

Calaveras Unified School District

H1N1 (swine) Flu Information

(Posted 10/29/09)

Specific information re our school district (see page 2)
Vaccine Clinic Schedule (see page 3)

Calaveras County updates and how to protect yourself

http://www.co.calaveras.ca.us/cc/Departments/PublicHealthDepartment/SeasonalCommunityHealthInformation/Influenza/tabid/561/Agg2132_SelectTab/3/Default.aspx

What is swine flu, is it contagious, what are the symptoms, can I get it from eating pork, how do I protect myself?

http://www.cdc.gov/swineflu/swineflu_you.htm

Key facts about swine flu

http://www.cdc.gov/swineflu/key_facts.htm

What do I need to know if I'm taking care of someone with the swine flu?

http://www.cdc.gov/swineflu/guidance_homecare.htm

NOTE: Do **NOT** use aspirin or aspirin-containing products (Pepto Bismol) in children 18 years of age or younger due to the risk of Reye syndrome. For relief of fever, other anti-pyretic medications are recommended such as acetaminophen or non steroidal anti-inflammatory drugs (CDC).

Other websites:

Calaveras County Public Health Department

http://www.co.calaveras.ca.us/cc/Departments/PublicHealthDepartment/SeasonalCommunityHealthInformation/Influenza/tabid/561/Agg2132_SelectTab/3/Default.aspx

or

<http://www.co.calaveras.ca.us/cc/Departments/PublicHealthDepartment.aspx>

CA Department of Public Health

<http://www.cdph.ca.gov/HealthInfo/discond/Pages/SwineInfluenza.aspx>

Centers for Disease Control and Prevention

<http://www.cdc.gov/swineflu/index.htm>

Calaveras Unified School District

H1N1 (swine) Flu Information

(Posted 10/29/09)

- A letter was sent home by the Calaveras County Public Health Department (CCPHD) to all schools in Calaveras County on 10/29 and 11/2.
- The letter from CCPHD states:

The Calaveras County Public Health Department is offering the H1N1 Influenza (swine flu) vaccine at your student's school. Children and youth are more likely to become ill with this new flu virus. Fortunately, severe illness from the swine flu virus does not happen frequently. However, hospitalization and deaths have occurred in healthy children, teenagers and young adults. I recommend that children and youth receive the swine flu vaccine to protect them and others. Information about the vaccine and a screening and consent form are enclosed.

No Cost H1N1 (swine flu) Influenza Vaccine Clinic

- Vaccine will be provided by the Public Health Department and local school nurses.
- Two types of vaccine will be available.
- Inactivated vaccine for children/youth with medical conditions (shot).
- Flumist/weakened live vaccine for healthy students (nasal spray).
Students with chronic medical conditions do not receive Flumist.
 - Two doses of vaccine are needed for children under 10 years old. The two doses should be separated by at least 4 weeks.
 - To receive H1N1 flu vaccine at school please,

Return completed screening and consent form ASAP.

Students without a complete and signed form will not receive vaccine.

Phone consent cannot be accepted.

- There will be no cost for the vaccine.

For more information about the H1N1 (swine flu) vaccine clinic, contact your school nurse or the Public Health Department at 754-6460.

Additional Info:

Stay Home if Students and Family Members Have Flu-Like Illness

All persons with a flu-like illness should stay home to keep from spreading the flu to others. If you or your student has a fever of 100°F or more and a cough or sore throat, please stay home. Protect others by staying home for at least 24 hours after the fever is gone (without the use of fever-reducing medicine).

Get Flu Vaccine This Year

Watch for information coming home about both seasonal flu vaccine and H1N1 flu vaccine. If you have a high risk family member, protect them with vaccine.

Wash Hands, Cover Coughs and Sneezes

Coughs and sneezes propel flu virus into the air. Cover coughs and sneezes to keep the virus from reaching others. Wash your hands often and help young children wash their hands properly. This everyday action removes flu viruses.

- Teach your children to wash hands frequently with soap and water for 20 seconds. Be sure to set a good example by doing this yourself.
- Teach your children to cover coughs and sneezes with tissues or by coughing into the inside of the elbow.
- Teach your children to stay away from people who are sick and stay home from work or school if you are sick.

H1N1 Clinic Schedule:

Calaveras High School	Thursday, Nov 12
CUSD Transition	Thursday, Nov 5
Gold Strike Alt High School	Thursday, Nov 12
Jenny Lind Elem	Monday, Nov 16
Jenny Lind Alt High School	Monday, Nov 16
Mokelumne Hill Elem	Monday, Nov 16
Rail Road Flat Elem	Monday, Nov 16
San Andreas Elem	Wednesday, Nov 4
Toyon Middle School	Friday, Nov 13
Valley Springs Elem	Wednesday, Nov 4
West Point Elem	Monday, Nov 9
West Point Alt High School	Monday, Nov 9

Enrolled students only. No parents or siblings.

Consent form (see page 4)

Vaccine information sheets (see page 5-8)

Seasonal flu vaccine is available through the Public Health Department:

<http://www.co.calaveras.ca.us/cc/LinkClick.aspx?fileticket=%2bHcs9Ijso%2bA%3d&tabid=346>

**Calaveras County Public Health Department
H1N1 Influenza Vaccine Screening and Consent Form
Return this form to your student's teacher by**

Please complete information below and sign

Last Name	First Name	Date of Birth	Age
Parent or Guardian Name (Please Print)		Phone Number	
Mailing Address/PO Box		City	Zip Code
School	Grade	Teacher	

If your child has already been vaccinated with 2009 Flu H1N1 vaccine, please tell us the number of doses and dates of vaccination.

<input type="checkbox"/> Dose 1	Date Received: _____/_____/_____	<input type="checkbox"/> nasal spray	<input type="checkbox"/> shot
<input type="checkbox"/> Dose 2	Date Received: _____/_____/_____	<input type="checkbox"/> nasal spray	<input type="checkbox"/> shot

Section 1

	Yes	No
1 Is your child sick today?	<input type="checkbox"/>	<input type="checkbox"/>
2 Does your child have an allergy to eggs?	<input type="checkbox"/>	<input type="checkbox"/>
3 Does your child have any other serious allergies? Please list: _____	<input type="checkbox"/>	<input type="checkbox"/>
4 Has your child ever had a serious reaction to a previous dose of flu vaccine?	<input type="checkbox"/>	<input type="checkbox"/>
5 Has your child ever had Guillian-Barré syndrome? (a type of temporary severe muscle weakness) within 6 weeks after receiving a flu vaccine?	<input type="checkbox"/>	<input type="checkbox"/>

Section 2

	Yes	No
1 Has your child been vaccinated with any vaccine (not just flu) within the past 30 days? Vaccine: _____ Date Given: _____/_____/_____	<input type="checkbox"/>	<input type="checkbox"/>
2 Does your child have any of the following: asthma, diabetes (or other metabolic disease), or disease of the lungs, heart, kidneys, liver, nerves or blood?	<input type="checkbox"/>	<input type="checkbox"/>
3 Is your child on long term aspirin or aspirin-containing therapy (for example does your child take aspirin everyday)?	<input type="checkbox"/>	<input type="checkbox"/>
4 Does your child have a weak immune system (for example, from HIV, cancer, or medications such as steroids or those used to treat cancer)?	<input type="checkbox"/>	<input type="checkbox"/>
5 Is your child pregnant?	<input type="checkbox"/>	<input type="checkbox"/>
6 Does your child have close contact with a person who needs care in a protected environment (for example, someone who has recently had a bone marrow transplant)?	<input type="checkbox"/>	<input type="checkbox"/>

Consent for Child's Vaccination:

I have read or had explained to me, the information contained in the Vaccine Information Sheet for the 2009 H1N1 influenza vaccine and understand the risks and benefits. I GIVE CONSENT to the Calaveras County Public Health Department and its staff for my child named at the top of this form to be vaccinated with this vaccine. **(If this consent form is not signed, dated and returned, then your child will not be vaccinated at school)**

Parent or Guardian Signature	Date
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Staff Use Only

Vaccine	Route	Dose Number	Manufacturer and Lot Number	Administered By:
2009 H1N1	<input type="checkbox"/> IM <input type="checkbox"/> Intranasal <input type="checkbox"/> RD <input type="checkbox"/> LD <input type="checkbox"/> RT <input type="checkbox"/> LT	<input type="checkbox"/> 1 st <input type="checkbox"/> 2 nd		

2009 H1N1 INFLUENZA VACCINE

LIVE, ATTENUATED
(the nasal spray vaccine)

WHAT YOU NEED TO KNOW

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

1 What is 2009 H1N1 influenza?

2009 H1N1 influenza (sometimes called Swine Flu) is caused by a new strain of influenza virus. It has spread to many countries.

Like other flu viruses, 2009 H1N1 spreads from person to person through coughing, sneezing, and sometimes through touching 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 feel better 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 flu infections in the past usually have some immunity to seasonal flu viruses (their bodies have built up some ability to fight off the 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 (their bodies are not prepared to fight off the virus).

3 2009 H1N1 influenza vaccine

Vaccines are available to protect against 2009 H1N1 influenza.

- These vaccines are made just like seasonal flu vaccines.
- They are expected to be as safe and 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 you want protection from seasonal flu.*

Live, attenuated intranasal vaccine (or LAIV) is sprayed into the nose. **This sheet describes the live, attenuated intranasal vaccine.**

An **inactivated** vaccine is also available, which is given as a shot. It is described in a separate sheet.

The 2009 H1N1 LAIV does not contain thimerosal or other preservatives. It is licensed for people from 2 through 49 years of age.

The vaccine virus is attenuated (weakened) so it will not cause illness.

4 Who should get 2009 H1N1 influenza vaccine and when?

WHO

LAIV is approved for people from 2 through 49 years of age who are not pregnant and do not have certain health conditions (see number 5 below). Groups recommended to receive 2009 H1N1 LAIV first are healthy people who:

- are from 2 through 24 years of age,
- are from 25 through 49 years of age and
 - live with or care for infants younger than 6 months of age, or
 - are health care or emergency medical personnel.

As more vaccine becomes available, other healthy 25 through 49 year olds should also be vaccinated.

Note: While certain groups should not get LAIV – for example pregnant women, people with long-term health problems, and children from 6 months to 2 years of age – it is important that they be vaccinated. They should get the flu shot.

The Federal government is providing this vaccine for receipt on a voluntary basis. However, state law or employers may require vaccination for certain persons.

WHEN

Get vaccinated as soon as the vaccine is available.

Children through 9 years of age should get **two doses** of vaccine, about a month apart. Older children and adults need only one dose.

5 Some people should not get the vaccine or should wait

You should not get 2009 H1N1 LAIV if you have a **severe (life-threatening) allergy** to **eggs**, or to **any other substance in the vaccine**. *Tell the person giving you the vaccine if you have any severe allergies.*

2009 H1N1 LAIV should not be given to the following groups.

- children younger than 2 and adults 50 years and older
- pregnant women,
- anyone with a weakened immune system,
- anyone with a long-term health problem such as
 - heart disease - kidney or liver disease
 - lung disease - metabolic disease such as diabetes
 - asthma - anemia and other blood disorders
- children younger than 5 years with asthma or one or more episodes of wheezing during the past year,
- anyone with certain muscle or nerve disorders (such as cerebral palsy) that can lead to breathing or swallowing problems,
- anyone in close contact with a person with a *severely* weakened immune system (requiring care in a protected environment, such as a bone marrow transplant unit),
- children or adolescents on long-term aspirin treatment.

If you are moderately or severely ill, you might be advised to wait until you recover before getting the vaccine. If you have a mild cold or other illness, there is usually no need to wait.

Tell your doctor if you ever had:

- a life-threatening allergic reaction after a dose of seasonal flu vaccine,
- Guillain-Barré syndrome (a severe paralytic illness also called GBS).

These may not be reasons to avoid the vaccine, but the medical staff can help you decide.

2009 H1N1 LAIV may be given at the same time as most other vaccines. Tell your doctor if you got any other vaccines within the past month or plan to get any within the next month. H1N1 LAIV and seasonal LAIV should not be given together.

6 What are the risks from 2009 H1N1 LAIV?

A vaccine, like any medicine, could cause a serious problem, such as a severe allergic reaction. But the risk of any vaccine causing serious harm, or death, is extremely small.

The risks from 2009 H1N1 LAIV are expected to be similar to those from seasonal LAIV:

Mild problems:

Some children and adolescents 2-17 years of age have reported mild reactions, including:

- runny nose, nasal congestion or cough
- fever
- headache and muscle aches
- wheezing
- abdominal pain or occasional vomiting or diarrhea

Some adults 18-49 years of age have reported:

- runny nose or nasal congestion
- sore throat
- cough, chills, tiredness/weakness
- headache

Severe problems:

- Life-threatening allergic reactions to vaccines are very rare. If they do occur, it is usually within a few minutes to a few hours after the vaccination.
- In 1976, an earlier type of inactivated swine flu vaccine was associated with cases of Guillain-Barré Syndrome (GBS). LAIV has not been linked to GBS.

7 What if there is a severe reaction?

What should I look for?

Any unusual condition, such as a high fever or behavior changes. Signs of a severe allergic reaction can include difficulty breathing, hoarseness or wheezing, hives, paleness, weakness, a fast heart beat or dizziness.

What should I do?

- **Call** a doctor, or get the person to a doctor right away.
- **Tell** the doctor what happened, the date and time it happened, and when the vaccination was given.
- **Ask** your provider to report the reaction by filing a Vaccine Adverse Event Reporting System (VAERS) form. Or you can file this report through the VAERS website at <http://www.vaers.hhs.gov>, or by calling **1-800-822-7967**.

VAERS does not provide medical advice.

8 Vaccine injury compensation

If you or your child has a reaction to the vaccine, your ability to sue is limited by law.

However, a federal program has been created to help pay for the medical care and other specific expenses of certain persons who have a serious reaction to this vaccine. For more information about this program, call **1-888-275-4772** or visit the program's website at:

<http://www.hrsa.gov/countermeasurescomp/default.htm>.

9 How can I learn more?

- Ask your provider. They can give you the vaccine package insert or suggest other sources of information.
- Call your local or state health department.
- Contact the Centers for Disease Control and Prevention (CDC):
 - Call **1-800-232-4636 (1-800-CDC-INFO)** or
 - Visit CDC's website at <http://www.cdc.gov/h1n1flu> or <http://www.cdc.gov/flu>
 - Visit the web at <http://www.flu.gov>



DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION



2009 H1N1 INFLUENZA VACCINE

INACTIVATED (the “flu shot”)

WHAT YOU NEED TO KNOW

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1 What is 2009 H1N1 influenza?

2009 H1N1 influenza (also called Swine Flu) is caused by a new strain of influenza virus. It has spread to many countries.

Like other flu viruses, 2009 H1N1 spreads from person to person through coughing, sneezing, and sometimes through touching 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 feel better 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 flu infections in the past usually have some immunity to seasonal flu viruses (their bodies have built up some ability to fight off the viruses).

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

Most people have little or no immunity to 2009 H1N1 flu (their bodies are not prepared to fight off the virus).

3 2009 H1N1 influenza vaccine

Vaccines are available to protect against 2009 H1N1 influenza.

- These vaccines are made just like seasonal flu vaccines.
- They are expected to be as safe and 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 you want to be protected against seasonal flu.*

Inactivated vaccine (vaccine that has killed virus in it) is injected into the muscle, like the annual flu shot. **This sheet describes the inactivated vaccine.**

A **live, intranasal** vaccine (the nasal spray vaccine) is also available. It is described in a separate sheet.

Some inactivated 2009 H1N1 vaccine contains a preservative called thimerosal to keep it free from germs. Some people have suggested that thimerosal might be related to autism. In 2004 a group of experts at the Institute of Medicine reviewed many studies looking into this theory, and found no association between thimerosal and autism. Additional studies since then reached the same conclusion.

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 medical personnel
- Anyone from 6 months through 24 years of age
- Anyone from 25 through 64 years of age with certain chronic medical conditions or a weakened immune system

As more vaccine becomes available, these groups should also be vaccinated:

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

The Federal government is providing this vaccine for receipt on a voluntary basis. However, state law or employers may require vaccination for certain persons.

WHEN

Get vaccinated as soon as the vaccine is available.

Children through 9 years of age should get **two doses** of vaccine, about a month apart. Older children and adults need only one dose.

5 Some people should not get the vaccine or should wait

You should not get 2009 H1N1 flu vaccine if you have a **severe (life-threatening) allergy to eggs**, or to **any other substance in the vaccine**. *Tell the person giving you the vaccine if you have any severe allergies.*

Also tell them if you have ever had:

- a life-threatening allergic reaction after a dose of seasonal flu vaccine,
- Guillain Barré Syndrome (a severe paralytic illness also called GBS).

These may not be reasons to avoid the vaccine, but the medical staff can help you decide.

If you are moderately or severely ill, you might be advised to wait until you recover before getting the vaccine. If you have a mild cold or other illness, there is usually no need to wait.

Pregnant or breastfeeding women can get inactivated 2009 H1N1 flu vaccine.

Inactivated 2009 H1N1 vaccine may be given at the same time as other vaccines, including seasonal influenza vaccine.

6 What are the risks from 2009 H1N1 influenza vaccine?

A vaccine, like any medicine, could cause a serious problem, such as a severe allergic reaction. But the risk of any vaccine causing serious harm, or death, is extremely small.

The virus in inactivated 2009 H1N1 vaccine has been killed, so you cannot get influenza from the vaccine.

The risks from inactivated 2009 H1N1 vaccine are similar to those from seasonal inactivated flu vaccine:

Mild problems:

- soreness, redness, tenderness, or swelling where the shot was given
- fainting (mainly adolescents)
- headache, muscle aches
- fever
- nausea

If these problems occur, they usually begin soon after the shot and last 1-2 days.

Severe problems:

- Life-threatening allergic reactions to vaccines are very rare. If they do occur, it is usually within a few minutes to a few hours after the shot.
- In 1976, an earlier type of swine flu vaccine was associated with cases of Guillain-Barré Syndrome (GBS). Since then, flu vaccines have not been clearly linked to GBS.

7 What if there is a severe reaction?

What should I look for?

Any unusual condition, such as a high fever or behavior changes. Signs of a severe allergic reaction can include difficulty breathing, hoarseness or wheezing, hives, paleness, weakness, a fast heart beat or dizziness.

What should I do?

- **Call** a doctor, or get the person to a doctor right away.
- **Tell** the doctor what happened, the date and time it happened, and when the vaccination was given.
- **Ask** your provider to report the reaction by filing a Vaccine Adverse Event Reporting System (VAERS) form. Or you can file this report through the VAERS website at <http://www.vaers.hhs.gov>, or by calling **1-800-822-7967**.

VAERS does not provide medical advice.

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If you or your child has a reaction to the vaccine, your ability to sue is limited by law.

However, a federal program has been created to help pay for the medical care and other specific expenses of certain persons who have a serious reaction to this vaccine. For more information about this program, call **1-888-275-4772** or visit the program's website at: <http://www.hrsa.gov/countermeasurescomp/default.htm>.

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