

INFLUENZA

VACCINATION IS THE SINGLE BEST WAY TO PROTECT AGAINST THE FLU

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Know what to do
about the flu.

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Elko County School District School Health Services

Where can I get an influenza (flu) vaccination?

Elko County School District will be offering the vaccine to students at their school and at the administrative office starting in October. The flu vaccine is available for other family members at many healthcare providers and pharmacies.

Why should I vaccinate my child against flu?

Influenza (flu) is a contagious respiratory disease that can lead to serious complications, hospitalization, or even death. Anyone can get the flu, and vaccination is the single best way to protect against influenza. Even healthy children and adults can get very sick from the flu and spread it to family and friends.

Who should get a flu vaccine?

To prevent the hospitalizations and deaths caused every year by the influenza virus, the Centers for Disease Control and Prevention recommends that everyone 6 months of age and older receive the flu vaccine.

When to get vaccinated:

Get vaccinated as soon as vaccine becomes available. This should provide protection if the flu season comes early.

What kinds of flu vaccines are available?

There are two types of flu vaccine available:

1. The inactivated influenza vaccine. This vaccine is given as a shot. *However, flu shots will NOT be administered at school to students younger than 5th grade. School Nurses can provide information on availability of community clinics for elementary students needing the injectable flu vaccine.*
2. The live, weakened vaccine (FluMist). This vaccine is given as a nasal spray.

Both vaccines are safe and produce antibodies to the influenza virus without causing the flu illness.

For more information, please review the Vaccine Information Statements available at:

<http://ecsdnurse.yolasite.com/>

What are the benefits of getting the flu vaccine?

- PROTECTION for yourself.
- PROTECTION for newborns and infants who are too young to get vaccinated.
- PROTECTION for people at high risk for complications from flu.

Flu seasons are unpredictable and can be severe. Flu seasons vary in severity, however some children will die from flu each year. From 2003-2004 to 2010-2011, pediatric deaths reported to the Centers for Disease Control ranged from 46 to 153 per year. Half of the deaths were in children **without** a pre-existing health condition.

Other ways to protect against the flu:

- Cover coughs and sneezes with a tissue. Throw the tissue in the trash after you use it.
- Stay away from people who are sick.
- Wash your hands with soap and water. If soap and water are not available, use an alcohol-based hand rub.

How do I get my child vaccinated?

1. Review the Vaccine Information Statements available at: <http://ecsdnurse.yolasite.com/> or, you may request a copy from the School Nurse.
2. Complete the consent form and sign under the type of vaccine (nasal spray or injection) that you would like administered to your child.
3. Return consent form and immunization fee to your School Nurse as soon as possible, preferably by September 29, 2011.

*Vaccinations will be given starting in October 2011.

How much does the vaccination cost?

Parents are requested to pay \$15 or what ever amount they feel they can afford.

Please do not let the cost of the vaccine deter you. All children with a signed consent will receive the flu vaccine regardless of ability to pay.

THE FLU ENDS WITH



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