

Required Notification about Meningococcal Disease

To Parent/Guardian of Students in Grades 6-12:

Washington State law requires that you be provided with information about the causes, symptoms, and methods of prevention of meningococcal disease. This can be a deadly disease, so it is important to know this information.

Meningococcal disease is caused by a group of bacteria that lives in the nose and throat, and the illness is known as meningococcal meningitis. Adolescents and young adults have an increased rate of contracting meningitis, as compared to the general population. Symptoms of the disease may include fever, chills, rash, headaches, confusion, and a stiff neck. The disease is spread through direct contact with infected material, including kissing, coughing, sneezing, or sharing eating or drinking utensils.

The Washington State Department of Health wants you to be aware of this illness and the availability of a vaccine to protect against meningitis. Vaccination can help protect against 4 types of meningococcal disease occurring among adolescents and young adults. The vaccine is recommended for children entering middle school aged 11-12 years and a booster is given at age 16-18 years. Teens who did not get their first dose during the pre-teen health visit should get a dose as soon as possible. **The vaccine is not required for school attendance.**

The Washington State Department of Health encourages you to learn more about meningococcal disease and to speak to your child's health care provider about the immunization. You can also get more information from these websites:

- **Washington State Department of Health**
<http://www.doh.wa.gov/YouandYourFamily/IllnessandDisease/Meningitis.aspx>
- **Centers for Disease Control and Prevention**
<https://www.cdc.gov/vaccines/vpd/mening>

Required Notification about HPV Disease

To Parent/Guardian of Students in Grades 6-12:

Washington State law requires that you be provided with information about human papillomavirus (HPV) disease and its vaccine.

HPV is a very common virus that is spread through genital contact. There are many types of HPV, and some types can cause cervical, anal, vulvar, mouth, and throat cancer or genital warts. Both females and males can get HPV and easily spread it to others without knowing they have it. Most people with HPV have no signs or symptoms.

There is a highly effective vaccine available called the HPV vaccine that can prevent infection from some of the most common and serious types of HPV that cause cancer and genital warts. The best time to get the vaccine is before sexual activity starts. Two doses of HPV vaccine are recommended for all children starting at ages 11 to 12 years. Older teens age 15 and up need 3 doses of the HPV vaccine. It can be given to females up to age 26 and to males up to age 21. **The vaccine is not required for school attendance.**

The Washington State Department of Health encourages you to learn more about HPV disease and to speak to your child's health care provider about the vaccine. You can also get more information from these websites:

- **Washington State Department of Health**
<https://www.doh.wa.gov/YouandYourFamily/IllnessandDisease/HumanPapillomavirusHPV>
- **Centers for Disease Control and Prevention**
<http://www.cdc.gov/std/hpv/default.htm>