

## Influenza A (H1N1)

Influenza A (H1N1) is a respiratory illness that is spread from human to human through respiratory droplets that are dispersed when an ill person coughs or sneezes. People may become infected by touching a contaminated object or surface and subsequently touching their eyes, mouth or nose. Influenza can worsen underlying chronic medical conditions.

Symptoms include a sudden onset of one or more of the following:

- Sudden Fever of 100°F or above
- Cough with fever
- Chills
- Headache
- Sore throat
- Nausea and vomiting
- Diarrhea

**If your child experiences these symptoms, please report these when you call to report your child's absence. If any flu-like symptoms are present, they will be sent home. Students and staff members should stay home until fever temperatures have subsided for at least forty eight (48) hours.**

Spread of the flu virus is prevented by:

- avoiding close contact with sick people.
- covering your nose and mouth with a tissue when you cough or sneeze. If no tissue is available, cough or sneeze into your elbow or sleeve.
- disposing of soiled tissue in a waste receptacle after use.
- washing your hands often with soap and water.
- using alcohol-based hand cleaner if soap and water are not available.
- avoiding touching your eyes, nose or mouth.
- cleaning surfaces and wiping them down with a household disinfectant according to directions on the product label as the influenza virus can survive on surfaces for up to 2-8 hours.
- Getting the seasonal flu, as well as H1N1 flu vaccinations.

Avon Community School Corporation food service staff uses sanitizing solutions to disinfect all tables, serving lines, serving supplies, and equipment. Custodial staff will also continue to sanitize student desks, staff work stations, equipment, and materials. Staff and students are urged to practice the good personal hygiene.

ACSC Administration will continue to monitor and be in close communication with the Hendricks County Health Department.

For additional information, please visit the following web pages:

Toolkit for Schools: <http://flu.gov/plan/school/schoolflutoolkit.pdf>

Center for Disease Control: <http://www.cdc.gov/h1n1flu/parents>

Center for Disease Control Audio and Video Resources: <http://www.cdc.gov/h1n1flu/audiovideo.htm>

Hendricks County Health Department: <http://www.co.hendricks.in.us/>

Indiana State Department of Health: <http://www.in.gov/isdh/>

US Department of Health & Human Services: <http://www.pandemicflu.gov/>

World Health Organization: <http://www.who.int/en/>

# Hendricks County Health Department

## **Environmental Health**

355 South Washington Street #210  
Danville IN 46122  
Phone (317) 745-9217  
Fax (317) 745-9218



## **Nursing**

355 South Washington Street #211  
Danville IN 46122  
Phone (317) 745-9222  
Fax (317) 745-9383

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## **Public Health**

Prevent. Promote. Protect.

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September 21, 2009

Dear Parents/Guardians:

As you may have heard, a new influenza virus, called the 2009 H1N1 influenza virus, was first identified in the United States in late April 2009. The virus has caused illness ranging from mild to severe, including hospitalizations and deaths in adults and children. Many children have gotten 2009 H1N1 infection and there have been large outbreaks in some schools across the country. The Centers for Disease Control and Prevention's (CDC) Advisory Committee on Immunization Practices has recommended that children and young adults aged 6 months through 24 years be vaccinated against 2009 H1N1 as soon as the vaccine is available. Other groups recommended to get the first doses of 2009 H1N1 influenza vaccine are:

- Pregnant women
- People who live with or care for children younger than 6 months of age
- Health care and emergency medical services workers, and
- People ages 25 through 64 years who have certain health conditions such as HIV, diabetes, or heart or lung disease.

Vaccination is the best way to protect your child from this potentially serious disease. The Hendricks County Health Department is working with your child's school to give the 2009 H1N1 influenza vaccine to children at school. We will hold vaccination clinics beginning this fall, and your child's school will let you know the specific dates once vaccine is on hand. Children ages 9 and under are expected to need two doses of vaccine spaced about 3 weeks apart. There will be no cost to you for this vaccine.

The vaccine consent form includes options allowing you to either accept or refuse the vaccination for your child. If you refuse, the vaccination will not be given to your child.

Read the "What you need to know" form included with this letter about the disease and the vaccine. You must then sign and date the included consent form to accept vaccination for your child and return it to the school. If you accept vaccination, the vaccine will be given to your child when it is on hand. School staff will let you know when the vaccination clinic will take place about 1 to 2 weeks before. If, at any time, you change your mind about having your child vaccinated, you can resubmit the consent form to your child's attending building. Giving consent early will ensure that your child is ready to receive the vaccine as soon as it is on hand.

None of the vaccine offered in the school will be live. It may or may not contain preservatives. Only shots will be offered in the schools. There will be other opportunities in the community to receive the H1N1 vaccine such as through physician offices and pharmacies if you choose to not have your child vaccinated at school.

If you have any questions about the vaccine or the vaccination clinics, please call: 317-745-9222 from 8:00AM to 4:00PM. Please visit the CDC's 2009 H1N1 influenza web site at <http://www.cdc.gov/h1n1flu/> and also <http://www.cdc.gov/h1n1flu/parents> for more information especially for parents. Your child's health care provider also can answer your questions about the 2009 H1N1 influenza virus and will be able to give your child the seasonal influenza vaccine and may be able to give your child the 2009 H1N1 vaccine.

Sincerely,

*David Hadley*

David Hadley, MD  
Hendricks County Health Officer

# 2009 H1N1 INFLUENZA VACCINE

## INACTIVATED WHAT YOU NEED TO KNOW

Many Vaccine Information Statements are available in Spanish and other languages. See [www.immunize.org/vis](http://www.immunize.org/vis).

### 1 What is 2009 H1N1 influenza?

2009 H1N1 influenza (which was earlier called Swine Flu) is a type of flu caused by a new strain of influenza virus. Because it has spread to many countries, it has been declared a pandemic influenza strain.

Like other flu viruses, 2009 H1N1 spreads from person to person through coughing, sneezing, nasal secretions, and sometimes through handling 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 recover 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 prior flu infections usually have some immunity to seasonal flu 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.

### 3 2009 H1N1 influenza vaccine

Vaccines are being made to protect against 2009 H1N1 influenza.

- These vaccines are produced just like seasonal flu vaccines.
- They are expected to be as 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 recommended.*

**Inactivated** (killed) vaccine is injected into the muscle, like the annual flu shot. **This statement describes the inactivated vaccine.**

A **live, intranasal** vaccine is also available. It is described in a separate statement.

Some inactivated H1N1 vaccine contains a preservative called thimerosal. While some people have suggested that thimerosal may be related to developmental problems in children, that theory has not been supported by research. Thimerosal-free vaccine is also available.

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

These groups should also be vaccinated:

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

#### WHEN

Get vaccinated as soon as the vaccine is available.

Recommendations may change if we learn that other groups of people are at particularly high risk.

Some people may need **two doses** of vaccine.

## 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.

Pregnancy or breastfeeding are *not* reasons to avoid getting 2009 H1N1 flu vaccine.

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 2009 H1N1 vaccine are expected to be similar to those from seasonal 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 [www.vaers.hhs.gov](http://www.vaers.hhs.gov), or by calling 1-800-822-7967.

*VAERS does not provide medical advice.*

## 8 Vaccine injury compensation

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

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 [www.hrsa.gov/countermeasurescomp/default.htm](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 [www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu) or [www.cdc.gov/flu](http://www.cdc.gov/flu)
- Visit the web at [www.flu.gov](http://www.flu.gov)



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



Vaccine Information Statement (Pre-Licensure)  
2009 H1N1 Influenza Vaccine

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