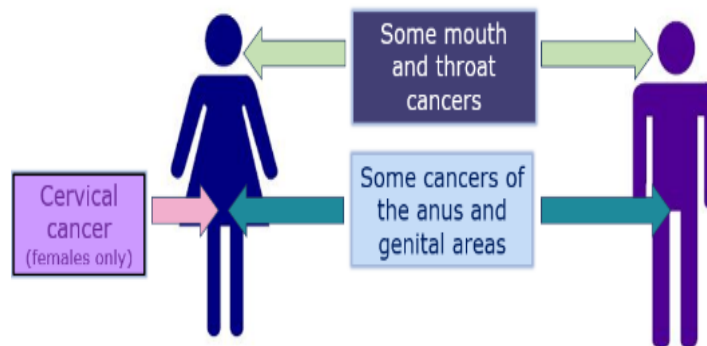
# Flu vaccine

- Anyone can get flu but children have the highest rate of infection and flu can be serious for them.
- Children and young people can also pass the flu virus on to friends or family members. This can be serious for people who are vulnerable like grandparents, people with health conditions, or people having treatments that affect their immune system (e.g. chemotherapy)
- Children and young people in school (Reception class to school Year 11) are sent information and a consent form by the school and will usually have their flu vaccine in school.
- Most children and young people have a quick and painless nasal spray.
- Flu vaccination is needed each year to offer the best protection.



# HPV vaccine

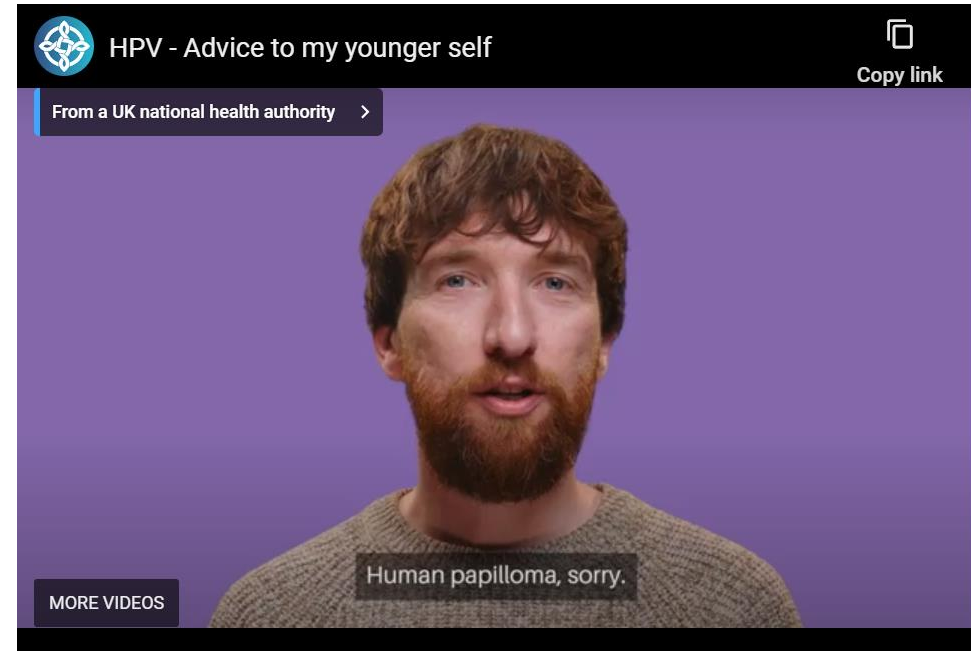
- HPV (Human papillomavirus) is very common and can be passed on through skin-to-skin contact.
- Most people will get HPV at some time in their lives.
- The HPV vaccine can help reduce your risk from some cancers caused by the HPV virus.
- You'll be offered **1 dose**.



# Public Health Wales videos: HPV vaccine



Public Health Wales animated video (2023) ['What is the HPV Vaccine' Audiovisual \(youtube.com\)](#)



Public Health Wales video (2023) [HPV - Advice to my younger self \(youtube.com\)](#)

# 3 in 1 teenage booster (Td/IPV)

- A combined vaccine that protects against **3** diseases:
  - **Tetanus** – “T”. Bacteria are normally found in soil. Caught through open skin wounds and affects the nerves in your body.
  - **Diphtheria** – “d”. Bacteria spread by coughs and sneezes and can cause serious breathing and heart problems.
  - Inactivated **Polio** Virus “IPV” . The virus is spread from person to person, and can cause severe illness, permanent disability and in some cases death.
- You will have been offered **4** routine doses before you started primary school.
- This routine teenage dose works to **boost** your immunity into adulthood.



# MenACWY vaccine

- Helps to protect against 4 types of meningococcal disease A,C,W & Y.
- Meningococcal disease is spread by close contact.
- Older teenagers are more likely to carry the bacteria and are therefore more at risk.
- Living in close contact with others may increase your risk of catching meningococcal disease i.e. at university or military barracks.
- Meningococcal disease can cause:
  - **Meningitis** - an infection of the lining of the brain;
  - **Septicaemia** - an infection of the blood.
- **Sepsis** is a life-threatening response to these infections that can lead to tissue damage, organ failure and death.

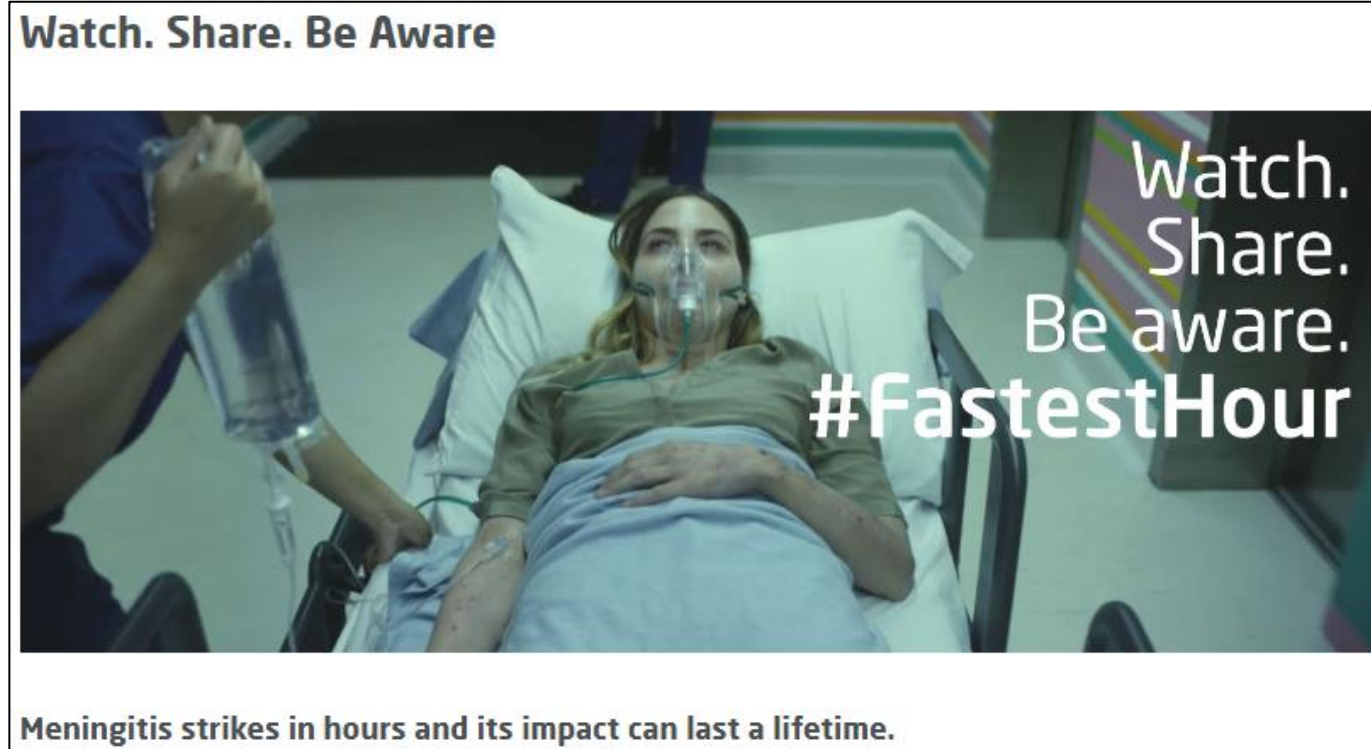
Both diseases are very serious, especially if not diagnosed early – **they can both kill.**

- **The Fastest Hour (Meningitis Now, 2017) VIDEO** [www.meningitisnow.org/support-us/news-centre/public-affairs/campaigns/fastesthour/](http://www.meningitisnow.org/support-us/news-centre/public-affairs/campaigns/fastesthour/)



# The Fastest Hour

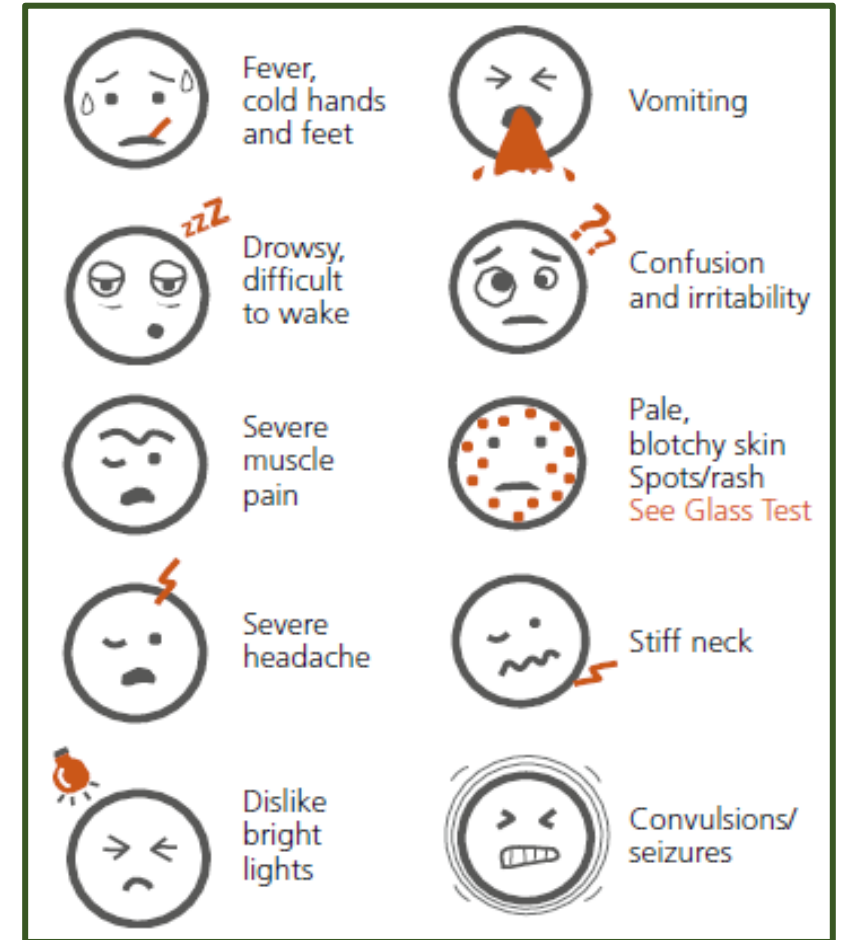
Meningitis Now video (2017)



[Meningitis Now: The #FastestHour - Awareness | Meningitis Now \(youtube.com\)](https://www.youtube.com/watch?v=...)

# Meningitis and Septicaemia

- Know the signs.....look out for each other!
- MenACWY vaccine only protects against some causes of meningitis and septicaemia (blood poisoning) so you still need to know the signs.
- You can become ill very quickly and both meningitis and septicaemia can kill.
- Symptoms can appear in any order. Some may not appear at all.
- If you think you or someone you know has meningitis or septicaemia, don't waste time, **get medical help immediately**.



Source: Meningitis Now

# Meningitis and Septicaemia

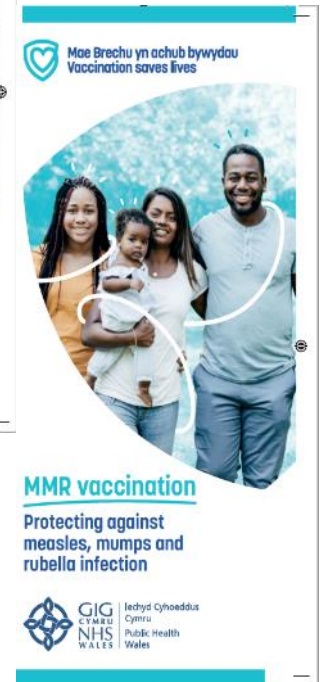
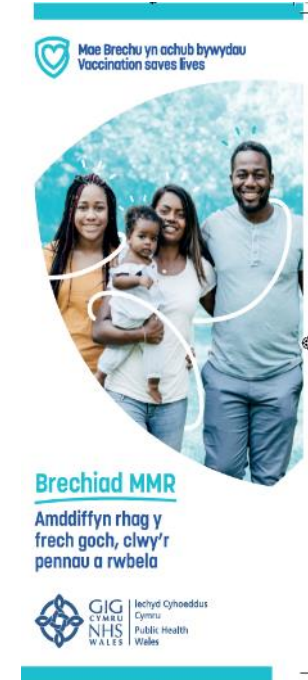
- The glass test.
- Someone with septicaemia may develop a rash of tiny “pin pricks” which can turn into purple bruising. This rash **does not** fade under pressure.
- Press the side of a clear glass firmly against the skin.
- Spots/rash may fade at first.
- On dark skin the spots/rash can be more difficult to see, check lighter areas such as the palms of the hands, soles of the feet.
- Keep checking.
- Fever with spots/rash that do not fade under pressure is a medical emergency.
- Do not wait for a rash. If someone is ill and getting worse, **get medical help immediately**.



Image source: Meningitis Now

# Measles, mumps and rubella (MMR) vaccine

- **Measles, mumps and rubella** are 3 serious infections caused by viruses spread by coughs and sneezes. All 3 infections can have serious complications.
- **Measles**- almost everyone infected will get a high fever, a rash and be very unwell. Complications of measles include infection of the lungs, brain and sometimes death.
- **Mumps**- this virus causes painful, swollen glands in the face, neck, jaw, a fever and headache. Complications include infection of the brain and brain covering. It can also cause painful swelling of the ovaries in women and the testicles in males. Mumps can sometimes cause death.
- **Rubella**- if caught in childhood symptoms are usually mild. Catching rubella while pregnant can be very serious for unborn babies. It can damage the babies sight, hearing, heart and brain. Rubella can cause miscarriage.



# Measles in Wales

- **Measles** is one of the world's most contagious diseases.
- It is spread by coughing and sneezing, close personal contact or direct contact with infected nasal or throat secretions.
- It can be a very serious disease and can cause severe, and even life-threatening complications.
- Before measles vaccination started in the UK around 100 children died in England and Wales every year.
- There is no cure for measles.
- Children are offered 2 doses of the MMR (measles, mumps and rubella) vaccine before they start primary school.
- If you've missed these, **it's not too late!**

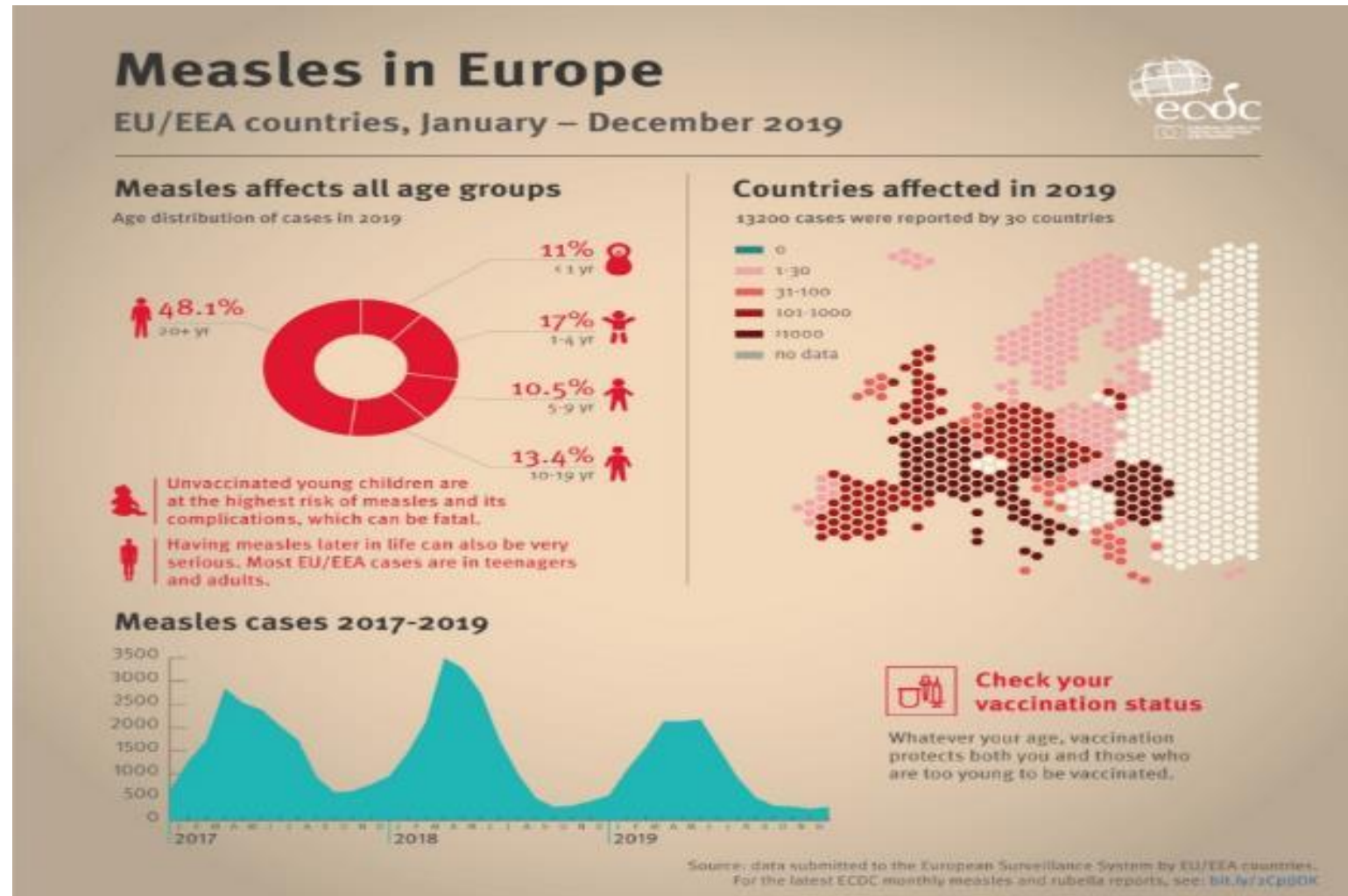
**Making sure you have had 2 doses of the vaccine will protect you and your friends and family from this horrible and dangerous disease.**



Image Source: BBC News

# Measles in Europe

- Rise in cases of measles across Europe since 2016.
- In 2019 many countries in Europe continued to experience large outbreaks.
- Across the world more than 140,000 people died from measles in 2018, children under the age of 5 were most affected.
- Making sure you have **had two doses of the MMR vaccine** will protect you and those around you.



# What do you need to do?

## Before the day:

- Read the information leaflets.
- Talk through with your parent/carer.
- Return the completed consent form as soon as possible.

## On the day:

- Wear suitable clothing (school polo shirt/short sleeve shirt).
- Have breakfast or a snack before the session.
- Know when/ where to attend.
- Don't be afraid to ask questions.
- **If you are nervous the nurses will help you!**

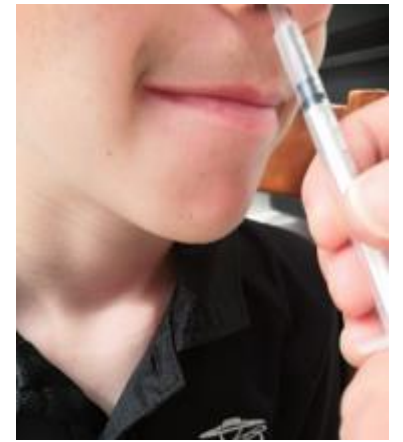
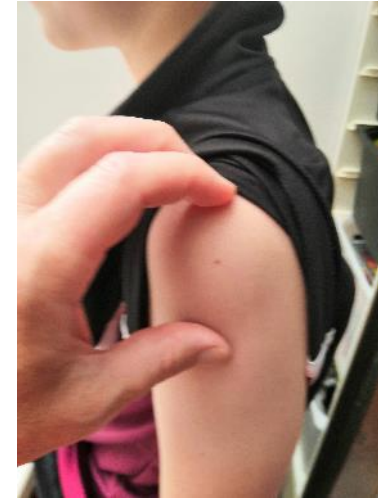


# How and when are the vaccines given?

- The vaccines will be offered to you in:
  - school year 8 for HPV;
  - and in year 9 for the 3 in 1 teenage booster and MenACWY.

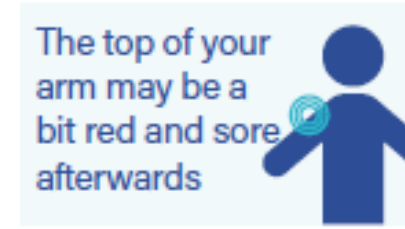
In some areas these are given by your GP surgery.

- These vaccines are given as an injection into the muscle in the upper arm.
- The flu vaccine is a nasal spray for most young people.
- You need the flu vaccination each year and this is normally offered in the autumn school term.



# Are there any side effects?

- Your arm may sting a little during and immediately after the injection or you may not feel anything.
- The top of your arm may be a bit red and sore afterwards.
- Mild temperature.
- Headache.
- Aching muscles.
- To ensure your safety we normally ask you stay with other people in school for a short while after the injection.
- **You do not need to miss school after having your vaccination!**



[Get Immunised](#) is a school-based vaccination VIDEO produced by Aneurin Bevan UHB.  
It is also available in Welsh at [Cael Imiwneiddio](#).

# Remember

- Immunisation is a way of helping to protect you and other people that can't have vaccines against serious diseases.
- Certain vaccines may be needed before you start university or college, for your chosen career, or before you travel to certain countries in the world.

## You can find more information about immunisations from:

- Your school nurse or immunisation team.
- Your GP surgery.

Go online and visit:

- [phw.nhs.wales/vaccines](http://phw.nhs.wales/vaccines)



Image source: Klipartz

# Useful websites

- [phw.nhs.wales/vaccines](https://phw.nhs.wales/vaccines)
- [phw.nhs.wales/flu vaccine](https://phw.nhs.wales/flu vaccine)
- [phw.nhs.wales/HPV vaccine](https://phw.nhs.wales/HPV vaccine)
- [phw.nhs.wales/3in1 vaccine](https://phw.nhs.wales/3in1 vaccine)
- [phw.nhs.wales/MenACWY vaccine](https://phw.nhs.wales/MenACWY vaccine)
- [phw.nhs.wales/MMR vaccine](https://phw.nhs.wales/MMR vaccine)