

# Keep our children healthy and our schools disease-free.



## School Immunization Checklist

For your children to attend school in Ontario, they need to be immunized against the following infectious diseases:

- Meningococcal disease
- Pertussis (whooping cough)
- Varicella (chickenpox)  
*(for children born in 2010 or later)*
- Diphtheria
- Tetanus
- Polio
- Measles
- Mumps
- Rubella

For other recommended vaccines, visit Ontario's Immunization Schedule at [ontario.ca/vaccines](https://ontario.ca/vaccines).

## Stick to Ontario's Immunization Schedule

As a parent, keeping your kids safe and healthy is your number one priority. All children attending school between ages 4 to 17 need to be immunized according to Ontario's Immunization Schedule. Immunization protects children from many serious diseases that are easily spread in schools.

Under the *Immunization of School Pupils Act*, children need to have proof of immunization against diphtheria, tetanus, polio, measles, mumps, rubella, meningococcal disease, whooping cough, and – for children born in 2010 or later – chickenpox to attend school unless they have a valid exemption. Children who are not fully immunized may not be allowed to attend school.

## What you need to do

Check with your health care provider or local public health unit to make sure your child has all the vaccines needed to attend school. If your child has followed the immunization schedule, no further vaccines will be needed.

Did you know that it's your responsibility to report your child's updated immunization records to your local public health unit? Your health care provider does not report these records for you. To find your local public health unit, or for more information on immunization, visit [ontario.ca/vaccines](https://ontario.ca/vaccines).

## It takes all of us to protect each of us.

When you vaccinate your children, you protect them from harmful diseases as well as protect other children around them.

# For more than 200 years, vaccines have been saving lives around the world!

Get the vaccines and protect your family against the following diseases.

## **PERTUSSIS** (whooping cough)

Whooping cough is a contagious disease that causes prolonged cough in children, adolescents and adults. Whooping cough can be serious in infants. This cough can cause children to vomit or stop breathing for a short period of time. It can also cause serious complications such as pneumonia, as well as brain damage and seizures in babies.

## **VARICELLA** (chickenpox)

Chickenpox is a contagious disease that can cause fatigue, mild headache, fever up to 39 °C, chills and muscle or joint aches a day or two before a red, itchy, blister-like rash begins. Complications from chickenpox can be serious and include bacterial skin infections, ear infections, and pneumonia.

## **MENINGOCOCCAL DISEASE**

Meningococcal infections can cause serious diseases, including meningitis. Meningitis is a very serious infection that occurs in people who have either come in contact with an otherwise healthy person who is a "carrier" or come in contact with another person sick with the disease. Meningococcal disease can also cause blood poisoning and infections of the brain and spinal cord.

## **TETANUS**

Tetanus or lockjaw is a serious disease that can happen if dirt with the tetanus germ gets into a cut in the skin. It can cause cramping of the muscles and dangerous convulsions.

## **DIPHTHERIA**

This is a serious disease of the nose, throat and skin. It causes sore throat, fever and chills. Diphtheria can be complicated by breathing problems, heart failure and nerve damage.

## **POLIO**

Polio is a serious disease that people can get from drinking water or eating food with the polio virus in it. It can also be spread from person-to-person. Polio can cause nerve damage, paralyze someone for life and also cause death.

## **MUMPS**

Mumps is a contagious disease caused by a virus and is characterized by fever, headache as well as swelling of the cheek, jaw and neck. It can cause complications such as hearing loss and inflammation of the brain.

## **MEASLES**

Measles is a highly contagious viral infection. It causes high fever, cough, rash, runny nose and red eyes. Measles can cause complications such as ear infections and pneumonia.

## **RUBELLA**

Rubella is a contagious disease caused by a virus. Rubella may cause fever, rash, headache, mild runny nose and red eyes (conjunctivitis). It can cause serious complications in pregnant women and their babies, and arthritis in adults.

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## Important notes:

Students who do not have up-to-date immunization records on file at their local public health unit may be suspended from school until records are provided.

If your child requires an immunization exemption, please speak to your local public health unit. Parents wishing to exempt their child from required immunizations for non-medical reasons need to complete an education session. Note that children who are exempt from immunization are at increased risk and may be removed from school during a disease outbreak.

Contact your local public health unit to report your child's immunization records.