

脑膜炎球菌病和疫苗

什么是脑膜炎球菌病？

- 它是一种由细菌引起的疾病，许多人喉咙或鼻子里携带此病菌，而不会感到生病。
- 它通过密切、直接的接触来传播。例如，接吻、咳嗽或分享食物、饮料和乐器等东西。
- 当细菌进入血液和其他体液时，人们就会生病。
- 这可能会导致脑肿胀，脑损伤，有时甚至会在几个小时内死亡。

脑膜炎球菌C-ACWY疫苗里 (Nimenrix®) 有什么？

脑膜炎球菌疫苗含有什么？	您在别的什么地方能找到这些成分呢？
脑膜炎球菌部分	脑膜炎球菌
破伤风菌疫苗	其他儿童疫苗
氯化钠	人体，盐
氨基丁三醇	化妆品、药物
蔗糖	糖

接种这种疫苗的好处是什么？

- 7年级疫苗可以预防导致脑膜炎球菌病的四个细菌种群。

该疫苗安全吗？

- 安全！
- 自2007年以来，Meningococcal C-ACWY疫苗一直在渥太华的公共卫生免疫诊所使用。
- 您不会因为接种疫苗而感染脑膜炎球菌病

该疫苗的副作用是什么？

最常副作用	少见副作用	非常罕见和严重副作用
注射部位的红、肿，疼痛，尤其在最初的24小时内	肌肉疼痛、头痛、不适和/或轻微发烧	严重的过敏反应；呼吸困难，面部或口腔肿胀，荨麻疹
治疗：在疫苗部位敷冰，服用乙酰氨基酚 (如 Tylenol®)		诊所护士接受过治疗严重反应的培训

如何保护自己免受脑膜炎球菌感染？

- 接种疫苗。
- 建议所有 12 岁或 12 岁以上的青少年接种脑膜炎球菌 C-ACWY 疫苗，即使该儿童已经接种过脑膜炎球菌 C-ACWY 疫苗。
- 不要分享食物、饮料或餐具。
- 不要共用口红或牙刷。
- 不要分享香烟。

比较一下疾病或疫苗的风险？

疾病风险	疫苗风险
脑肿胀（脑膜炎）导致听力损失、中风或癫痫发作	每10人中会有6人出现手臂疼痛 每10人中会有6人出现头痛或疲劳
败血症引起休克和器官衰竭 肺部、关节、骨骼、心脏和皮肤的其他感染 -每10例重症患者中有1例死亡	疫苗引起的严重反应非常罕见

我已接种了脑膜炎球菌疫苗

- 您可能已经接种了脑膜炎球菌疫苗(例如，Men. C或Menjugate®)保护婴儿抵御一种菌群。
- Men-C-ACWY疫苗可保护80%至85%的青少年免受由四种菌群引起的疾病。
- 如果您不确定自己是否有脑膜炎球菌病的免疫保护，请向渥太华公共卫生部门613-580-6744咨询。

我如何预备接种？

- 和您的父母或监护人讨论疫苗。
- 了解如何应对您的担忧（专注于呼吸，让目光远离针头，数数到10，等等）。
- 吃早餐，多加果汁或零食以避免昏厥（成长中的青少年很常见）

您必须接种一剂疫苗才能上学。如果您选择不接种疫苗，您的父母或监护人必须联系渥太华公共卫生部门。

请访问网站了解更多信息：

<https://www.ontario.ca/page/vaccines-children-school>

Meningococcal Disease and the Vaccine

What is Meningococcal Disease?

- It is a disease caused by a bacteria that many people carry in their throat or nose without feeling sick.
- It is spread through close, direct contact. Examples are kissing, coughing or sharing things like food, drinks, and musical instruments.
- People become sick when the bacteria gets into the blood and other body fluids.
- This can lead to brain swelling, brain damage and sometimes death in just a few hours.

What is in the Meningococcal C-ACWY vaccine (Nimenrix®) ?

What is in the Meningococcal Vaccine?	Where else can these ingredients be found?
Parts of meningococcal bacteria	Meningococcal bacteria
Tetanus toxoid	Other childhood vaccines
Sodium chloride	Human body, salt
Trometamol	cosmetics, medication
Sucrose	sugar

What is the benefit of getting this vaccine?

- The grade 7 vaccine protects against **four** types of the bacteria that cause Meningococcal Disease.

Is this vaccine safe?

- Yes!
- Meningococcal C-ACWY vaccines) have been in use in Ottawa Public Health immunization clinics since 2007.
- You cannot get meningococcal disease from the vaccine

What are the side effects from the vaccine?

Most Common	Less Common	Very Rare and Serious
Redness, pain and/or swelling at the site, especially during the first 24 hours	Muscle aches, Headache, malaise and/or slight fever	Serious allergic reaction causing; trouble breathing, swelling of the face or mouth, hives
Treatment: Apply ice to the area where you got the vaccine and/or take acetaminophen (e.g. Tylenol®)		Clinic nurses are trained to treat severe reactions

How can I protect myself from Meningococcal Disease?

- Get the vaccine.
- A dose of Meningococcal C-ACWY is recommended for all teens on or after 12 years of age even if the child has already received a previous dose of Meningococcal C-ACWY vaccine.).
- Do not share food, drinks, or utensils.
- Do not share lipstick or toothbrushes.
- Do not share cigarettes.

Compare the risks – the disease or the vaccine?

Disease Risk	Vaccine Risk
Swelling of the brain (meningitis) causing hearing loss, stroke or seizures	Sore arm: 6 in 10 people Headache or feeling tired : 6 in 10 people
Blood infection causing shock and organ failure Other infections of the lungs, joints, bones, heart and skin Death - 1 in 10 severe cases	Serious reactions are very rare

I already had a meningococcal vaccine

- You may have already received a meningococcal vaccine (e.g. Men. C or Menjugate®) for infants that protects against **one** type of the bacteria.
- MenC-ACWY vaccine protects 80% to 85% of teens against disease caused by four types of bacteria.
- If you are unsure whether you are properly protected against meningococcal disease call Ottawa Public Health 613-580-6744 to speak to a nurse.

How can I prepare for the vaccine?

- Talk to your parent or guardian about the vaccine.
- Learn ways to deal with your worry about the vaccination (focus on breathing, look away from needle, count to ten, etc.).
- Eat breakfast and have an extra juice or small snack to avoid fainting (common with growing teens)

You must have received one dose of this vaccine to attend school. If you choose not to be immunized, your parent or guardian must contact Ottawa Public Health.

For more information, please visit:

<https://www.ontario.ca/page/vaccines-children-school>