

School vaccination



Why vaccination matters

- Protects you from serious diseases now and in the future.
- Helps stop the spread to friends, family, and the community.



Before vaccination day

- Remind your parent or carer to complete the online consent form:
- <https://engage.health.nsw.gov.au/engage>

Or ask your school for a paper version.

Consent must be completed and returned to your school before you get vaccinated.



On the day

- Eat a good breakfast.
- Wear a short sleeve shirt if allowed (e.g., sports uniform).
- A nurse will:
 - talk to you about the vaccine
 - ask questions about your health
 - confirm your details by asking your name, date of birth, and address.

You may feel a pinch, sting, or tingle during the injection. You will need to wait 15 minutes afterward to ensure you're feeling okay.



After the vaccine

It's normal to have mild side effects after a vaccine. You might notice some tiredness, have a headache, pain, redness, or swelling where the needle went in. This usually goes away quickly. Serious side effects are very rare.

If your arm feels sore or swollen:

- put a cold, damp cloth on the spot to help it feel better
- ask your parents or carer for pain relief if it's sore
- drink plenty of water to help your body recover
- keep moving your arm to reduce soreness.

To provide consent parents can scan this QR code



Well done! You've taken a smart step toward protecting your health!



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Your vaccines and why they are important

Year 7	Year 10
<p>Human papillomavirus (HPV) vaccine One injection.</p> <p>Protects against-HPV related cancers such as cervical cancer, cancers of the head and neck, genital cancers and genital warts.</p>	<p>Meningococcal ACWY vaccine Protects against: Meningococcal disease, a rare but serious illness caused by a bacterial infection. It can lead to:</p> <ul style="list-style-type: none">• Meningitis – swelling of the lining around the brain and spinal cord• Septicaemia – blood poisoning and possible loss of fingers and toes.
<p>Diphtheria, tetanus, pertussis (whooping cough) (dTpa) vaccine One injection.</p> <p>Gives 3-in-1 protection for teenagers.</p> <p>This vaccine protects you from:</p> <ul style="list-style-type: none">• Diphtheria – a serious throat infection• Tetanus – causes painful muscle spasms• Whooping cough – a strong cough that can make it hard to breathe.	

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 local GP, pharmacy or Aboriginal Medical Service.

