

WASHOUGAL SCHOOL DISTRICT

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Dear Parent or Guardian:

As of July 2005, schools in Washington are required to make information available on Meningococcal diseases to parents or guardians of all students entering Grades 6-12.

Meningococcal Disease and Prevention

Meningococcal Disease

Meningococcal disease spreads by direct contact with infected persons by coughing, kissing, or sharing anything by mouth, such as water bottles, eating utensils, lipsticks, or toothbrushes. It can cause pneumonia, bloodstream infection, and meningitis (swelling of the covering of the brain and spinal cord). Severe disease can cause brain damage, loss of hearing or limbs, and death. Fortunately, this life-threatening infection is rare – usually only about 30-60 cases are reported each year in Washington, including 1 to 8 deaths. Adolescents and young adults are more likely to get meningococcal disease, especially if they live in group settings, like college dorms.

Meningococcal Conjugate Vaccine (MCV4)

MCV4 protects your child against the most common types of bacteria that cause meningococcal disease. This vaccine and many others are available at no cost to patients younger than 19 years of age in Washington State. Healthy teens should get one dose of MCV4 during a pre-teen health check up at age 11 thru 12 years. Teens who did not get their first dose during the pre-teen health visit should get a dose at the earliest opportunity. A second dose, often called a booster dose, is now recommended. Teens should get it at age 16 thru 18 years or anytime before college. Teens don't need a booster dose if they got the first dose on or after the 16th birthday. Teens aged 11 thru 18 years with high risk conditions like HIV, absent or defective spleens, and complement component deficiency may need more doses of this vaccine. Ask your healthcare provider how many doses your adolescent needs for a full protection.

Learn More

Learn more about meningococcal disease and how to prevent it on the following Web sites:

Washington State Profile

Meningococcal information:

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Centers for Disease Control and Prevention

Meningococcal vaccine information:

[www.cdc.gov/vaccines/pubs/vis/downloads/vis-](http://www.cdc.gov/vaccines/pubs/vis/downloads/vis-mening.pdf)

[mening.pdf](http://www.cdc.gov/vaccines/pubs/vis/downloads/vis-mening.pdf)

Disease information:

www.cdc.gov/meningitis/about/faq.html

Pre-teen immunizations: www.cdc.gov/vaccines/spec-grps/preteens-adol.htm

College students & young adults: www.cdc.gov/vaccines/spec-grps/college.htm

Children's Hospital of Philadelphia Vaccine Education Center

Meningococcus questions & answers: www.chop.edu/vaccine/images/vec_mening_tear.pdf

National Meningitis Association www.nmaus.org

Human papillomavirus (HPV) Disease and Prevention

Human papillomavirus (HPV) Disease

What is HPV?

HPV is a common virus that is primarily spread through sexual contact. Up to 75 percent of HPV infections occur among people 15 thru 24 years old. Almost all cervical cancers and genital warts are caused by HPV. The types of HPV that can cause genital warts are not the same as the types that cause cancer. Some types of HPV can cause penile, anal, or head and neck cancers.

What are the symptoms of HPV?

Most of the time infected individuals have no symptoms and can spread the virus unknowingly. Some people know they have HPV because they have a symptom like genital warts. Women may find out they have HPV through cervical cancer screening (Pap tests) and HPV testing. Health care providers do not usually test for HPV unless they find abnormal cervical cell changes in a Pap test.

How can HPV infection be prevented?

The best way to prevent HPV infection is to abstain from all sexual activity. Even people with only one lifetime partner can get HPV if their partner had previous sexual partners. Using condoms during sex offers good protection against sexual infections like HPV. The HPV vaccines offer by far the best protection if given before sexual activity starts — they do not get rid of existing HPV infections. The HPV vaccine can prevent infections from some of the most common and serious types of HPV that cause warts, cervical and anal cancers.

HPV Vaccine

What HPV vaccines are available?

Two HPV vaccines are available:

- HPV4—protects only against four common HPV types. Two types that cause 75 percent of cervical cancer in women, and most anal cancers in men. Two other types that cause most genital warts in females and males.
- HPV2—protects only against the two types of HPV that cause 75 percent of cervical cancer in women.

Who should get the vaccine and when should they get it?

The federal Advisory Committee on Immunization Practice recommends that all girls age 11 thru 12 years old should get vaccinated against HPV. Health care providers may also give the vaccine

to girls as young as 9 years, and to girls and women aged 13 thru 26 years who haven't gotten the vaccine yet.

One of the HPV vaccines is also licensed for boys and men ages 9 thru 26 years to prevent genital warts. It is not yet recommended for all boys and men like it is for girls and women. Health care providers can offer the vaccine to males and give the vaccine upon request.

For both females and males, three doses are needed. The second dose should be given one to two months after the first. The third dose should be given six months after the first. The HPV vaccine is not required for school in Washington.

Are Pap tests still recommended for females who get the HPV vaccine?

Yes. The HPV vaccine does not protect against all HPV that can cause cancer and warts, so females still need Pap tests.

Where can I find the HPV vaccine?

Ask your doctor, nurse, or local health clinic to find out more about HPV vaccine and where you can get it. In Washington, the vaccine is available at no-cost for all children through age 18 as part of the state Childhood Vaccine Program. Health care providers may charge an administration fee (this fee may be waived if patient can't pay) or an office visit fee. For people age 19 thru 26, most health insurance plans cover the vaccine for people recommended to get it.

For more information on HPV, the Vaccine, and Cervical Cancer:

Centers for Disease Control & Prevention www.cdc.gov/std/hpv

Washington State Department of Health

www.doh.wa.gov/cfh/immunize/documents/hpvvaccinefactsheet.pdf

American Social Health Association www.ashastd.org

American Cancer Society www.cancer.org

Sincerely,

K. Girard, RN, BSN

District School Nurse