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Mae Brechu yn achub bywydau
Vaccination saves lives

3-in-1 Teenage Booster and MenACWY Vaccination Programme

Briefing document for head teachers and school staff

This briefing is for schools about the tetanus, diphtheria and polio (3-in-1 or Td/IPV) teenage booster and meningococcal ACWY (MenACWY) vaccination programme in Wales.

Please ensure that all school staff who need to know about the programme have access to this information.

The 3-in-1 teenage booster protects against three serious diseases - tetanus, diphtheria and polio.

The MenACWY vaccine helps protect against meningococcal groups A, C, W and Y, which can cause meningitis and septicaemia.

Eligibility for 3-in-1 (Td/IPV) teenage booster and MenACWY vaccinations

The 3-in-1 teenage booster and the MenACWY vaccine are offered **free to all young people** who are **aged 13 to 14 years** (school year 9).

The 3-in-1 teenage booster vaccine is routinely given at the same time as the MenACWY vaccine as part of the national immunisation programme. Most young people will be offered the vaccine in school, but those living in the Cardiff and Vale University Health Board will be offered these two vaccines by their GP surgery.

MenACWY vaccine is usually only available for people up to the age of 25. However, people with an increased risk of meningococcal disease due to an existing medical condition or treatment, travel, their job, or close contact with a case of meningococcal disease may also be recommended to receive the MenACWY vaccine.

More information is available at:
phw.nhs.wales/3in1vaccine
phw.nhs.wales/MenACWYvaccine

3 reasons for having the 3-in-1 (Td/IPV) teenage booster and the MenACWY vaccine:

- 1 The 3-in-1 teenage booster strengthens protection against tetanus, diphtheria and polio, and keeps young people **protected for many more years.**
- 2 Although rare, meningococcal disease is very serious and needs urgent treatment in hospital, it can even be fatal. Everybody is at risk from meningococcal disease, but **teenagers and young adults** are the **second most at risk group.**
- 3 The 3-in-1 teenage booster and the MenACWY vaccine are **safe, effective and easy** to get.



It's a good idea for pupils to check with their GP surgery that all their other immunisations are up to date including those for HPV (human papillomavirus) and MMR (measles, mumps and rubella).

It's not too late to get up to date.

Missed vaccinations:

Young people who missed their teenage booster or MMR vaccinations can receive these at any age, but most people are only eligible for MenACWY or HPV vaccines up to the age of 25. The local health board school nursing/immunisation team will provide opportunities for catch-up either as an additional visit to schools, a community clinic appointment, or by providing a letter or signposting the young person to their GP.

If pupils, their parents or carers have any questions, or concerns about missed routine vaccinations, they can speak to their local health board school nursing/immunisation team.

About the 3-in-1 (Td/IPV) teenage booster and the MenACWY vaccine

3-in-1 (Td/IPV) teenage booster vaccine:

T: tetanus

Tetanus is a disease affecting the nervous system. It can cause muscle spasms, and breathing problems and can kill. Tetanus is caused when bacteria found in soil and manure get into the body through open wounds.

d: diphtheria

Diphtheria is a highly contagious bacterial infection 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, can kill.

IPV: polio

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

Polio was once common in the UK and throughout the world. It is now rare because it can be prevented with vaccination.



The 3-in-1 vaccine strengthens (boosts) immunisations that were given to children when they were younger.

The 3-in-1 vaccine is **highly effective**. It completes the five dose course that provides long-term protection against tetanus, diphtheria, and polio:

- the first 3 doses as a baby (5-in-1 vaccine was given until 2017, the 6-in-1 is now used)
- dose 4 is given at 3 years and 4 months old (the preschool booster, or 4-in-1 vaccine)
- dose 5 is given in school year 9, at ages 13 or 14 years (teenage booster, or 3-in-1 vaccine)

The 3-in-1 teenage booster is a **very safe vaccine**, which is given in the top part of the arm.

A full list of the vaccine ingredients and possible side effects are available at [medicines.org.uk/emc](https://www.medicines.org.uk/emc) (external site). For information about the 3-in-1 booster vaccine enter 'Revaxis' into the search box.

More information about the 3-in-1 booster is available at phw.nhs.wales/3in1vaccine

MenACWY vaccine:

Meningococcal disease is caused by several groups of meningococcal bacteria, the most common of which are A, B, C, W and Y. Meningococcal bacteria can cause meningitis (inflammation of the lining of the brain and spinal column) and septicaemia (blood poisoning). The same bacteria that cause these serious diseases are also commonly carried in the back of the nose and throat, especially in older teenagers and young adults, without causing any illness.



Although rare, meningococcal disease is very serious and needs urgent treatment in hospital. It can lead to life-changing disabilities such as amputations, hearing loss, brain damage and scars. If it is not diagnosed early, it can even be fatal.

Vaccination against meningococcal group C has been available since 1999. The MenC vaccine was introduced into the UK routine vaccination programme in 1999 and the MenACWY vaccine in 2015.

Since August 2015 teenagers and new university students have been offered the MenACWY vaccine to improve protection against meningococcal group W (MenW) disease. The MenACWY vaccine protects against meningitis and septicaemia caused by four meningococcal bacteria groups A, C, W and Y.

Since the MenC vaccine was introduced into the UK routine vaccination programme in 1999 and the MenACWY vaccine in 2015, there has been a big reduction in cases of meningococcal disease in all age groups.

Young people are at higher risk of getting meningococcal disease, so they need to get vaccinated to protect themselves. Vaccination also reduces the risk of young people carrying the bacteria and so protects other people around them. They will need this vaccine even if they have previously received the MenC vaccine, as the MenACWY vaccine protects against meningococcal group C disease as well as providing extra protection against groups W, A and Y disease.

The MenACWY vaccination is normally given as an injection in the top of the arm.

A full list of the vaccine ingredients and possible side effects are available at [medicines.org.uk/emc](https://www.medicines.org.uk/emc) (external site). For information about the MenACWY vaccines enter 'Men A, C, W, Y'* into the search box.

More information about the MenACWY vaccine is available at phw.nhs.wales/MenACWYvaccine

It's important to know the signs and symptoms of meningitis and septicaemia (meningococcal disease). No vaccine is 100% effective and there are other bacteria that can also cause these illnesses, including meningococcal group B disease that is not covered by the ACWY vaccine.

What are the signs and symptoms of meningococcal disease?

Look out for any of these symptoms



Fever, cold hands and feet



Vomiting



Drowsy, difficult to wake



Confusion and irritability



Severe muscle pain



Pale, blotchy skin
Spots or rash
(see glass test)



Severe headache



Stiff neck



Dislike of bright lights



Convulsions or seizures

Do the glass test

Someone with septicaemia may develop a rash of tiny 'pin pricks' which can turn into purple bruising. This rash does not fade under pressure. You can do the glass test by pressing the side of a drinking glass against the rash. If the spots don't fade under pressure, get medical help immediately. The rash can be more difficult to see on dark skin, but may be visible in paler areas, especially the soles of the feet, the palms of the hands, the abdomen, or on the inside of the eyelids or roof of the mouth.



Never wait for a rash. It can be a late sign or may not appear at all.

Septicaemia can happen with or without meningitis. Not everyone gets all the symptoms and they can appear in any order. Make sure you know the signs and symptoms and get help immediately if you are concerned.



Meningitis and septicaemia are very serious and need urgent medical help immediately. If you can't get in touch with your doctor, ring 999 or go to the emergency department of your nearest hospital.



Consent packs and vaccination information

Consent packs for pupils and their parents or carers will be supplied to secondary schools before the scheduled school 3-in-1 teenage booster and MenACWY vaccination session. This may be paper based or in a digital format.

Each consent pack usually contains:

- **A letter (or email), leaflet and consent form.** The letter and leaflet give pupils and parents/carers an understanding of the vaccines and their benefits. Information is provided to enable informed consent for young people to receive the 3-in-1 teenage booster and MenACWY vaccines. Some schools will be asked to send these electronically.
- The leaflets are also available in **accessible formats** (including Large Print, Easy Read, British Sign Language and Audio). Parents and care givers should be directed to: phw.nhs.wales/vaccines/accessible-information
- **A consent form has to be completed before a vaccination is given.** Sometimes a nurse will do this over the phone with a parent/carer. While we recommend that pupils get **agreement from their parent or care giver**, some children in secondary school will be able to legally consent for themselves. This may include some children who are under 16 but only if they are assessed as having the understanding needed to do so by a school nurse or immuniser. This is called 'Gillick competence'. For more information about this, search consent here: www.111.wales.nhs.uk (external site).

How your school can support the 3-in-1 Teenage Booster and MenACWY vaccination programme

The relationship between schools and the NHS school nursing immunisation team is vital for protecting the health of future generations.

Schools have an important role to play in promoting the uptake of the immunisation programme, because of the relationship they have with the parents and young people.

Support with the 3-in-1 Teenage Booster and MenACWY programme is highly valued and essential. Please use all your communication channels to help promote uptake and share this briefing document with staff in your school.

The following will help to minimise disruption to the school:

- Ahead of the day of the vaccinations talk to the school nurse or immunisation team to arrange a suitable location and requirements.
- It is important to let parents and carers know which day vaccinations will take place. The consent pack will contain this information. Please ensure the school consent packs are distributed to parents and carers. Communication (e.g., an email or a text) can be sent to parents to remind them of the:

- vaccination date(s); and
- date they need to return the consent form by.

Pupils and their parents may have questions about the vaccines. Let them know that further information is available at phw.nhs.wales/3in1vaccine and phw.nhs.wales/MenACWYvaccine

How consent is collected

- Your school may be asked to collect **completed paper consent forms** from parents on behalf of the school nursing or immunisation team.
- Electronic consent forms, where used, are sent directly from the parent/carer to the school nursing or immunisation team.
- Forms should be **returned by the deadline agreed** with the school nurse or immunisation team.

Who will give the vaccine to the children

- The programme will be delivered by an NHS employed school nursing or immunisation team.
- They will administer the vaccinations according to nationally set standards. NHS vaccinators have appropriate qualifications and training, including safeguarding training. They are also fully trained to answer any questions from pupils and teachers about the 3-in-1 teenage booster and MenACWY vaccines.





Further information about Meningitis

- **Meningitis Research Foundation** is a leading UK, Irish and international charity that brings together people and expertise to defeat meningitis and septicaemia. More information is available at meningitis.org (external site).
- **Meningitis Now** is a national meningitis charity based in the United Kingdom. More information is available at meningitisnow.org (external site).

Further information about the 3-in-1 teenage booster and the MenACWY vaccine

- Like all vaccines, the safety and effectiveness of the 3-in-1 teenage booster and the MenACWY vaccine has been rigorously tested in clinical trials.
- Side effects of both vaccines are usually mild. The most common side effect is a sore, swollen or red arm at the site of injection. This usually wears off within a few days. Less common side effects are headaches, nausea and fever. Serious side effects are extremely rare.
- The safety of all vaccines continues to be monitored by the Medicines and Healthcare products Regulatory Agency (MHRA) through the Yellow Card Scheme. Anybody can report suspected side effects of vaccines and medicines through the Yellow Card scheme. This can be done online at www.mhra.gov.uk/yellowcard (external site), by calling **0800 731 6789** (Monday to Friday, 9am to 5pm) or search for MHRA Yellow Card in the Google Play or Apple App Store.

A note of thanks

Delivering immunisation programmes through schools is vital for ensuring children and young people have easy access to vaccines. This helps to achieve high uptake of vaccination and reduced inequalities in health for children and young people.

We are grateful for the support of schools in hosting these vaccination sessions, and for communicating to parents and carers when the 3-in-1 teenage booster and MenACWY immunisation sessions are scheduled to take place.

If you have any enquiries or questions regarding the delivery of the 3-in-1 teenage booster and MenACWY vaccination programme in your school, please direct these to the local health board school nursing/immunisation team.

Further information on tetanus, diphtheria, polio and the 3-in-1 booster vaccine is available at: phw.nhs.wales/3in1vaccine

Further information on meningococcal disease and the MenACWY vaccine is available at: phw.nhs.wales/MenACWYvaccine



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