

High School Newsletter

Immunization for Teens

Teens need a booster for tetanus and diphtheria vaccines ten years after the preschool booster, usually between 14 and 16 years of age. This vaccine is mandatory in Ontario and is provided free to all students.

The vaccine recommended for adolescents is called **Adacel**. This vaccine has added protection against whooping cough, or pertussis.

Whooping cough still frequently occurs in Ontario. The Canadian Pediatric Society reports that many teenagers are diagnosed with whooping cough. This can be a serious illness with severe coughing spells, shortness of breath, and weight loss due to difficulty eating and vomiting. These symptoms can cause sleep disruptions, fatigue, and missed days at school. The coughing spells can last for 2 to 3 weeks, and the illness can last from 6 to 12 weeks. For more information on whooping cough and on the vaccines routinely given to teens, see the following website:

<http://www.caringforkids.cps.ca/immunization/dTap.htm#pertussis>

Ontario students are required to have up-to-date immunization, including the booster dose for tetanus and diphtheria.

To avoid suspension from school, make sure to update the student's record with Ottawa Public Health.

To update a student's record online, refer to

http://www.ottawa.ca/residents/health/index_en.html

To contact Ottawa Public Health:

Mail: 100 Constellation Crescent, Ottawa, ON K2G 6J8

Phone: 613-580-6744 extension 24108

Fax: 613-580-9660

e-mail: immunization@ottawa.ca



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An Important Reminder

from the Ottawa Public Health Immunization Program

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