

Personal vaccine care card

My name is:

I like to be called:

My date of birth is:

I prefer to communicate by:

Hobbies I enjoy most are:

The questions I have for the nurse are:

Things that would support me to
have the vaccine are:

Find out more

For more information about NHS vaccines
and when to have them visit:

NHS vaccines and when to have them:

<https://www.nhs.uk/vaccinations/nhs-vaccinations-and-when-to-have-them/>



3-in-1 booster vaccine:

<https://www.nhs.uk/vaccinations/td-ipv-vaccine-3-in-1-teenage-booster/>



MenACWY vaccine:

<https://www.nhs.uk/vaccinations/menacwy-vaccine/>



Immunisations: What are they?:

<https://www.youtube.com/watch?v=KxCS-zBCnJo>



Missed a vaccine?

If you have missed any of the vaccines offered at school, you may not be fully protected against life-threatening but completely avoidable diseases.

If you're still at school contact the School Aged Immunisation Service about catching up. If you have left school contact your GP practice.

NHS vaccinations

Developed by
Public Health
South Tees



Year 9

A teenage guide to the 3-in-1 booster vaccine MenACWY vaccine

NHS vaccinations

The 3-in-1 booster vaccine

This vaccine helps the protection you received as a baby last through adulthood. It prevents tetanus, diphtheria, and polio. It prevents the following life-threatening diseases that can cause long term disabilities.

Tetanus is caused by bacteria getting into a wound (cut or burn). The bacteria can affect the brain, the spine, the nerves, and can also lead to breathing problems.

Diphtheria is caused by bacteria that spread very easily between people. It affects the nose, throat, and skin, it can damage the heart, the brain, the spine and the nerves too.

Polio is caused by a highly infectious virus that affects the nervous system and brain. It can cause permanent paralysis of some muscles.

Watch

3-in-1 booster vaccine video:

<https://www.youtube.com/watch?v=TY9-4lHHFdA>



Each year 80% of UK pupils get the 3-in-1 booster vaccine, that stops these life-threatening diseases from spreading.



The MenACWY vaccine

This vaccine protects you against four different types of bacteria – types A, C, W, and Y – that can cause Meningitis.

Meningitis can be deadly if not treated really quickly with antibiotics. It can cause life-changing disabilities such as brain and spinal cord damage, hearing loss and limb amputations.



Teenagers are the most at-risk group for developing Meningitis. That's why each year, over 500,000 UK pupils get the MenACWY vaccine.

Watch

MenACWY vaccine video:

<https://www.youtube.com/watch?v=CaU-Wb81ebl>



Complete the consent form



Ask your parent or carer to complete the consent form to let the nurses know 'yes' you do want to have the 3-in-1 booster vaccine and MenACWY vaccine or 'no' you don't.

Watch

The consent process video:

<https://www.youtube.com/watch?v=M40poCVrjvk>



Having your vaccine

If you are feeling nervous about having your vaccine, complete the **Personal Vaccine Care Card** and take it with you.

Things that might support you to have the vaccine are:

Distractions:

Look the other way, focus on an object in the room, or count backwards from 20.

Comforting items:

A stress ball, a fidget toy, or headphones to play calming music.



Relaxation techniques:

Slow breathing or relaxing your muscles.

Watch

Getting your vaccine video:

<https://www.youtube.com/watch?v=eUQiLc31lls>



And remember to wear a short-sleeved shirt or loose top.

