



## Apache County Public Health Services District

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October 21, 2009

Dear Parents,

The Apache County Public Health Services District encourages parents and guardians of minors to take preventative measures to safe guard their children from contracting the H1N1 Flu. The Centers for Disease control gives the following advice to help keep your children healthy:

1. **Practice good hand hygiene** by washing your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
2. **Cover your mouth and nose** with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder; not into your hands.
3. **Stay home if you or your child is sick** for at least 24 hours after there is no longer a fever or signs of a fever (without the use of fever-reducing medicine). Keeping sick students at home means that they keep their viruses to themselves rather than sharing them with others.
4. **Get your family vaccinated** for seasonal flu and 2009 H1N1 flu when vaccines are available.

Vaccine for H1N1 Flu is now available for immunizing your children. If you would like your child or children to receive this vaccine here is what you can do:

Fill out the attached permission slip and health screening, complete with your insurance information. If you have any questions regarding the H1N1 flu vaccine or this campaign, please call our office at 928-333-2415 and ask to speak to Devonie Norman or Jennifer Foote, RN.

Return the forms to us by any of these methods:

- Mail to 323 S Mountain Ave #102, Springerville, AZ 85938.
- Give the forms to your school nurse.
- Drop the forms off at our office in Springerville (323 S. Mountain Ave) or in St. Johns (75 W Cleveland St. Floor 2R)
- Fax the forms to 928-333-5876.

The above permission slip and information is needed because the Health Department intends to conduct a second round of school-based vaccine clinics.

### **You will be entered into a free drawing for a Nintendo Wii!!!**

Because getting vaccines is very unpleasant for both parents and children, we are sweetening the deal by entering each child that participates in this campaign into a drawing for a free Nintendo Wii. So please fill out the attached permission slip and health screening, complete with your insurance information and get it to the public health office by any of the methods listed above to be entered in the drawing!

Regarding H1N1Flu vaccine safety and side effects, the Centers for Disease Control has published, on their website, the following answers:

#### **Will the 2009 H1N1 influenza vaccines be safe?**

We expect the 2009 H1N1 influenza vaccine to have a similar safety profile as seasonal flu vaccines, which have a very good safety track record. Over the years, hundreds of millions of Americans have received seasonal flu vaccines. The most common side effects following flu vaccinations are mild, such as soreness, redness, tenderness or swelling where the shot was given. The Centers for Disease Control and Prevention (CDC) and the Food and Drug Administration (FDA) will be closely monitoring for any signs that the vaccine is causing unexpected adverse events and we will work with state and local health officials to investigate any unusual events.

#### **Are there any side effects to the 2009 H1N1 influenza vaccine?**

CDC expects that any side effects following vaccination with the 2009 H1N1 influenza vaccine would be rare. If side effects occur, they will likely be similar to those experienced following seasonal influenza vaccine. Mild problems that may be experienced include soreness, redness, or swelling where the shot was

given, fainting (mainly adolescents), headache, muscle aches, fever, and nausea. If these problems occur, they usually begin soon after the shot and last 1-2 days. 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 is given.

After vaccination you should look for any unusual condition, such as a high fever or behavior changes. Signs of a serious allergic reaction can include difficulty breathing, hoarseness or wheezing, swelling around the eyes or lips, hives, paleness, weakness, a fast heart beat or dizziness. If any unusual condition occurs following vaccination, seek medical attention right away. Tell your doctor what happened, the date and time it happened, and when the vaccination was given. Ask your doctor, nurse, or health department to report the reaction by filing a Vaccine Adverse Event Reporting System (VAERS) form. Or you can file this report yourself through the VAERS Web site at [www.vaers.hhs.gov](http://www.vaers.hhs.gov). You may call 1-800-822-7967 to receive a copy of the VAERS form. VAERS is not able to provide medical advice.

A complete list of possible side effects from both the flu shot and the nasal spray (LAIV or Flu Mist) vaccines are below:

**The flu shot:** The viruses in the flu shot are killed (inactivated), so you cannot get the flu from a flu shot. Some minor side effects that could occur are:

- Soreness, redness, or swelling where the shot was given; Fever (low grade); Aches; Nausea

If these problems occur, they begin soon after the shot and usually last 1 to 2 days. Almost all people who receive influenza vaccine have no serious problems from it. However, on rare occasions, flu vaccination can cause serious problems, such as severe allergic reactions. 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>.

**The nasal spray (also called LAIV):** The viruses in the nasal-spray vaccine are weakened and do not cause severe symptoms often associated with influenza illness. (In clinical studies, transmission of vaccine viruses to close contacts has occurred only rarely.)

In children, side effects from LAIV can include: Runny nose, Wheezing, Headache, Vomiting, Muscle aches, Fever

By vaccinating the children in our community we can greatly reduce the spread of seasonal flu and prevent flu in our kids. Thank you in advance for your willingness to participate in this public health campaign. Our office is available to answer questions or assist with the forms. Please let us know what we can do to help.

Best health,

Chris G. Sexton, R.S.  
Apache County Health Director