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September 21, 2017

Dear Parent/Guardian:

Flu season is nearly here. This season we would like to help protect students and teachers against the flu by providing voluntary Influenza Virus vaccinations (injection).

Children can be sick with the flu for a week or more, which may cause them to miss school. Additionally, flu in children can be serious and can cause<sup>1</sup>:

- Fever
- Extreme tiredness
- Headache
- Body aches

Flu is very contagious, especially among children.<sup>2</sup> Children can also spread the flu to people in the home who could get very sick from the flu, such as grandparents, younger siblings, or babies.<sup>3</sup> Annual vaccination is the best way to help prevent flu infection.

We have scheduled a vaccine clinic at our school for students, staff, and parents

- Date of clinic: **Thursday, September 28 7:30am – 10:00am in Room 22**
- Clinic will be run by: Melissa Herpel, RN, MSN, FNP-C from Express Family Clinic (281-742-0624)

If your child is under 9 years of age **and** has not previously received a flu vaccination at any time, he/she should receive 2 doses of flu vaccine given at least 1 month apart.<sup>4</sup> If your child is under 9 years of age, got vaccinated for the first time last year, but only received 1 dose of flu vaccine, he/she should receive 2 doses of flu vaccine this year.<sup>5</sup>

To give your consent to have yourself and your child vaccinated with the Influenza virus vaccine, **please read and complete** all the attached forms and present them at the time the flu shot is given. We will be unable to vaccinate anyone without completed paperwork. If your child is not eligible to be vaccinated against the flu we encourage you to contact your healthcare provider. If any other family members would like to receive the Influenza virus vaccine, please make a copy of the attached form and bring to the event.

The cost of the Influenza virus vaccine (injectable) will be \$10 per vaccine for children and \$20 per vaccine for adults. Payment for the vaccine can be made via cash, check or debit/credit card and will be collected the day of the clinic at the time of vaccination. Please make checks payable to **Express Family Clinic**.

If you have additional questions about the flu vaccination or flu clinic, we encourage you to contact your child's healthcare provider or Melissa Herpel, FNP-C at Express Family Clinic for more information.

Sincerely,

Kathy Dumoit, RN

**References:** 1. Centers for Disease Control and Prevention. Flu symptoms and severity [Internet]. Atlanta (GA). [cited 2008 Feb 14]. Available from: <http://www.cdc.gov/flu/about/disease/symptoms.htm>. 2. Monto AS, Sullivan KM. Acute respiratory illness in the community: frequency of illness and the agents involved. *Epidemiol Infect.* 1993;110:145-160. 3. Glezen WP, Couch RB. Interpandemic influenza in the Houston area, 1974-76. *N Engl J Med.* 1978;298:587-592. 4. Prescribing Information for FluMist, Influenza Virus Vaccine Live, Intranasal. MedImmune Vaccines, Inc., Gaithersburg, MD. 5. American Academy of Pediatrics. Prevention of influenza: recommendations for influenza immunization of children, 2006-2007. *Pediatrics.* 2007;119:846-851.