



## Tetanus Diphtheria, Polio

### **Why should I have the vaccination?**

The [3-in-1 teenage booster vaccine](#) is routinely offered on the NHS to all young people aged 14 (school year 9).

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

You'll have some protection, but the booster vaccination will strengthen this and help keep you protected for many more years.

### **Can I get polio from the polio part of this vaccine?**

The teenage booster vaccine contains dead (inactivated) polio virus, which cannot cause polio.

### **How many boosters do I need to have?**

In total, you need 5 doses of the tetanus, diphtheria, and polio vaccines through your childhood. This will build up and maintain your body's own immunity against these infections and protect you against the diseases.

You receive the first 3 doses as a baby in the [6-in-1 vaccine](#). The 4th dose is given around the age of 3 as a pre-school booster in the [4-in-1 vaccine](#), and the 5th and final dose is the [teenage 3-in-1 booster](#) given at age 14 (school year 9)

## What is the MenACWY vaccine?

The MenACWY vaccine is called Nimenrix.

The MenACWY vaccine is given by a single injection into the upper arm and protects against 4 strains of the meningococcal bacteria – A, C, W and Y – which cause [meningitis](#) and blood poisoning (septicaemia).

### **Why should teenagers and students have the MenACWY vaccine?**

Meningococcal disease (meningitis and septicaemia) is a rare but life-threatening disease caused by meningococcal bacteria.

Older teenagers and new university students are at higher risk of infection because many of them mix closely with lots of new people, some of whom may unknowingly carry the meningococcal bacteria at the back of their nose and throat.

The bacteria can spread from person to person by prolonged close contact – such as coughing, kissing or sneezing – with someone who is carrying the bacteria.



Symptoms of meningococcal disease (meningitis and septicaemia) can start like a bad case of flu, but they get worse very quickly. Early treatment can be lifesaving.

Other symptoms of meningococcal disease can include:

- a headache
- vomiting
- a stiff neck
- muscle and joint pain
- a high temperature
- cold hands and feet
- drowsiness or difficulty waking up.

### **Does it hurt?**

Each injection is normally given in each upper arm and may cause an achy arm feeling after for a short period of time.

### **How do I know if I am up to date with my vaccinations?**

You can contact Child Health Information Service or your GP.

### **What should you do on the day of Vaccination?**

Eat breakfast, drink well, wear a short-sleeved top if the school allows this.

### **How do I stay well after the vaccination?**

Drink lots of water, move your arm. If you are worried talk to your school or your parent

### **My parents do not want me to receive the vaccination, but I do. Who can I talk to for support?**

You can contact us on:

Telephone: 0300 365 0077

Email address: [Consentschoolimms@berkshire.nhs.uk](mailto:Consentschoolimms@berkshire.nhs.uk)

[Consent to treatment - Children and young people - NHS \(www.nhs.uk\)](http://www.nhs.uk)

### **What do I do if I am unsure if I need this vaccine?**

Receiving the vaccination more than once cannot cause you any harm.

### **What should I do if I am worried about having the vaccination?**

Come and talk to us on the day. All the nurses are here to support you.