



get protected

**Vaccinations for Young People
aged 13 and over**



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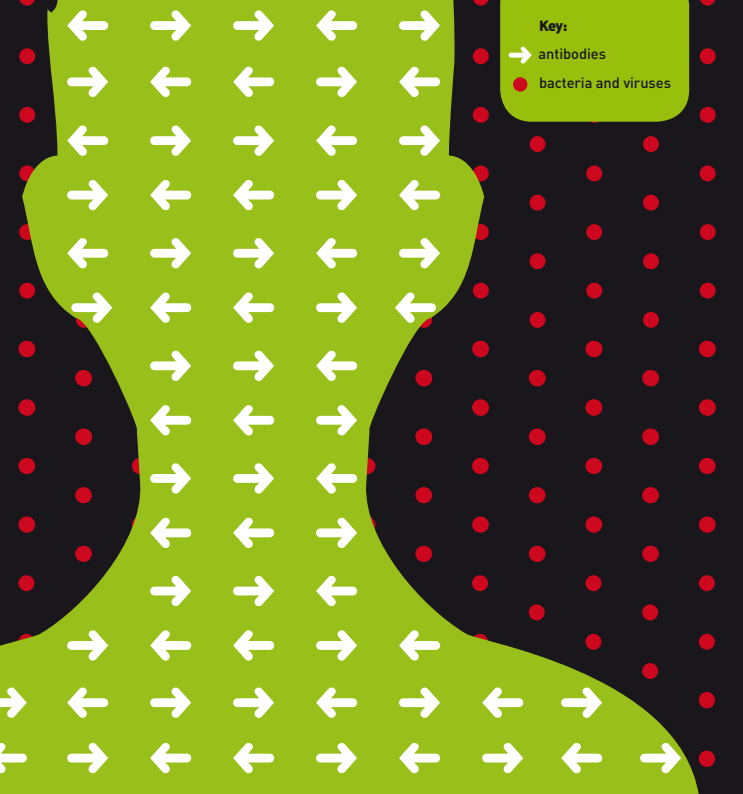
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S.T.R.I.V.E
STRATEGY TO RAISE IMMUNISATION & VACCINATION FOR EVERYONE



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Bwrdd Iechyd
Aneurin Bevan
Health Board



Key:

→ antibodies

● bacteria and viruses

What is this about?

There are many dangerous diseases that you can catch in life, but fortunately because of the national UK immunisation programme, people can **get protected** against dangerous diseases using **vaccines**.

Vaccines work by stimulating the body's immune system to produce antibodies that fight off certain viruses and bacteria. If you come into contact with these viruses or bacteria in the future, your antibodies will recognise them and protect you.

Dangerous diseases such as polio and diphtheria have disappeared in the UK. However as they still exist in many countries throughout the world, these life threatening diseases could easily reappear if people don't bother to **get protected**.

In the UK, everyone has the opportunity to **get protected** against many life threatening diseases including:

Tetanus. A painful disease affecting the nervous system, which can lead to muscle spasms, breathing problems and death. It is caused when germs that are found in soil and manure get into the body through open cuts, burns or animal bites. Tetanus cannot be passed from person to person.

Diphtheria. A serious disease that usually begins with a sore throat and can quickly cause breathing problems. It can damage the heart and nervous system and in severe cases, it can kill. Diphtheria can be spread by close contact with an infected person.

Polio. A virus that attacks the nervous system, which can cause permanent paralysis of the muscles. If it affects the chest muscles or the brain, polio can kill. Polio is a highly infectious disease, spread mainly through close contact with an infected person.

Most people need a total of five separate vaccinations of the combined tetanus, diphtheria, and polio vaccine to give them long term immunity. The first four are normally given before the age of five and the fifth one is usually given between 13-18 years (ideally around 14 years).

So remember:

By the time you have reached 18 you should have had your fifth tetanus, diphtheria and polio vaccination. Make sure you **get protected**.



Having the Vaccination

The vaccine for tetanus, diphtheria and polio is given as one injection in the upper arm. If you are a bit nervous about having injections, tell the nurse or doctor before you have it.

It is common to get some swelling, redness or tenderness where you have had the injection. Sometimes a small painless lump develops, but this usually disappears in a few weeks. More serious effects are rare but can include fever, headache, dizziness, feeling sick and swollen glands.

Where do I have My vaccination?

You will be offered the tetanus, diphtheria and polio vaccination either by your doctor or in your school, as it depends on your age and school year as to where you will receive it. Even though this may sound confusing, don't worry! You will receive an invitation for your vaccination, so all you need to do is turn up for your appointment when asked.



What to do

If you feel unwell

If you are ill with a high temperature, then it's best to delay an immunisation until you have recovered. However if you have a minor illness, such as a cold, and are due to have an immunisation, you should still go ahead. If you are worried about it, talk to the school health nurse or nurse at your doctor's surgery.

If you feel unwell or have a high temperature after your immunisation, contact your doctor's surgery or telephone **NHS Direct** on **0845 4647** for advice.

Maximise your Protection

When you are having your tetanus, diphtheria and polio vaccination, it's important to check with the nurse or doctor that all your other immunisations are up to date, for example, Men C (meningitis C) and MMR (measles, mumps and rubella).

You should have had your Men C vaccine, which protects you against group C meningitis and septicaemia, when you were younger.

Meningitis is a swelling of the lining of the brain. The germs that cause meningitis can also cause septicaemia (blood poisoning), so it is very important that you check with your doctor that you have received this vaccination.

It's a good idea to check that your MMR immunisation is up to date because some young people have not had the two required doses of MMR. If you have never had the MMR vaccine, you should have one dose as soon as possible and another at least one month later.

If you do this, you will be immunised against **Tetanus, Diphtheria, Polio, Men C, Measles, Mumps and Rubella.**

The **MMR vaccine** can be given to protect against measles, mumps and rubella (MMR). These are infectious diseases and are very easily spread to others through coughs and sneezes.

Measles is one of the most infectious diseases known, so chances are you will get measles if you are not protected against it. The complications of measles, which can affect one in every 15 cases, include chest infections, fits and brain damage.

Mumps can result in permanent deafness, viral meningitis (inflammation of the lining of the brain), encephalitis (inflammation of the brain) and really painful swelling of the testicles (men) and ovaries (women).

Rubella is very serious for unborn babies, with rubella infection in the first three months of pregnancy causing damage to the unborn baby in up to nine out of 10 cases.

HPV

If you are a girl aged 12 to 13 you should also have the human papilloma virus (HPV) immunisations to protect you against two of the most common viruses that are known to cause cervical cancer later in life. You will need three vaccinations over a period of about six months.

All of the scheduled vaccinations mentioned in this booklet are free and can prevent you and others from contracting some very serious life threatening diseases. It's up to you to make sure you are immunised and **get protected.**

For more
Info...

If you have any questions or want more information about immunisations, talk to your doctor, school health nurse or the nurse at your doctor's surgery. You can also visit the website at **www.immunisation.nhs.uk** or call NHS Direct on **0845 4647**.