



# Guide for parents

## Adolescent immunisation – Year 10

**Adolescent  
Immunisation**  
protection for everybody

### Immunisations offered in high school

In Year 10, your child will be offered free, routine immunisations to protect them against vaccine-preventable diseases. An immunisation nursing team will visit your child's school.

Year 10 students are offered:

- **Meningococcal ACWY** – (one injection) protects against four strains of meningococcal bacteria: A, C, W and Y.

Information on this disease is available at [healthywa.wa.gov.au/adolescentimmunisation](http://healthywa.wa.gov.au/adolescentimmunisation) or at the end of this guide.

### What you need to do

#### Complete the form (consent or decline)

Your child cannot be immunised at school without your consent. Whether you consent or decline, it is important to complete the form ahead of the nursing team's visit.

The form can be completed:

- **Online** (preferred method) – [health.wa.gov.au/adolescentconsent](http://health.wa.gov.au/adolescentconsent)
- **Hard copy** – Completing the online form is preferred. If you are unable to complete the online form, download a copy from [healthywa.wa.gov.au/adolescentconsent](http://healthywa.wa.gov.au/adolescentconsent) and return the completed form to the school.

**Note:** If your child attends a school on **Cocos Islands** or **Christmas Island**, complete and return the paper form provided by the school. If your dependent is a **child under the care of the Department of Communities**, contact your dependent's case worker to complete a form and return it to their school.

### What to expect

#### When will the nursing team visit my child's high school?

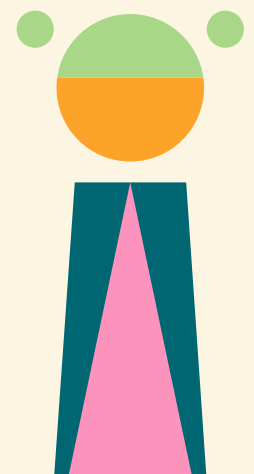
The nursing teams visit high schools across WA throughout the year. Your school will let you know before immunisation day via the school's preferred communication method. If you're unsure, check directly with the school.

#### How to make sure your child is prepared for immunisation

While the immunisation itself is very quick, the anticipation may cause stress for some students.

Nursing teams work extensively with high school students and are skilled at making sure your child is informed, comfortable and cared for. However, there are simple things you can do to make sure your child is prepared:

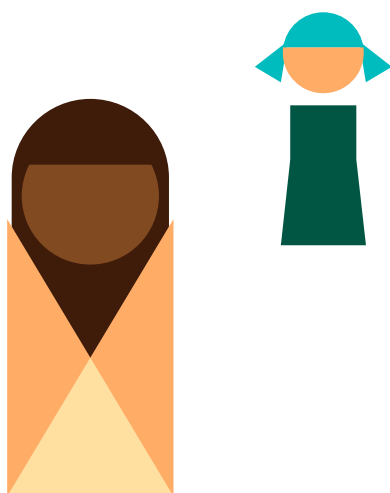
- Talk to your child about how they are feeling about immunisation and let them know what to expect.
- Share with your child why immunisation is important: it helps to protect them and others in the community who may be more vulnerable to disease.
- Walk your child through the diseases they'll be protected against by receiving the immunisation.
- Reassure with facts.
- Make sure your child has eaten their regular meals and has water to remain hydrated.



## Before your child is immunised

Let the nursing team know if your child:

- has had a severe reaction following any past immunisation
- has a history of severe allergy where immunisation is not recommended
- has had a live vaccine within the last month e.g. tuberculosis, measles, yellow fever
- has had an injection of immunoglobulin or whole blood transfusion in the last 3 months
- has a disease that lowers immunity, (e.g. leukaemia, cancer, HIV/AIDS) or is having treatment which lowers immunity (e.g. steroid drugs such as hydrocortisone or prednisolone, radiotherapy, chemotherapy)
- lives with someone who has a disease that lowers immunity or who is having treatment that lowers immunity.



## After immunisation

Students are required to sit and stay at the place of immunisation for at least 15 minutes to check they are doing well. After school, make sure they are feeling well and talk to them about the experience. Your child will be given an aftercare card and you can ask them to share it with you.

Immunisations, like any other medicines, can cause side effects. Most side effects are usually mild and short lasting and do not need treatment. Most people experience few to no side effects and serious side effects are very rare. Common reactions may include pain, redness and swelling at the injection site, fever, irritability, drowsiness, decreased appetite, headaches, rash and nausea.

Serious immunisation reactions are possible, but rare. Learn more at [healthywa.wa.gov.au/adolescentimmunisation](https://healthywa.wa.gov.au/adolescentimmunisation)

Paracetamol can help reduce mild fever or pain and a cool damp cloth can help with pain at the injection site.

Seek medical advice or go to the local emergency department if your child has any side effects that may be serious or unexpected such as swelling of the face or throat or difficulty breathing. You can also call *Healthdirect Australia* on 1800 022 222 for non-urgent queries. You can report concerns about any serious reactions after immunisation – visit [healthywa.wa.gov.au/reportingsideeffects](https://healthywa.wa.gov.au/reportingsideeffects) or call 6456 0208.

## If your child is unwell or misses immunisation day

In most cases, if your child has a mild, common illness, such as a cold with a low-grade fever, they can still be safely immunised.

On the day, the nursing team will assess your child before giving the immunisation. If for any reason they decide your child shouldn't be immunised, your child will bring home information with further advice.

It is recommended your child is immunised as close as possible to the recommended age, however if your child does miss their immunisation at school there are options to catch up. You can visit any participating:

- community pharmacy
- general practice
- community immunisation clinic
- Aboriginal Medical Service.

**Note:** While the immunisations is free, some providers may charge for consultations.

## More about meningococcal immunisation

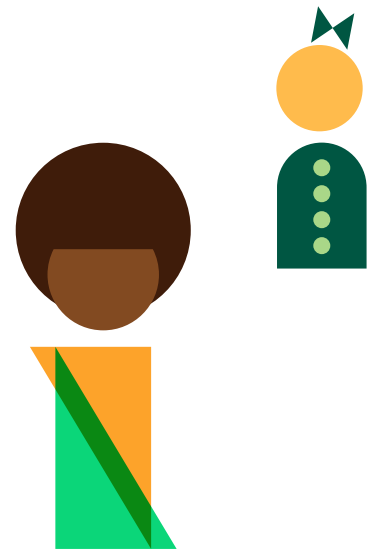
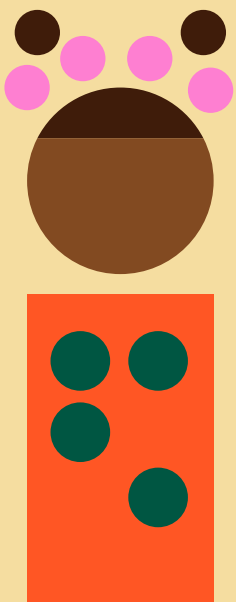
### Meningococcal disease

Meningococcal disease is an uncommon, but sometimes life-threatening illness. It can progress very quickly. The disease is a result of a bacterial infection of the blood and/or the membranes that line the spinal cord and brain.

Meningococcal disease can affect any age group, however some of the highest rates of carriage and illness occur among adolescents. This age group can also transmit bacteria to people who are at an increased risk of infection such as younger children.

It is anticipated that, as well as protecting adolescents, immunising Year 10 students will reduce transmission of the bacteria to others and help prevent infections within the wider community.

The Meningococcal ACWY immunisation is safe and effective and protects against 4 types of meningococcal bacteria: A, C, W and Y.



### More information

For health advice or immunisation outside of school, speak with your GP, pharmacist, community health centre or Aboriginal Medical Service.

This document is available in various languages and can be made available in alternative formats on request.

For more information about adolescent immunisation or for help completing the consent form scan the QR code or go to [healthywa.wa.gov.au/adolescentimmunisation](https://healthywa.wa.gov.au/adolescentimmunisation)

