



Flu Clinic Information

Answers to Common Questions from Parents and Caregivers:

Why Do We Offer A Seasonal Flu Clinic at school?

This important initiative greatly contribute to the health of our school children, families, and community by promoting herd immunity. Consider the following:

- School children have very high rates of flu illness, exceeding 10% in most years.
- During the 2006-07 flu season, there were several outbreaks of flu illness reported from Seattle schools, with absentee rates high enough in two schools to result in school closures . These outbreaks might have been averted if a greater proportion of students had been immunized.
- Studies show that school children vaccinated against flu have fewer illnesses, fewer absences from school, and lower rates of illness in their families during flu season, compared with unvaccinated children.
- Children are one of the most important sources of flu transmission in the community. Older people often catch flu virus from children; therefore, immunizing children can also prevent illness and death in our community. The more children within the school who are vaccinated, the less chance there is of flu spreading throughout the school and extended communities

LAURELHURST FLU CLINIC 2009

September 28 and October 1

3:30pm-6:00pm

Laurelhurst Elementary
Cafeteria

For more information & extra
consent forms, contact the
office: 206-252-5400

Is my health child at risk? Should I have him/her vaccinated?

All people, no matter how healthy, are at some risk of developing severe and even fatal flu infections. Although rare, the flu virus can result in serious illness in healthy children. ALL children, no matter how healthy, are at some risk of developing severe flu infections. The CDC recommends giving a yearly flu shot to children with long term health problems including, asthma, diabetes, heart disease, lung disease, kidney disease, and blood disorders. These children are at even greater risk of complications from the flu. The Centers for Disease Control and Prevention (CDC) recommends that all children from six months through 18 years be vaccinated. Vaccinated children have fewer episodes of illness and fewer absences from school than unvaccinated children. Vaccinating school children also reduces spread of flu in the community.



Flu Clinic Information

What to Expect At the Clinic:

All students and their family members, teachers, administrators, and other school staff may receive the vaccine. Registered nurses and physicians from Group Health, Virginia Mason, and Seattle Children's will administer the flu vaccine. A pediatrician will be present at each clinic.

Participation in the school-based program is voluntary, and your permission is required. This is for the Seasonal Flu, NOT the H1N1 Flu Vaccine.

What do I have to do for my child to get the seasonal flu vaccine at school?

Participating is easy! In late September we sent home through kid mail Vaccine Information Statements and a consent form. Just read the Information Statements and consent form. **If you fill out the consent form sent home with your child, please make a copy and bring it with the original to the clinic.** Forms with duplicates attached will be available before the clinic dates on the table outside the front office, and at the clinic. A copy of this form will also be posted on the PTA website. Your child will need to be accompanied by an adult who will have to accept responsibility for your child at the clinic and then ensures that they get to wherever they must go afterward.

*** DON'T LIKE INJECTIONS? WE HAVE FLUMIST! ***



Flumist is safe for use by anyone in good health from 2 - 49 years old. If your child has asthma and is 6 or older, you can talk with a pediatrician in the clinic about whether or not they should receive Flumist. If your child is 5 or younger and has asthma or recurrent wheezing, they should receive the injected vaccine. Flumist should not be taken by anyone with known immune system disorders or active chronic diseases, a history of Guillain Barre syndrome, or people receiving aspirin therapy. These people should receive traditional inactivated vaccine instead. If you are uncertain whether Flumist is safe for your child, consult your family's pediatrician or one of the pediatricians at the clinic. If your child is allergic to eggs, you should take him/her to your regular pediatrician for vaccination.

PAYMENTS AND INSURANCE REIMBURSEMENT:

The injectable vaccine will be free for children because Federal Recovery Act funds are being used this year to support WA's Vaccine for Children Program which is generously donating this vaccine formulation. Injectable vaccines for adults will cost \$15 per person. The nasal spray (Flumist) vaccine will be offered for \$22.70 for both children and adults. These prices are substantially below those charged by outside providers, thanks to extensive volunteer efforts and a generous reduction in price by Katterman's Pharmacy. For adult injectable and all Flumist vaccines, you will be required to provide a check made out to "Katterman's Pharmacy", either at the clinic or ahead of time if you will not be accompanying your child. You will be issued a receipt that can be submitted to your insurance provider and/or flexible spending account provider. *Note that free vaccine is available for families based on financial need. You can confidentially contact the front office at 252-5400 to arrange to receive free vaccine for all family members.*

Flu Shot Safety Information

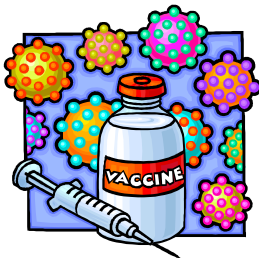
MYTH: The Flu Shot can give you the flu!

The flu shot does NOT cause the flu, however, you can experience mild side-effect symptoms as your body develops the antibodies that protect you against the virus. It takes up to 2 weeks to develop these antibodies, so a person is still susceptible to the flu during this period.

- ◆ **The flu vaccine is SAFE with few side effects observed.** A recent study of the flu shot involving more than 45,000 infants and children found the vaccine is safe in this population, adding to prior evidence of flu vaccine safety. The flu shot is not a live virus, so is rarely associated with major systemic reactions, therefore most experts consider the vaccine safe during any stage of pregnancy. *NOTE: Flumist is not recommended for pregnant women because it is a live virus, however, breastfeeding mothers can safely be administered either the traditional injection or the nasal mist.*
- ◆ **The flu vaccine is EFFECTIVE.** The flu vaccine will prevent about 70-90 of every 100 people who receive it from developing moderate-to-severe flu infection.
- ◆ **FLU SHOT Side Effects:** The most common side effects following the traditional “flu shot” include soreness, redness, and swelling at the injection site. Occasionally one might develop a low fever and body aches as your body’s immune system responds to the vaccine. If these symptoms occur, they usually only last for 1-2 days
- ◆ **FLUMIST Side Effects:** Side effects are uncommon, but may include: runny nose, congestion, cough, headache, muscle aches, fever, abdominal pain, or occasionally, vomiting and diarrhea. When they occur, these symptoms usually last only a short time and go away on their own.

H1N1 Flu VS. Seasonal Flu

The seasonal flu vaccine **DOES NOT** provide immunity against H1N1 flu.
The H1N1 Flu Virus and the Seasonal Flu are separate vaccinations.
Both are recommended this year.



This is the reason our flu clinic is being offered earlier this year than last year to allow all families flexibility to accommodate the H1N1 vaccination.

It is important to note that to be protected against both flu strains, kids (and parents) will have to be vaccinated against each strain separately. Vaccination at our clinics will provide immunity against the regular seasonal flu. Seattle-King County Public Health Department and local health providers will offer public clinics later in the fall at which they will provide free vaccinations against the H1N1 flu strain. For more information, see the Seattle Public Schools website (<http://www.seattleschools.org>)

Important information to know about getting both vaccinations:

- Both vaccines will be offered in injection and nasal mist form.
- If you choose FluMist, there needs to be one month interval between getting the nasal vaccine for H1N1.
- **HOWEVER**, if you or your children received injectable vaccine for the seasonal flu, then you can receive either the nasal or injectable formulations of H1N1 vaccine as soon as they are available.

Important to Note about the H1N1 Vaccine this year: Children under 10 years old who receive the H1N1 vaccination should receive a second booster dose 3 weeks after the first dose.

WHERE DO I GET THE H1N1 VACCINE? The current plan is for Seattle-King County to provide the H1N1 vaccination for free at public clinics to be held in local community centers. Stay tuned for more information!

For more information about H1N1 & the vaccine: <http://h1n1.findaflushot.com>

Flu Shot Safety Information

More Common Questions & Concerns:

Does the flu vaccine contain thimerosal?

Some do. Most traditional injected flu vaccines distributed in the U.S. currently contain only a very small amount of thimerosal as a preservative (less than ½ part per million, which is less than the amount contained in a can of tuna). There is no convincing evidence of harm caused by the small amount of thimerosal in vaccines. It is important to keep in mind that the benefits of influenza vaccination outweigh the theoretical risk, if any, for exposure to thimerosal. For more information, refer to the following websites: US Food & Drug Administration (<http://www.fda.gov/cber/vaccine/thimerosal.htm#t1>),

CDC (<http://www.cdc.gov/nip/vacsafe/concerns/thimerosal/faqs-thimerosal.htm>) and http://www.immunizenc.com/Thimerosal_FAQ.htm

The nasal spray vaccine (Flumist) does *not* contain thimerosal or any preservative.

Is it safe for children to receive a flu vaccine that contains thimerosal?

Yes. There is no convincing evidence of harm caused by the small amount of thimerosal in vaccines. For more information, refer to the following websites:

US Food & Drug Administration (<http://www.fda.gov/cber/vaccine/thimerosal.htm#t1>), CDC (<http://www.cdc.gov/nip/vacsafe/concerns/thimerosal/faqs-thimerosal.htm>), and http://www.immunizenc.com/Thimerosal_FAQ.htm.

Should children with long term health problems be vaccinated against flu?

Yes. The CDC recommends giving a yearly flu shot to children with long term health problems including, asthma, diabetes, heart disease, lung disease, kidney disease, and blood disorders. These children are at even greater risk of complications from the flu.

Most vaccines you only need to get a few times in your life. Why does my child need to get vaccinated against the flu every year in order to be protected?

Flu viruses change from year to year, so you can get the flu many times during your lifetime. The immunity that you develop from having had the flu in the past does not protect you from new strains that come along from year to year. Also, last year's vaccine was made specifically to protect you from flu virus strains circulating a year ago, so it may not protect you against this year's strains. That is why the flu vaccine gets updated every year. Similarly, being vaccinated for this year's flu strain does NOT make you more susceptible to future strains.

Acknowledgements & Resources

Thanks to the following organizations who donated time, supplies, and money to make the Laurelhurst Flu Clinics happen:

- **Our PARENT VOLUNTEERS!** To make these clinics work, we need parents to volunteer to help check compliance forms, take payment, and escort families. IT'S NOT TOO LATE TO VOLUNTEER! Gaylene Pattinson is our volunteer coordinator. It's fun and for a very good cause, so please help as you can.

CONTACT GAYLENE AT: gpattinson@comcast.net

Also, if you can afford it, we ask you to consider writing a check for an additional dose to help us provide free vaccine to scholarship families as well as LASER staff.

- **Seattle Children's Hospital**
- **Group Health**
- **Katterman's Pharmacy**
- **Virginia Mason**
- **Vaccine for Children's Program**
- **In addition, Seattle-King County Public Health has endorsed the program as a positive contribution to community health.**

More Resources for Families On-Line:

FIND A FLU SHOT Website. Includes helpful information about both the seasonal & H1N1 flu and vaccine.

<http://info.findaflushot.com>

Maxim Health Systems Website. Includes an easy to use Flu Clinic Finder.

<http://www.maximwellness.com>

Public Health Seattle-King County Website: General information about both Seasonal Flu and H1N1 Flu and vaccines in our community.

<http://www.kingcounty.gov/healthservices/health.aspx>

Centers For Disease Control Seasonal Flu Information: <http://www.cdc.gov/flu/>

Centers For Disease Control Seasonal H1N1 Information <http://www.cdc.gov/H1N1FLU/>