

WINSLOW HIGH SCHOOL

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WINSLOW, ME 04901-6895

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October 26, 2009

Dear Parents/Guardians,

MaineGeneral Medical Center is assisting our school by offering a school vaccination clinic during the school day on Tuesday, November 10. The goal is to administer both seasonal and H1N1 influenza vaccines to all eligible students enrolled in district schools.

There will be no charge for the vaccinations your child receives at school. Vaccine Information Sheets are enclosed for your information.

Please read and sign the consent form for your child to receive:

1. the H1N1 vaccination only or
2. the seasonal influenza vaccination only or
3. the seasonal influenza vaccination and the H1N1 vaccination.

If you wish to have your child(ren) participate, please complete the enclosed 2009-2010 Seasonal Influenza and H1N1 Vaccine Record and Consent Form and return it to Winslow High School immediately.

A consent form must be returned for each child to be vaccinated. If no permission form is returned, the child will not receive the vaccine.

If you have questions, please contact Linda Camic, Winslow High School Nurse, at 872-1990.

Sincerely,

A handwritten signature in black ink, appearing to read 'Doug Carville'. The signature is written in a cursive, somewhat stylized font.

Douglas Carville
Principal
Winslow High School

Enc (5),





Your resource for life.

MaineGeneral
Medical Center

PLEASE RETURN THIS FORM AS SOON AS POSSIBLE

2009-2010 Seasonal Influenza and H1N1 Vaccine Record and Consent Form

(School administrative unit name) _____

Student's Full Name: _____ Birth date: _____ Age: _____

Name of Parent or Legal Representative: _____

Address: _____ City: _____

Telephone Number: _____ School Name: _____

Parents: Please provide a phone number where you can be reached on the day of the clinic: _____

HEALTH SCREEN

The following questions will help us determine if there is any reason your child should not receive the SEASONAL influenza vaccination or the H1N1 influenza vaccination on the clinic days. Please answer every question.

- | | | |
|---|-----|----|
| 1) Did your child receive a seasonal flu shot in 2008-2009? | YES | NO |
| 2) Does this child have an allergy to eggs? | YES | NO |
| 3) Has this child ever had a serious reaction to immunizations in the past? | YES | NO |
| 4) Has this child ever had Guillain-Barre Syndrome? | YES | NO |
| 5) Could this child be pregnant? (Grade 6 and up) | YES | NO |
| 6) If your child is less than 9 yrs of age have they received 2 or more previous flu shots? | YES | NO |

If your child shows signs or symptoms of illness the day of the clinic they will NOT be immunized. Alternative dates for other clinics will be provided by the school for your child.

I have been provided with the Inactivated Influenza Vaccine Information Statement for Seasonal Influenza and the H1N1 Vaccine Information Statement. I have read this information and understand the risks and benefits of the Seasonal Inactivated Influenza Vaccination and the H1N1 Vaccination. If I have any questions I will contact the school nurse.

I give permission for my child to receive the seasonal influenza vaccine only

I give permission for my child to receive the H1N1 vaccine only

OR

I give permission for my child to receive the seasonal Influenza vaccine and the H1N1 vaccine at the school clinic coordinated by MaineGeneral Medical Center and the school, and for a record of this vaccination to be shared with the primary care provider indicated below.

Name of child's health care provider (physician, nurse practitioner):

Signature of Parent or Legal Representative: _____ Date: _____

INACTIVATED INFLUENZA VACCINE

WHAT YOU NEED TO KNOW 2009-10

Many Vaccine Information Statements are available in Spanish and other languages. See www.immunize.org/vis.

1 Why get vaccinated?

Influenza ("flu") is a contagious disease.

It is caused by the influenza virus, which can be spread by coughing, sneezing, or nasal secretions.

Other illnesses can have the same symptoms and are often mistaken for influenza. But only an illness caused by the influenza virus is really influenza.

Anyone can get influenza, but rates of infection are highest among children. For most people, it lasts only a few days. It can cause:

- fever
- sore throat
- chills
- fatigue
- cough
- headache
- muscle aches

Some people, such as infants, elderly, and those with certain health conditions, can get much sicker. Flu can cause high fever and pneumonia, and make existing medical conditions worse. It can cause diarrhea and seizures in children. On average, 226,000 people are hospitalized every year because of influenza and 36,000 die – mostly elderly. **Influenza vaccine can prevent influenza.**

2 Inactivated influenza vaccine

There are two types of seasonal influenza vaccine:

1. **Inactivated** (killed) vaccine, or the "flu shot" is given by injection into the muscle. 2. **Live, attenuated** (weakened) influenza vaccine is sprayed into the nostrils. *This vaccine is described in a separate Vaccine Information Statement.*

These "seasonal" influenza vaccines are formulated to prevent annual flu. They do not protect against pandemic H1N1 influenza.

Influenza viruses are always changing. Because of this, influenza vaccines are updated every year, and an annual vaccination is recommended.

Each year scientists try to match the viruses in the vaccine to those most likely to cause flu that year. When there is a close match the vaccine protects most people from serious influenza-related illness. But even when there is not a close match, the vaccine provides some protection. Influenza vaccine will *not* prevent "influenza-like" illnesses caused by other viruses.

It takes up to 2 weeks for protection to develop after the shot. Protection lasts up to a year.

Some inactivated influenza vaccine contains a preservative called thimerosal. Some people have suggested that thimerosal may be related to developmental problems in children. In 2004 the Institute of Medicine reviewed many studies looking into this theory and concluded that there is no evidence of such a relationship. Thimerosal-free influenza vaccine is available.

3 Who should get inactivated influenza vaccine?

Anyone who wants to reduce the likelihood of becoming ill with influenza or spreading influenza to others.

All children 6 months and older and all older adults:

- All children from 6 months through 18 years of age.
- Anyone 50 years of age or older.

Anyone who is at risk of complications from influenza, or more likely to require medical care:

- Women who will be pregnant during influenza season.
- Anyone with long-term health problems with:
 - heart disease
 - kidney disease
 - liver disease
 - lung disease
 - metabolic disease, such as diabetes
 - asthma
 - anemia, and other blood disorders
- Anyone with a weakened immune system due to:
 - HIV/AIDS or other diseases affecting the immune system
 - long-term treatment with drugs such as steroids
 - cancer treatment with x-rays or drugs
- Anyone with certain muscle or nerve disorders (such as seizure disorders or cerebral palsy) that can lead to breathing or swallowing problems.
- Anyone 6 months through 18 years of age on long-term aspirin treatment (they could develop Reye Syndrome if they got influenza).
- Residents of nursing homes and other chronic-care facilities.

Anyone who lives with or cares for people at high risk for influenza-related complications:

- Health care providers.
- Household contacts and caregivers of children from birth up to 5 years of age.
- Household contacts and caregivers of
 - people 50 years and older, or
 - anyone with medical conditions that put them at higher risk for severe complications from influenza.

Health care providers may also recommend a yearly influenza vaccination for:

- People who provide essential community services.
- People living in dormitories, correctional facilities, or under other crowded conditions, to prevent outbreaks.
- People at high risk of influenza complications who travel to the Southern hemisphere between April and September, or to the tropics or in organized tourist groups at any time.

Flu:

A Guide for Parents

How can I protect my child from seasonal flu and H1N1?

Get your child vaccinated.

Talk to your child about everyday steps to prevent the spread of germs:

- Stay away from people who are sick.
- Wash hands often and keep hands away from the face.
- Cover coughs and sneezes. Use a tissue and throw it away afterwards.

What should I use for hand washing?

Wash your hands with soap and warm water for as long as it takes to sing the Happy Birthday song twice (15-20 seconds). This will help protect your child from many different germs.

If soap and water are not available, use alcohol-based hand sanitizers or wipes (sanitizers should be rubbed into hands until dry).

Can my child go to school if he or she is sick?

If your child has a temperature over 100° along with one of the following symptoms:

- headache
- runny or stuffy nose
- sore throat
- dry cough
- sore muscles

then your child should stay home to rest and to avoid giving the flu to others.

How long are you contagious?

Healthy adults can spread the flu from one day before getting sick up to five days after getting sick. This can be longer in children and in people who don't fight disease as well.

When can my child go back to school after having the flu?

Keep your child home from school until his/her temperature has been normal for 24 hours. Remind your child to cover his/her mouth when coughing or sneezing to protect others from germs. You may want to send tissues and hand sanitizer to school with your child.

NOTE: If your family normally gets the seasonal flu shot at your doctors' office, please call them to schedule your appointment.



Your resource for life.

MaineGeneral
Medical Center

www.maine-general.org

To learn more about community seasonal flu clinics in the Kennebec Valley call 872-4492 or visit www.maine-general.org/flu-season.

For more information on seasonal flu or H1N1 visit the Centers for Disease Control and Prevention website - <http://www.cdc.gov/flu>.

2009 H1N1 INFLUENZA VACCINE

INACTIVATED

WHAT YOU NEED TO KNOW

Many Vaccine Information Statements are available in Spanish and other languages. See www.immunize.org/vis.

1 What is 2009 H1N1 influenza?

2009 H1N1 influenza (which was earlier called Swine Flu) is a type of flu caused by a new strain of influenza virus. Because it has spread to many countries, it has been declared a pandemic influenza strain.

Like other flu viruses, 2009 H1N1 spreads from person to person through coughing, sneezing, nasal secretions, and sometimes through handling objects contaminated with the virus.

Signs of 2009 H1N1 can include:

- Fatigue
- Fever
- Sore Throat
- Muscle Aches
- Chills
- Coughing
- Sneezing

Some people also have diarrhea and vomiting.

Most people recover within a week. But some people get pneumonia or other serious illnesses. Some people have to be hospitalized and some die.

2 How is 2009 H1N1 different from regular (seasonal) flu?

Seasonal flu viruses change from year to year, but they are closely related to each other.

People who have had prior flu infections usually have some immunity to seasonal flu viruses.

The 2009 H1N1 flu virus is a new virus strain. It is very different from seasonal flu viruses.

Most people have little or no immunity to 2009 H1N1 flu.

3 2009 H1N1 influenza vaccine

Vaccines are being made to protect against 2009 H1N1 influenza.

- These vaccines are produced just like seasonal flu vaccines.
- They are expected to be as effective as seasonal flu vaccines.

- They will not prevent “influenza-like” illnesses caused by other viruses.

- They will not prevent seasonal flu. *You should also get seasonal influenza vaccine, if recommended.*

Inactivated (killed) vaccine is injected into the muscle, like the annual flu shot. **This statement describes the inactivated vaccine.**

A **live, intranasal** vaccine is also available. It is described in a separate statement.

Some inactivated H1N1 vaccine contains a preservative called thimerosal. While some people have suggested that thimerosal may be related to developmental problems in children, that theory has not been supported by research. Thimerosal-free vaccine is also available.

4 Who should get 2009 H1N1 influenza vaccine and when?

WHO

Groups recommended to receive 2009 H1N1 vaccine first are:

- Pregnant women
- People who live with or care for infants younger than 6 months of age
- Health care and emergency personnel
- Anyone from 6 months through 24 years of age
- Anyone from 25 through 64 with certain chronic medical conditions or a weakened immune system

These groups should also be vaccinated:

- Healthy 25-64 year olds
- Adults 65 and older

WHEN

Get vaccinated as soon as the vaccine is available.

Recommendations may change if we learn that other groups of people are at particularly high risk.

Some people may need **two doses** of vaccine.