

**Bexley Immunisation Team**

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19<sup>th</sup> December 2024

Dear parent or carer,

**Your year 9 child's teenage vaccinations are now due.**

This includes two single injections:

- The 3-in-1 teenage booster – the diphtheria, tetanus, and polio booster (Td/IPV)
- Meningococcal ACWY (MenACWY)

Along with these vaccines, your child can receive the following vaccination, if they are missing one or both doses:

- Measles, Mumps, and Rubella vaccine (MMR)

If you would like further information on these vaccinations, please visit

[www.nhs.uk/vaccinations](http://www.nhs.uk/vaccinations).

Please discuss these vaccines with your child, and use the link provided to access and complete the electronic consent form: <https://sav.hrch.nhs.uk/dtp/2024/bexley>

**The Bexley Immunisation Team will visit your child's school on Wednesday 5<sup>th</sup> February 2025**

Even if you decide not to vaccinate your child this year, please ensure you complete the consent form. As providers of school age vaccinations, NHS England requires that we provide numbers of parents that do not consent to their child being vaccinated. If you do not complete your consent form, you may be contacted by phone, text, or letter, to offer your child future opportunities to receive vaccination. If you return a 'no' consent, we will not make any further contact this year.

For more information on this, please see our privacy notice:

[www.kingstonandrichmond.nhs.uk/patients-and-families/patient-records-and-privacy/privacy-notice](http://www.kingstonandrichmond.nhs.uk/patients-and-families/patient-records-and-privacy/privacy-notice)

In the absence of a signed consent form from parents, we invite young people to self-consent, providing they can demonstrate:

- an understanding of the vaccinations due;
- the benefits of vaccination compared to being unvaccinated;
- the potential side effects of vaccination.

This is done on a case-by-case basis – ultimately, the decision to consent is the young person's choice. This is in line with the Gillick Guideline Competence. We have included some frequently asked questions about the 3-in-1 teenage booster, MenACWY vaccine and the MMR vaccine below.

If you have any queries, please contact your Immunisation team:

- Email: [HRCH.ImmunisationTeamBexleyMailbox@nhs.net](mailto:HRCH.ImmunisationTeamBexleyMailbox@nhs.net)
- Telephone: 0203 903 3380

Yours sincerely,

**Bexley Immunisation Team**

# 3-in-1 teenage booster and Meningitis ACWY vaccine

## Frequently Asked Questions

### Why do I need to get these vaccines?

The 3-in-1 teenage booster and Meningitis ACWY vaccine will ensure you are protected as you grow. You can find more information on the NHS website: [www.nhs.uk/vaccinations](http://www.nhs.uk/vaccinations)

### Do these vaccines contain porcine gelatine?

No! Both vaccines are gelatine free, and can be given to those who avoid gelatine for personal reasons.

### I'm nervous about getting the vaccines - what can I do?

Tell your immunisation nurse - they are used to helping people who are nervous and will work with you to overcome your fears.

If you don't want to get your vaccines at school, you can come to a catch-up clinic. These clinics are quieter and calmer, and you will have more time to talk to a nurse about your nerves.

### Can I have these vaccines at my GP surgery?

Your GP surgery is not commissioned to vaccinate you. Getting your vaccines in school also means you don't have to go to the surgery when you aren't ill.

### Is it safe to have the vaccines at the same time?

It is safe to give both vaccines at the time. The nurse will normally give each vaccine in a different arm, but you can ask to have both vaccines in the same arm.

### Are there any side effects?

Possible side effects include:

- swelling or pain at the injection site
- a headache
- feeling or being sick
- a raised temperature

More serious side effects, such as a severe allergic reaction are very rare.

### What if I miss my vaccine at school?

Our Immunisation teams run catch-up clinics after school, at the weekends, and during the school holidays. Head to our website to see all the details of our clinics:

[hrch.nhs.uk/services/search-services/immunisations-children](http://hrch.nhs.uk/services/search-services/immunisations-children)

# The MMR vaccine

## Frequently Asked Questions

### Why do I need the MMR vaccine?

Measles cases are on the rise in London. Measles is a very serious illness - the best way to protect yourself is to have two doses of the MMR vaccine.

### When should I have received the MMR vaccine?

According to the NHS Immunisation schedule, children are first offered the MMR vaccine at:

- 1 year old
- 3 year and 4 months old

However, you can catch-up with your missed vaccines at any time. You need two doses to be fully protected.

### Are there any side effects?

Possible side effects include:

- swelling or pain at the injection site
- feeling or being sick
- a raised temperature
- swollen glands, a measles-like rash

More serious side effects, such as a severe allergic reaction are very rare. There are no links between the MMR vaccine and autism.

### Does the vaccine contain gelatine?

There are two MMR vaccines: MMRVaxPro and Priorix. The MMRVaxPro vaccine contains a small amount of porcine gelatine.

If you do not consume gelatine, speak to your immunisation nurse. They will ensure you receive the Priorix vaccine, which is porcine gelatine free.

### How do I check my vaccination status?

If you received the MMR vaccine as a child, it will be recorded in your Red Book. You can also ask your GP surgery to check.

### Can I get the MMR vaccine at the same time as other vaccines?

It is safe to have the MMR vaccine at the same time as most other vaccines. The nurse will check if you can have the vaccine.

## Are there any side effects?

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

If you feel unwell after the immunisation, take paracetamol. Read the instructions on the bottle or packet carefully and take the correct dose for your age. If necessary, take a second dose 4 to 6 hours later.

If your temperature is still high after the second dose, speak to your GP or call the free NHS helpline 111.

If you experience any suspected side effects to the vaccine, you can report these on the Yellow Card website or by calling 0800 731 6789 (9am to 5pm Monday to Friday) or by downloading the Yellow Card app. [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard)

**Now is a good time to check that you are up to date with all your immunisations**

## Immunisations for young people



## NHS vaccinations



For more information about teenage vaccinations visit [www.nhs.uk/vaccinations](http://www.nhs.uk/vaccinations) or read <https://qrco.de/YoungPeopleImms>



**Its not too late to catch up on the doses you may have missed.**

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Paper copies of this in leaflet in English are available to order.  
Translated versions of this leaflet are also available to order.



UK Health  
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**Td/IPV** teenage  
**3 in 1 booster**



At 14 years old or during Year 9 of school you become eligible for the 3 in 1 teenage booster dose of the vaccine that prevents tetanus, diphtheria and polio. **The Td/IPV vaccine will boost your body's immunity to these infectious diseases which may have decreased as you have grown up.**

## What does this vaccine protect me from?

**T**

### Tetanus

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

**D**

### Diphtheria

Diphtheria is 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.

**IPV**

### Polio

Polio is a virus that attacks the nervous system which can cause permanent paralysis of muscles. If it affects the chest muscles or the brain, polio can kill.

The teenage booster vaccine is called Revaxis, you can read the Patient Information Leaflet at [www.medicines.org.uk/emc/product/5581/pil](http://www.medicines.org.uk/emc/product/5581/pil)

## If I was immunised against tetanus, diphtheria and polio as a child am I still fully protected?

No, you will still need a booster to top up the protection you have previously received.

## How many boosters do I need to have?

You need a total of 5 doses of tetanus, diphtheria and polio vaccines to build up and keep your immunity.

You should have had:



### the first 3 doses

as a baby



### dose 4

when you were between 3 and 5 years old, this is the pre-school booster



### dose 5

is due in year 9 (aged 13 to 14)

## Will I need more boosters in the future?

You will probably not need further boosters of these vaccines. However, you may need extra doses of some vaccines if you are visiting certain countries or if you have an injury, you may need another tetanus injection. Check with your practice nurse at your GP surgery.

## How will I be given the Td/IPV booster?

You will get 1 injection in your upper arm. Nobody likes injections, but it is very quick. The needles used are small and you should feel only a tiny pinprick. If you are a bit nervous about having the injection, tell the nurse or doctor before you have it.

## Are there any other immunisations I need to have now?

When you are having your Td/IPV booster you will also be eligible for your MenACWY vaccine. You should have this before your leave school. Speak to your school nurse if you have missed out and are still at school. If you have left school, you should contact your GP practice to arrange to catch up. It's a good idea to check with your GP practice that all your other immunisations are up to date including HPV and MMR (measles, mumps and rubella).

**If you have never had the MMR vaccine, you should have one dose now and another 1 month later to protect you from measles, mumps and rubella.**





UK Health  
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**NHS**

Protect yourself against  
**meningitis and  
septicaemia**  
with the MenACWY vaccine



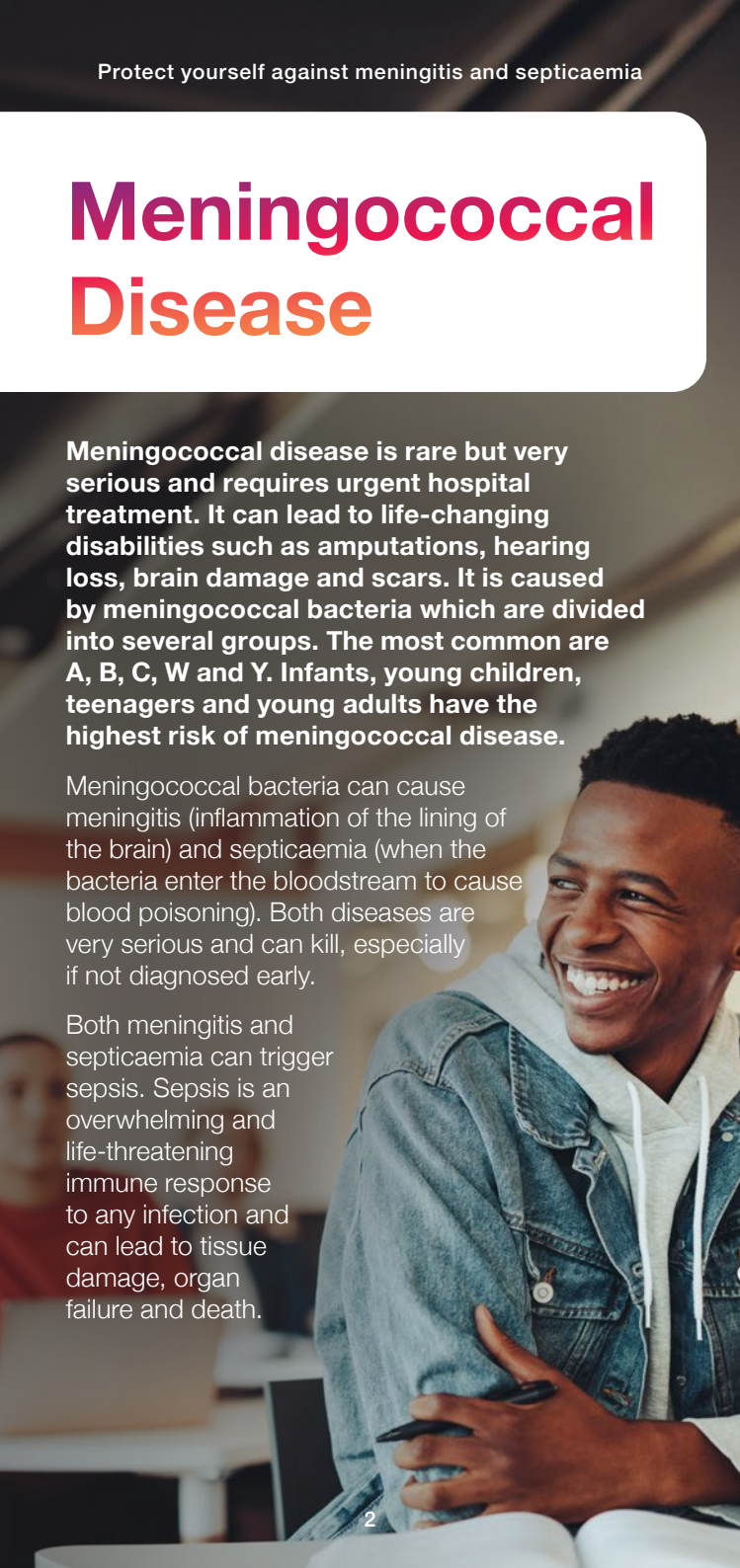
**i**mmunisation  
the safest way to protect your health

# Meningococcal Disease

**Meningococcal disease is rare but very serious and requires urgent hospital treatment. It can lead to life-changing disabilities such as amputations, hearing loss, brain damage and scars. It is caused by meningococcal bacteria which are divided into several groups. The most common are A, B, C, W and Y. Infants, young children, teenagers and young adults have the highest risk of meningococcal disease.**

Meningococcal bacteria can cause meningitis (inflammation of the lining of the brain) and septicaemia (when the bacteria enter the bloodstream to cause blood poisoning). Both diseases are very serious and can kill, especially if not diagnosed early.

Both meningitis and septicaemia can trigger sepsis. Sepsis is an overwhelming and life-threatening immune response to any infection and can lead to tissue damage, organ failure and death.





## Why do I need to get the vaccine?

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Older teenagers and young adults are at higher risk of getting meningococcal disease, so you need to get vaccinated now to protect yourself. This is a safe and very effective vaccine that has been part of the routine teenage programme since 2015. It also reduces the risk of other people around you becoming infected. You may have had MenC vaccination as a baby and toddler but this will not protect you against other meningococcal groups.

The MenACWY vaccine will increase your protection against MenC and help to protect you against three other meningococcal groups (A, W and Y). This vaccine will not protect you against all forms of meningococcal disease, like MenB, and so it is still important to be aware of signs and symptoms.

## Do I have to have MenACWY vaccine?

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No, but the best way to help protect yourself is by having the MenACWY vaccine. You, or your parent/guardian, have to consent to have the vaccine. You will usually be offered the vaccine at school in year 9 when you are 13-14 years old. Don't worry if you have missed your vaccination, you are eligible to receive the free MenACWY vaccine from your school nurse or school immunisation team if you are still at school or from your GP practice, until your 25th birthday. There are 2 MenACWY vaccines, they are called MenVeo and Nimenrix, you can read the Patient Information leaflets here:

Nimenrix:

[www.medicines.org.uk/emc/product/4118/pil](http://www.medicines.org.uk/emc/product/4118/pil)

MenVeo:

[www.medicines.org.uk/emc/product/2939/pil](http://www.medicines.org.uk/emc/product/2939/pil)

## Does the vaccination hurt?

Nobody likes injections, but it is very quick. The needles used are small and you should feel only a tiny pinprick. If you are a bit nervous about having the injection, tell the nurse or doctor before you have it.

## Signs and Symptoms

**Initially meningococcal disease can be like a bad case of flu. But anyone affected will usually become seriously ill within a few hours. Early treatment can save your life so it is sensible to be aware of some main signs and symptoms.**

Severe headache

Stiff neck

High temperature

Seizures/fits

Drowsy or difficult to wake

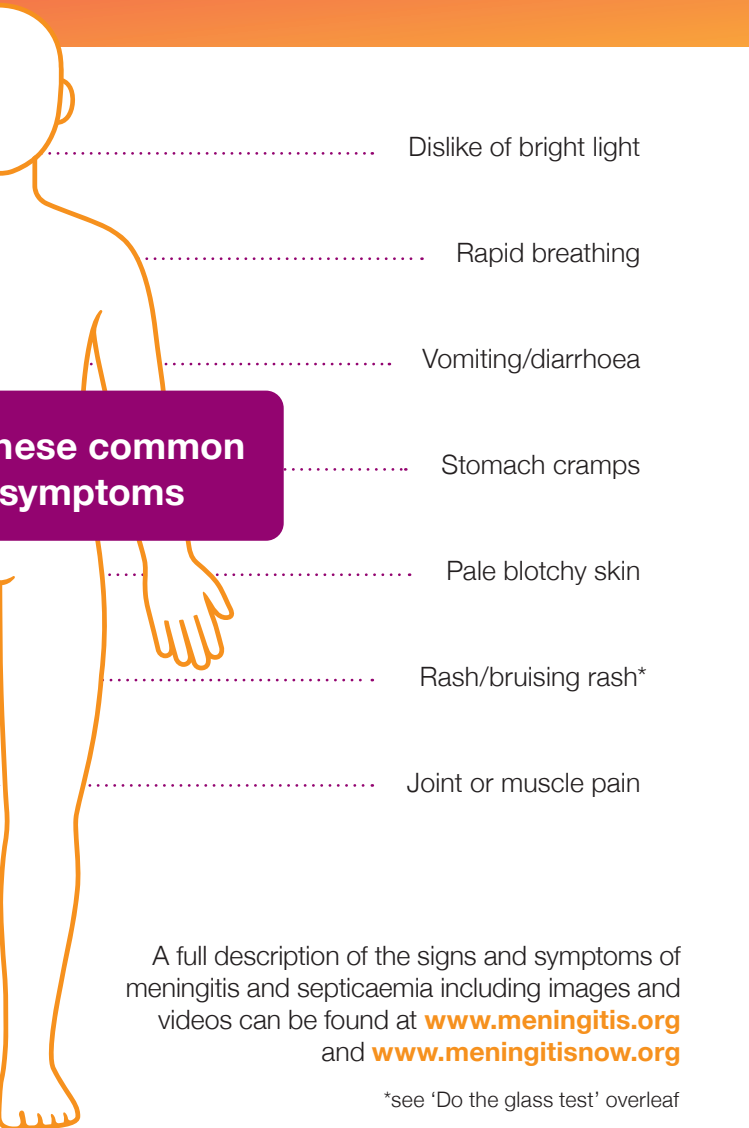
Confusion and/or irritability

Cold hands and feet

**Be aware of the signs and symptoms**

One or more of these symptoms may develop and they can appear in any order and be mixed between the two illnesses. It is important to seek early medical advice if you or a friend have symptoms of concern or a condition that is getting rapidly worse.

It is important to know the signs and symptoms of meningitis and septicaemia even if you are vaccinated as there are many other causes of these conditions.



**These common symptoms**

Dislike of bright light

Rapid breathing

Vomiting/diarrhoea

Stomach cramps

Pale blotchy skin

Rash/bruising rash\*

Joint or muscle pain

A full description of the signs and symptoms of meningitis and septicaemia including images and videos can be found at [www.meningitis.org](http://www.meningitis.org) and [www.meningitisnow.org](http://www.meningitisnow.org)

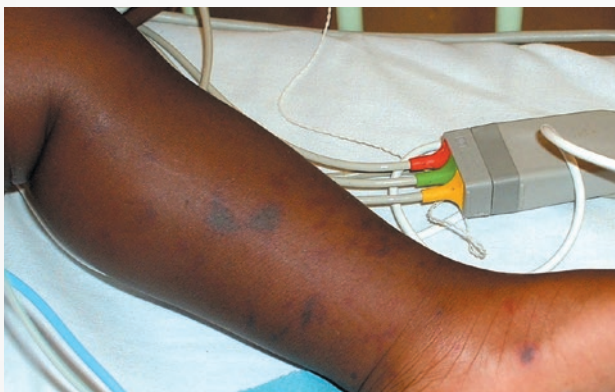
\*see 'Do the glass test' overleaf

## Do the glass test

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Someone with septicaemia may develop a few spots or a widespread rash with fever. Later on the rash can develop into purple blotches that do not fade under pressure. You can do a test for this by pressing the side of a drinking glass against the rash. If you have a fever and a rash, and the rash does not fade under pressure, get medical help immediately by calling 999 or getting someone to take you to the nearest hospital emergency department. Never wait for a rash. It can be a late sign or may not appear at all. If someone is ill and getting worse get medical help immediately.

On dark skin, check inside the eyelids or roof of the mouth where the spots may be more visible.



## Are there any side effects?

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It is common to get some swelling, redness or tenderness where you have the injection. You may also get a headache or feel generally a bit unwell but these symptoms should disappear after one or two days. If you are worried about any symptoms seek medical advice through NHS 111 or your GP practice as usual.



If you experience any suspected side effects to the vaccine, you can report these on the Yellow Card website, by calling 0800 731 6789 (9am to 5pm, Monday to Friday) or by downloading the Yellow Card app.

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**For meningitis, the following charities provide information, advice and support:**

**Meningitis Research Foundation,**

free helpline 080 8800 3344 –  
Monday to Friday, 9am to 5pm

**Meningitis Now,** free helpline  
0808 80 10 388 – Monday to Thursday  
9am to 4pm and Fridays 9am to 1pm

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If you have any questions or want more information, talk to your doctor, school nurse or the practice nurse at your doctor's surgery.

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