

Sudbury Public Schools

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Sudbury, Massachusetts 01776

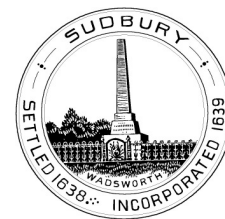
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John R. Brackett, Ed.D.

Superintendent of Schools

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September 17, 2009

Dear Parents,

Public health experts expect that the flu, both seasonal and the H1N1, will be back this fall making school aged children a prime target group. We know from our experience last year that contracting a case of the flu led to a significant number of students being out of school for over one week. We believe that vaccinating students may be the most effective way to minimize the disruptive effect of the flu on learning. As a service to our community, Sudbury Public Schools and Lincoln-Sudbury Regional High School are collaborating with the local and state Department of Public Health officials to serve as a flu vaccination site this fall.

Protection from the seasonal flu and H1N1 requires two different vaccinations. Seasonal flu vaccination is being recommended for children/young people between the ages of 6 months to 18 years old. H1N1 flu vaccination is recommended for children/young people between the ages of 6 months and 24 years old. Participation is voluntary. The school-based sites are designed to supplement local physician offices, not compete with them.

Sudbury Public Schools will provide the vaccine for the seasonal flu in a nasal mist form. We will provide more information about the H1N1 vaccine as it becomes available to us. Both vaccines will be FREE and are underwritten by the State of Massachusetts.

Please go to the following link for more information and to PRINT the e-documents:
<http://www.sudbury.k12.ma.us/fluinfo.pdf>.

The e-documents contain a copy of this letter, a Statement of Interest for Seasonal Flu and H1N1 Vaccines, Screening Questionnaire & Consent Form for Intranasal Seasonal Flu Vaccination, a fact sheet about the intranasal seasonal flu vaccine (the VIS), and information about flu in schools. Please review the information carefully.

- 1) Returning the Statement of Interest is important to assist us in determining how many doses of vaccine to order and an estimate of the time that will be required to administer the vaccine in each school. Please return the form even if you do not intend to have your child vaccinated by the school.**
- 2) After reviewing the Screening Questionnaire on the Consent form for the seasonal flu vaccine, some parents may find that their child is not eligible for the intranasal mist. In these cases, parents should contact their pediatrician. Acquiring the vaccine at the pediatricians may be preferable, especially for younger children. For those students who require an injectable version of the flu vaccine, Sudbury Public Schools and Lincoln-Sudbury will jointly provide a free clinic. Details on the date, time and location of this clinic will follow.

The specific date for the intranasal seasonal flu vaccinations at school will be forthcoming. We are currently awaiting notification from the state on the date the vaccine will be available. We expect the seasonal flu vaccine to be available in October. We expect the H1N1 vaccine to be available in November.

Questions should be addressed to your child's school nurse. Thank you for your prompt response.

Sincerely,

John R. Brackett
Superintendent

STATEMENT OF INTEREST FOR SEASONAL FLU AND H1N1 VACCINES

Please return this form, NO LATER THAN FRIDAY, SEPTEMBER 25, to your child's school nurse, even if your student will not be receiving the flu vaccine at the school. If your child will be participating in the free flu clinic at the school, then fill out BOTH this form and the Screening Questionnaire & Consent Form for Intranasal Influenza Vaccination

Please carefully read all documents included in this packet (e-documents) before completing.

Please return the forms by Friday, September 25 to the school nurse. **Please return a form even if your child will not be receiving the flu vaccine at school.** If we do not receive a completed Statement of Interest by September 25, 2009, SPS staff will be contacting you to ensure that every child, whose parent wishes them to be vaccinated, is able to access this FREE public health opportunity.

Indicating "Yes" on the form below is not binding. You can contact your child's school nurses, if your interest in vaccination changes or if you reconsider any information provided. We appreciate your careful consideration regarding participation.

Student Name _____ Grade: _____ School: _____

Please return a separate form for each child.

Seasonal Flu Vaccine Statement of Interest

____ Yes, I would like my child to receive the intranasal season flu vaccine at the school.

____ No, My child will not receive the intranasal seasonal flu vaccine at school.

If you answered **Yes** above, please check below if applicable:

____ My child has not received the flu vaccine previously and is under the age of 9.

If you answered **No** above, please check one of the following:

____ S/He requires the injection form of the flu vaccine and will/have receive the vaccine at another location.

____ S/He requires the injection form of the flu vaccine, however, I would like my child to receive this vaccine at school location. I understand that I will have to be present for this injection.

____ S/He has been vaccinated at another location.

____ Other reasons

H1N1 Flu Vaccine Statement of Interest

At present we do not have the Vaccine Information Sheet (VIS) that will accompany the anticipated H1N1 vaccine. The H1N1 vaccine, which is expected to arrive about a month after the seasonal flu vaccine, will also be FREE and may be administered via a nasal mist. As the schools get more information about the H1N1 vaccines from the Department of Public Health, we will pass the information along to parents along with a separate screening questionnaire and consent form for H1N1 vaccination. The attached screening and consent form only covers seasonal flu vaccination

____ Yes, I would like my child to receive the H1N1 flu vaccine at the school.

____ No, My child will not receive the H1N1 flu vaccine at school.

Screening Questionnaire & Consent Form for Intranasal Seasonal Flu Vaccination

Please complete & return this form to your child's school nurse by than Friday, September 25

Name of student receiving vaccination: _____
Grade: _____ School: _____ Date of Birth (mm/dd/yy): _____
Address: _____ Home Phone: _____

Please answer each question below. Answers will be reviewed by a healthcare professional to determine if your student is eligible for FluMist. A "yes" response to any question does not necessarily mean that your child should not be vaccinated, but that additional questions may need to be asked. If a question is not clear, please ask your pediatrician.

- | | Yes | No |
|--|--------------------------|--------------------------|
| 1. Does the person to be vaccinated have an allergy to eggs or to a component of the influenza vaccine (including egg protein, gentamicin, gelatin, or arginine)? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Has the person to be vaccinated ever had a serious reaction to any type of influenza vaccine in the past? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Does the person to be vaccinated have a long-term health problem with heart disease, lung disease, asthma, kidney disease, metabolic disease (e.g., diabetes), anemia, or other blood disorders? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Does the person to be vaccinated have a weakened immune system because of HIV/AIDS or another disease that affects the immune system, long-term treatment with drugs such as steroids, or cancer treatment with x-rays or drugs? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Is the person to be vaccinated receiving aspirin therapy or aspirin-containing therapy? | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Is the person to be vaccinated pregnant or could become pregnant within the next month? | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Has the person to be vaccinated ever had Guillain-Barré syndrome? | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Does the person to be vaccinated live with or expect to have close contact with a person whose immune system is severely compromised and who must be in a protective environment (such as a hospital room with reverse air flow)? | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. If the person to be vaccinated is a child age 2 through 4 years, in the past 12 months, has a healthcare provider ever told you that he or she had wheezing or asthma? | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Has the person to be vaccinated received any other vaccinations in the past 4 weeks? | <input type="checkbox"/> | <input type="checkbox"/> |

Form completed and signed by (parent/guardian): _____ Date: _____

Form reviewed by (healthcare professional at school): _____ Date: _____

Request for administration of FluMist for the above-named recipient: I have been given the CDC Vaccine Information Statement (known as a VIS)[Dated 8/11/09 – the “Live, Intranasal Influenza Vaccine 2009-10, What You Need to Know” sheet]. I have read this document and have no further questions at this time. I understand the risks and benefits of live intranasal influenza vaccine. I request and voluntarily consent that the vaccine to be given to the student listed below, of whom I am the parent or legal guardian, and I acknowledge that no guarantees have been made concerning the vaccine’s success. I understand the side effects and warnings of the vaccine.

Student to be vaccinated (please print): _____ Today's date: _____

Name of parent/guardian: _____ Signature of parent/guardian: _____

To be completed by staff at the SPS Flu Clinic

Vaccine name: FluMist Route: Intranasal Date vaccine administered: _____

VIS provided to parent/guardian attached (by print or electronically) to this consent form. Date on VIS: 8/11/09

Vaccine manufacturer: _____ Vaccine lot number: _____

Name and title of Vaccine Administrator at School Clinic: _____

LIVE, INTRANASAL 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
- muscle aches
- cough
- headache
- fatigue

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 Live, attenuated influenza vaccine - LAIV (nasal spray)

There are two types of seasonal influenza vaccine:

1. **Live, attenuated** influenza vaccine (LAIV) contains live but attenuated (weakened) influenza virus. It is sprayed into the nostrils.

2. **Inactivated** influenza vaccine, sometimes called the “flu shot,” is given by injection. *Inactivated influenza 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 vaccination. Protection lasts up to a year.

LAIV does not contain thimerosal or other preservatives.

3 Who can get LAIV?

LAIV is approved for people from **2 through 49 years of age**, who are not pregnant and do not have certain health conditions (see #4, below). Influenza vaccination is recommended for people who can spread influenza to others at high risk, such as:

- **Household contacts and out-of-home caregivers** of children up to 5 years of age, and people 50 and older.
- Physicians and nurses, and family members or anyone else in **close contact with people at risk** of serious 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.

Influenza vaccine is also recommended for anyone who wants to **reduce the likelihood of becoming ill** with influenza or **spreading influenza to others**.

4 Some people should not get LAIV

LAIV is not licensed for everyone. The following people should get the **inactivated** vaccine (flu shot) instead:

- **Adults 50 years of age and older or children between 6 months and 2 years of age.** (Children younger than 6 months should not get either influenza vaccine.)
- Children younger than 5 with asthma or one or more episodes of wheezing within the past year.
- People who have long-term health problems with:
 - heart disease
 - lung disease
 - asthma
 - kidney or liver disease
 - metabolic disease, such as diabetes
 - anemia, and other blood disorders
- Anyone with certain muscle or nerve disorders (such as seizure disorders or cerebral palsy) that can lead to breathing or swallowing problems.
- Anyone with a weakened immune system.
- Children or adolescents on long-term aspirin treatment.
- Pregnant women.

Tell your doctor if you ever had Guillain-Barré syndrome (a severe paralytic illness also called GBS). You may be able to get the vaccine, but your doctor should help you make the decision.

The **flu shot** is preferred for people (including health-care workers, and family members) in close contact with anyone who has a *severely* weakened immune system (requiring care in a protected environment, such as a bone marrow transplant unit). People in close contact with those whose immune systems are less severely weakened (including those with HIV) may get LAIV.

Anyone with a nasal condition serious enough to make breathing difficult, such as a very stuffy nose, should get the flu shot instead.

Some people should talk with a doctor before getting either influenza vaccine:

- Anyone who has ever had a serious allergic reaction to eggs or another vaccine component, or to a previous dose of influenza vaccine. *Tell your doctor if you have any severe allergies.*
- People who are moderately or severely ill should usually wait until they recover before getting flu vaccine. If you are ill, talk to your doctor or nurse about whether to reschedule the vaccination. People with a mild illness can usually get the vaccine.

5 When should I get influenza vaccine?

You can get the vaccine as soon as it is available, usually in the fall, and for as long as illness is occurring in your community. Influenza can occur any time from November through May, but it most often peaks in January or February. Getting vaccinated in December, or even later, will still be beneficial in most years.

Most people need one dose of influenza vaccine each year.

Children younger than 9 years of age getting influenza vaccine for the first time – or who got influenza vaccine for the first time last season but got only one dose – should get 2 doses, at least 4 weeks apart, to be protected.

Influenza vaccine may be given at the same time as other vaccines.

6 What are the risks from LAIV?

A vaccine, like any medicine, could possibly cause serious problems, such as severe allergic reactions. The risk of a vaccine causing serious harm, or death, is extremely small.

Live influenza vaccine viruses rarely spread from person to person. Even if they do, they are not likely to cause illness.

LAIV is made from weakened virus and does not cause influenza. The vaccine can cause mild symptoms in people who get it (see below).

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 from vaccines are very rare. If they do occur, it is usually within a few minutes to a few hours after the vaccination.
- If rare reactions occur with any product, they may not be identified until thousands, or millions, of people have used it. Millions of doses of LAIV have been distributed since it was licensed, and no serious problems have been identified. Like all vaccines, LAIV will continue to be monitored for unusual or severe problems.

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 www.vaers.hhs.gov, or by calling 1-800-822-7967.

VAERS does not provide medical advice.

8 The National Vaccine Injury Compensation Program

A federal program exists to help pay for the care of anyone who has a serious reaction to a vaccine.

For more information about the National Vaccine Injury Compensation Program, call **1-800-338-2382**, or visit their website at www.hrsa.gov/vaccinecompensation.

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 www.cdc.gov/flu



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



Vaccine Information Statement
Live, Attenuated Influenza Vaccine (8/11/09) U.S.C. §300aa-26



*The Commonwealth of Massachusetts
Executive Office of Health and Human Services
Department of Public Health*

Information for Parents about Flu in Schools

August 31, 2009

Will H1N1 (swine) flu come back this fall?

Public health experts expect that H1N1 flu will come back this fall and will spread in communities at the same time as the seasonal flu.

It seemed like H1N1 influenza was pretty mild in the spring. Should I be any more worried about it this fall than regular seasonal flu?

Many people who had H1N1 flu were not seriously ill. While most people who were sick got better without needing medical treatment, some people were hospitalized and some have died. Most of the people who became very sick were pregnant or had health problems like diabetes, asthma, heart disease, kidney disease, or suppressed immune systems.

Will the H1N1 flu virus be stronger than it was last spring and make people sicker?

We don't know whether it will be stronger than in the spring, or stronger than seasonal influenza. We do know that more people will get sick with the H1N1 virus because it's a new virus, and most people have no immunity. The Centers for Disease Control and Prevention (CDC) and other health organizations will continue to monitor the virus to see if it changes.

What can I do to keep my child from getting sick?

It is important to teach your children how to reduce their risk of getting the flu and how to protect others from becoming infected. *If we all practice good hygiene, we can limit the spread of flu in our schools.*

- **Get your child both the H1N1 and seasonal flu shots.** Vaccination is the best way to keep your child from getting the flu.
- **Teach your children to wash their hands often.** Washing with soap and hot water for at least 20 seconds is ideal (about as long as it takes to sing the "Happy Birthday" song twice).
- **Teach your children to use hand sanitizer.** Gels, rubs, and hand wipes all work well, as long as they contain at least 60% alcohol. Watch small children using gels so they don't swallow it.
- **Teach your children to cough or sneeze into their elbow—not their hands!** Cover coughs and sneezes with tissues or by coughing into the inside of their elbow. They should wash their hands after blowing their nose or coughing into a tissue.
- **Teach your children to avoid touching their nose, mouth or eyes.** They should keep their hands away from their face.

Should my child get the seasonal flu shot?

All children aged 6 months through 18 years should get a flu shot every year. This year it will be available earlier. You should get your children vaccinated as soon the flu shot becomes

available, possibly starting in September. You can get it from your doctor or nurse, and from some pharmacies. Some communities will also provide flu shots at schools and local boards of health.

Should my child get the H1N1 flu shot?

H1N1 flu shot should be available in October. The H1N1 flu shot is recommended for everyone, especially:

- pregnant women
- household contacts and caregivers of infants less than 6 months of age
- people aged 6 months to 24 years old
- people 25 to 64 years old who have certain health problems like heart disease, asthma, diabetes, weakened immune systems, and certain muscle or nerve conditions that can lead to breathing or swallowing problems.
- healthcare providers and emergency medical services staff

Can the seasonal flu shot and the H1N1 flu shot be given at the same time?

Experts believe that seasonal flu shots and H1N1 flu shots can be given at the same time. However, we expect the seasonal flu shot to be available earlier than the H1N1 flu shot. Because the seasonal flu will still make people sick, people are encouraged to get their seasonal flu shot as soon as it is available.

If I got sick this spring with flu-like symptoms, am I protected from getting it again this fall?

Unless you had a laboratory test that confirmed you had H1N1 influenza, it's possible that you had something other than H1N1. Even if you had H1N1 influenza, we don't know how much immunity it will provide for the fall. The Massachusetts Department of Public Health (DPH) and CDC recommend H1N1 vaccine for everyone.

If there is H1N1 flu in my community, is it safe for my child to go to school?

At this time, state and local public health officials recommend that students can--and should--continue to go to school, as long as they are not sick and do not have flu symptoms. Flu-like symptoms include: fever (over 100.4 degrees F), with cough and/or sore throat. Additional symptoms of H1N1 flu include: runny nose, stuffy nose, headache, body aches, feeling very tired, and sometimes vomiting or diarrhea.

What should I do if my child is sick?

Flu spreads easily from person to person. If you think your child is getting the flu:

- Keep your child home. It is very important that your child does not go to school or other places where they could spread the flu virus to other people, such as group childcare, after school programs, the mall, or sporting events.
- Call your doctor's office and let them know your child's symptoms and history. Your doctor will advise you whether you should come to the office. It is best to call ahead so that you help prevent spreading illness to others.
- Call your child's school to notify them that they are sick, and tell the school nurse if your child has flu-like symptoms.
- Keep your school nurse updated on your child's medical condition.

- Do not give your child or teenager (18 years of age or younger) aspirin or aspirin-containing products due to the rare but serious illness called Reye syndrome.

- **All individuals with flu-like symptoms should stay home for at least 24 hours after they no longer have a fever, without using fever-reducing medicines.** These medicines include Motrin or Advil (ibuprofen), Tylenol (acetaminophen) or a store brand. Keeping children with a fever at home will keep them from getting other people sick. For most people, this will be about 4 days. See the ‘Flu Symptom Checklist for Families and Schools’ on page 4 for more information.

- Schools are **not** allowed to accept a doctor’s note recommending a child with flu-like symptoms return to school before the time period described above.

Will my child’s school be closed if there is a case of flu?

School and public health officials will be focused on preventing the spread of the flu in schools so that schools can stay open. These officials will be closely following the situation and will inform you in the unlikely event that your child’s school is closed. However, it is important to plan ahead. Talk to your family now to decide who would care for your child if their school is closed. If school is closed, it is important that students not gather together at another location, but rather stay home to avoid spreading the flu virus to other people.

What precautions are being taken at schools?

- Careful hand washing is very important in preventing the spread of disease, including the flu. School nurses and teachers have been and will continue to remind and teach students about hand washing and covering coughs and sneezes.
- All school nurses, food services staff, principals and school faculty staff are working to prevent flu in a number of ways.
- School nurses will keep track of students sick with flu-like symptoms, so that potential outbreaks can be identified quickly.
- School nurses are working closely with local and state public health authorities as questions arise.

Where can I get more information?

- Massachusetts Department of Public Health website at www.mass.gov/dph/swineflu
- Massachusetts Department of Public Health information line at 211

Thank you for your help and cooperation in keeping our children and our schools healthy.

Flu Symptom Checklist for Families and Schools

Updated August 31, 2009

The main symptoms of influenza (flu) include **fever and cough and/or sore throat**. Some people also have a runny nose, body aches, headache, chills and feel tired. Some people also have diarrhea and vomiting. The most important thing that you can do to keep flu from spreading in the community is to keep your sick child at home when they are sick.

SHOULD I KEEP MY CHILD HOME?	
<input type="checkbox"/> Yes <input type="checkbox"/> No	Has your child had a fever of 100.4 degrees or more in the past 24 hours?
<input type="checkbox"/> Yes <input type="checkbox"/> No	Does your child have a cough OR sore throat?
If you answered <u>YES</u> to <u>both questions</u> above, keep your child home.	
<u>Your child has an influenza-like illness.</u>	
CAN MY CHILD RETURN TO SCHOOL?	
<input type="checkbox"/> Yes <input type="checkbox"/> No	Has your child had a fever of 100.4 degrees or more in the past 24 hours?
<input type="checkbox"/> Yes <input type="checkbox"/> No	Has your child had acetaminophen (Tylenol) or ibuprofen (Motrin or Advil) in the past 24 hours?
If you answered <u>NO</u> to <u>both questions</u> above, your child can return to school.	
If you answered <u>YES</u> to one of the questions above, your child CANNOT return to school. Keep your child home for at least another day to observe for additional symptoms. Then use the checklist questions again to decide whether you should continue to keep your child home.	

Where can I find more information about influenza?

- 1) Call the Massachusetts Department of Public Health information line: 211
- 2) Go to the Massachusetts Department of Public Health influenza website: mass.gov/flu
- 3) A "[Fever Fact Sheet](#)" with information on how to take a temperature is also available.