

**Robert T. Malito, Ph.D.  
Superintendent**

October 16, 2009

Dear Parkway Employee,

We want to give you an important update on the H1N1 influenza vaccine (swine flu), which should begin to arrive later this month from the St. Louis County Health Department. In addition to students, every Parkway staff member will have the opportunity to receive the H1N1 vaccine free of charge if they want. Employees who fit in any of the following categories will have the opportunity to get the shot first. If you do not fit in one of these categories, you may have to wait a little longer to get the vaccine but plenty should be available. The priority categories include:

- Pregnant women (a preservative-free vaccine is available);
- People who live with or care for infants younger than 6 months old;
- Children and young people from 6 months to 24 years old;
- Emergency and healthcare workers; and
- People aged 25-64 who have a medical condition like asthma, diabetes or other condition that can lead to complications when sick with the flu.

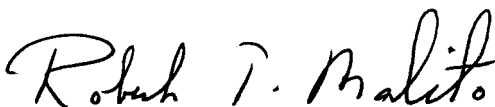
With this letter, you will find an H1N1 vaccine consent form along with fact sheets and answers to frequently asked questions. Please review these materials carefully. If you want to receive the H1N1 vaccine at your school or building, you must sign and return the following two forms to your supervisor by Friday, October 23. Once the vaccine arrives, your principal or building administrator will let you know when and where the vaccinations will be administered.

- Influenza A H1N1 Immunization Consent and History Form
- H1N1 Vaccine Preference Form for Employees (standard shot or nasal mist)

H1N1 vaccinations for employee family members, parents and the general public will also be available free of charge through the St. Louis County Health Department. The shots will be offered at various locations throughout the county. Call the health department at (314) 644-4358 or go to [www.stlouisco.com/doh/Flu/New\\_H1N1.htm](http://www.stlouisco.com/doh/Flu/New_H1N1.htm) for details. Vaccinations will also be available through private physicians, although a fee may apply.

For more information, please contact your supervisor or school nurse, or visit Parkway's special H1N1 Web site at [www.pkwy.k12.mo.us/h1n1flu](http://www.pkwy.k12.mo.us/h1n1flu) for additional resources. We are committed to working together to keep Parkway a healthy and safe place to work.

Sincerely,



Robert Malito, Ph.D.  
Superintendent



Lisa Harnacker, R.N.  
Manager of Health Services

# H1N1 VACCINE

“Swine Flu”

## Q&A



**Q What is H1N1 influenza (swine flu)?**

**A** H1N1 flu is a new and very different influenza virus that is spreading worldwide. This new virus was initially called “swine flu” because it has pieces of flu viruses formerly found in pigs. This flu season, the new virus may cause a lot more people to get sick than during a regular flu season. It also may cause more hospital stays and deaths than seasonal flu.

**Q How is the H1N1 virus different from the seasonal flu?**

**A** The H1N1 virus is similar to the seasonal flu, but it is much more contagious. It has the ability to spread rapidly through a school.

**Q How serious is it?**

**A** The flu can be very serious, especially for younger children and children of any age who have one or more chronic medical conditions. These conditions include asthma or other lung problems, diabetes, weakened immune systems, kidney disease, heart problems and neurological and neuromuscular disorders. These conditions can result in more severe illness from influenza, including the new H1N1 virus.

**Q Why are vaccinations being offered at school?**

**A** Unlike the seasonal flu which affects the elderly more severely, the H1N1 virus has had a more severe effect on young people. In recent months, the highest rates of H1N1 cases and hospitalizations have been among children and adults under the age of 24. This information, plus the fact that germs spread easily in areas with large numbers of children, make the vaccination of students very important.

**Q When will the vaccine be available?**

**A** The vaccine should begin arriving in the coming weeks. Your school will let you know when and where the vaccinations will be given so you can accompany your child if you wish.

**Q What do I have to do to get my child vaccinated at school?**

**A** A parent or legal guardian must sign and return the attached permission form in order for their child to be vaccinated against H1N1. If you do not return the signed consent form, your child will not be vaccinated at school.

**Q What if my child is absent the day the shots are given?**

**A** You will need to contact your school’s nurse to make other arrangements.

**Q Will nasal mist be available instead of the standard shots?**

**A** Yes. Limited quantities of H1N1 nasal mist will be available. To request the nasal mist, please sign and return the attached “H1N1 Vaccine Preference Form” along with the consent form.

**Q Who will administer the vaccinations?**

**A** All vaccinations in Parkway will be administered by the school nurse or other licensed, professional Registered Nurses (RNs) hired by the district. School nurses will review each child’s health record before administering the vaccine to ensure any unique medical needs are met.

Learn more at:

[www.pkwy.k12.mo.us/h1n1flu](http://www.pkwy.k12.mo.us/h1n1flu)



## ANSWERS TO YOUR QUESTIONS ABOUT H1N1 VACCINATIONS

**Q Will I have to pay a fee?**

**A** No. The vaccine will be available free of charge to Parkway students through a special arrangement with the St. Louis County Health Department.

**Q May I be there when my child receives the vaccination?**

**A** Yes. Parents are always welcome at school.

**Q Should I still get my child vaccinated against the seasonal flu?**

**A** Yes. The H1N1 vaccine will only be effective against the H1N1 strain of flu. If you have traditionally gotten your child vaccinated against seasonal flu, you should do that this year as well.

**Q What about younger children who aren't yet in school?**

**A** The St. Louis County Health Department has asked school districts for assistance in vaccinating school-age children. Younger siblings or other children in your home should be vaccinated against H1N1 at your doctor's office or at one of the county's public health events.

**Q Will the H1N1 vaccine also be available to parents and the general public?**

**A** Yes. H1N1 vaccinations will be available free of charge through the St. Louis County Health Department. The shots will be offered at various locations throughout the county. Go to [www.stlouisco.com/doh/Flu/New\\_H1N1.htm](http://www.stlouisco.com/doh/Flu/New_H1N1.htm) for details. Vaccinations may also be available through private physicians, although a fee may apply.

*Note: Parkway is following the direction and H1N1 procedural guidance established by the CDC and the St. Louis County Health Department.*

**Q Where can I get more information about the H1N1 vaccine, including any possible side effects?**

**A** Please read the attached H1N1 vaccine information sheets provided by the St. Louis County Health Department.

**Q Where can I get more information about H1N1 shots at my school?**

**A** Please contact your school's nurse.

**Q Where can I get more information about what Parkway is doing to keep our students healthy and safe?**

**A** Visit our special H1N1 Web page at [www.pkwy.k12.mo.us/h1n1flu](http://www.pkwy.k12.mo.us/h1n1flu) or call the communications department at (314) 415-8077.

### TIPS FOR STAYING HEALTHY



- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. If a tissue is unavailable, cough or sneeze into your sleeve or inside your elbow (not your hand).
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Try to avoid close contact with sick people. The flu is thought to spread mainly person-to-person through coughing or sneezing of infected people.

Learn more at:  
[www.pkwy.k12.mo.us/h1n1flu](http://www.pkwy.k12.mo.us/h1n1flu)



(Rev. 10/14/09)

# 2009 H1N1 INFLUENZA VACCINE

## INACTIVATED (the “flu shot”)

### 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 (also called Swine Flu) is caused by a new strain of influenza virus. It has spread to many countries.

Like other flu viruses, 2009 H1N1 spreads from person to person through coughing, sneezing, and sometimes through touching 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 feel better 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 flu infections in the past usually have some immunity to seasonal flu viruses (their bodies have built up some ability to fight off the viruses).

The 2009 H1N1 flu is a new flu virus. It is very different from seasonal flu viruses.

Most people have little or no immunity to 2009 H1N1 flu (their bodies are not prepared to fight off the virus).

#### 3 2009 H1N1 influenza vaccine

Vaccines are available to protect against 2009 H1N1 influenza.

- These vaccines are made just like seasonal flu vaccines.
- They are expected to be as safe and 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 you want to be protected against seasonal flu.*

**Inactivated** vaccine (vaccine that has killed virus in it) is injected into the muscle, like the annual flu shot. **This sheet describes the inactivated vaccine.**

A **live, intranasal** vaccine (the nasal spray vaccine) is also available. It is described in a separate sheet.

Some inactivated 2009 H1N1 vaccine contains a preservative called thimerosal to keep it free from germs. Some people have suggested that thimerosal might be related to autism. In 2004 a group of experts at the Institute of Medicine reviewed many studies looking into this theory, and found no association between thimerosal and autism. Additional studies since then reached the same conclusion.

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

As more vaccine becomes available, these groups should also be vaccinated:

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

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

##### WHEN

Get vaccinated as soon as the vaccine is available.

Children through 9 years of age should get **two doses** of vaccine, about a month apart. Older children and adults need only one dose.

## 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.

Pregnant or breastfeeding women can get inactivated 2009 H1N1 flu vaccine.

Inactivated 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 inactivated 2009 H1N1 vaccine are similar to those from seasonal inactivated 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

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



# 2009 H1N1 INFLUENZA VACCINE

**LIVE, ATTENUATED**  
(the nasal spray vaccine)

## 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 (sometimes called Swine Flu) is caused by a new strain of influenza virus. It has spread to many countries.

Like other flu viruses, 2009 H1N1 spreads from person to person through coughing, sneezing, and sometimes through touching 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 feel better 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 flu infections in the past usually have some immunity to seasonal flu viruses (their bodies have built up some ability to fight off the 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 (their bodies are not prepared to fight off the virus).

### 3 2009 H1N1 influenza vaccine

Vaccines are available to protect against 2009 H1N1 influenza.

- These vaccines are made just like seasonal flu vaccines.
- They are expected to be as safe and 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 you want protection from seasonal flu.*

**Live, attenuated intranasal vaccine (or LAIV)** is sprayed into the nose. **This sheet describes the live, attenuated intranasal vaccine.**

An **inactivated** vaccine is also available, which is given as a shot. It is described in a separate sheet.

The 2009 H1N1 LAIV does not contain thimerosal or other preservatives. It is licensed for people from 2 through 49 years of age.

The vaccine virus is attenuated (weakened) so it will not cause illness.

### 4 Who should get 2009 H1N1 influenza vaccine and when?

#### WHO

LAIV is approved for people from 2 through 49 years of age who are not pregnant and do not have certain health conditions (see number 5 below). Groups recommended to receive 2009 H1N1 LAIV first are healthy people who:

- are from 2 through 24 years of age,
- are from 25 through 49 years of age and
  - live with or care for infants younger than 6 months of age, or
  - are health care or emergency medical personnel.

As more vaccine becomes available, other healthy 25 through 49 year olds should also be vaccinated.

Note: While certain groups should not get LAIV – for example pregnant women, people with long-term health problems, and children from 6 months to 2 years of age – it is important that they be vaccinated. They should get the flu shot.

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

#### WHEN

Get vaccinated as soon as the vaccine is available.

Children through 9 years of age should get **two doses** of vaccine, about a month apart. Older children and adults need only one dose.

## 5 Some people should not get the vaccine or should wait

You should not get 2009 H1N1 LAIV 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.*

2009 H1N1 LAIV should not be given to the following groups.

- children younger than 2 and adults 50 years and older
- pregnant women,
- anyone with a weakened immune system,
- anyone with a long-term health problem such as
  - heart disease
  - kidney or liver disease
  - lung disease
  - metabolic disease such as diabetes
  - asthma
  - anemia and other blood disorders
- children younger than 5 years with asthma or one or more episodes of wheezing during the past year,
- anyone with certain muscle or nerve disorders (such as cerebral palsy) that can lead to breathing or swallowing problems,
- anyone in close contact with a person with a *severely* weakened immune system (requiring care in a protected environment, such as a bone marrow transplant unit),
- children or adolescents on long-term aspirin treatment.

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.

Tell your doctor if you 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.

2009 H1N1 LAIV may be given at the same time as most other vaccines. Tell your doctor if you got any other vaccines within the past month or plan to get any within the next month. H1N1 LAIV and seasonal LAIV should not be given together.

## 6 What are the risks from 2009 H1N1 LAIV?

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 risks from 2009 H1N1 LAIV are expected to be similar to those from seasonal LAIV:

### 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 to vaccines are very rare. If they do occur, it is usually within a few minutes to a few hours after the vaccination.
- In 1976, an earlier type of inactivated swine flu vaccine was associated with cases of Guillain-Barré Syndrome (GBS). LAIV has not been 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

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.
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  - 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





## H1N1 Vaccine Preference Form for Employees (Standard Shot or Nasal Mist Vaccine)

Employee Name (please print) \_\_\_\_\_

School or Building \_\_\_\_\_

Supervisor's Name \_\_\_\_\_

**Please check the method of vaccination you would like to request:**

H1N1 Nasal Mist \_\_\_\_\_

H1N1 Flu Shot \_\_\_\_\_

If you need a Thimerosal-free flu shot (contains no preservatives) due to a health concern or allergy, please check here. \_\_\_\_\_ The nasal mist vaccine does not contain any preservatives.

Signature \_\_\_\_\_

Date \_\_\_\_\_

***NOTE: Please sign and return this form and the "Influenza A H1N1 Immunization Consent and History" form to your supervisor by Friday, October 23. For more information, contact your supervisor or school nurse. You may also go to [www.pkwy.k12.mo.us/h1n1flu](http://www.pkwy.k12.mo.us/h1n1flu) to download additional copies of this form and find additional information about H1N1 vaccinations in Parkway.***

For optimum accuracy, please print in capital letters and avoid contact with the edge of the box.

Grid of letters A through Z for patient name entry.

I have been given a copy and have read, or had explained to me, the information in the "Vaccine Information Statement(s), 10/02/2009" where applicable, for the vaccine(s) indicated below.

Note: The vaccine for H1N1 has been declared a covered countermeasure under the Public Readiness and Emergency Preparedness Act (42 U.S.C. § 247d-6d).

I understand that student immunization records are a legal requirement in each state for a student to attend a public school. Family Educational Rights and Privacy Act (FERPA) currently include the student's immunization record as part of his or her education record.

Patient First Name and Patient Last Name input fields.

Address Number and Street Name input fields.

City, State, Zip Code, and Sex input fields.

Race and Ethnicity selection options.

Birthdate and Date Signed input fields.

Has the patient received intranasal (FluMist) seasonal flu vaccine in the last 28 days? Yes/No options.

Patient Signature (parent or guardian if patient under 18) input field.

Parent or guardian name printed (if patient under 18)

I would like the information captured on this form to be excluded from entry into Missouri's immunization registry.

Do Not Write Below This Line.

Summary table with columns: Dose, Vaccine Administered, Site Administered, Manufacturer, Expiration Date, Lot Number.

Date Vaccinated and Provider Number input fields.

Administered by / Title