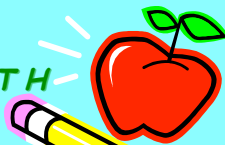




# THE SCHOOL HEALTH TID-BIT TIMES



Sheboygan County

Division of Public Health

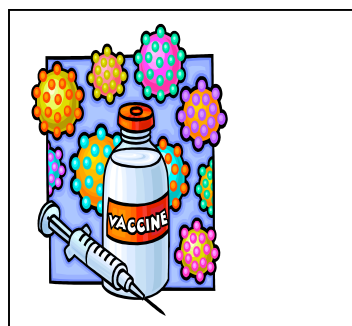
October 2009

1

## Vaccines are the most powerful tool for control of influenza

Vaccination is the best protection against contracting the flu. The U.S. Food and Drug Administration (FDA) has approved the 2009 H1N1 Influenza vaccine for use. This vaccine is produced in the same way as seasonal flu vaccine and is expected to have the same safe and effective track record. Over the years, hundreds of millions of Americans have received seasonal flu vaccines. Side effects are rare. The most

common are mild, such as soreness, redness, tenderness or swelling where the shot was given. The Centers for Disease Control (CDC) expects that any side effects following vaccination with the 2009 H1N1 influenza vaccine would also be rare and similar to those



experienced following seasonal influenza vaccine.

Early vaccine shipments will be limited. Therefore, vaccine will be administered first to individuals in the CDC's target groups: pregnant women, household contacts and caregivers for children less than 6 months old, healthcare and emergency medical services personnel, all people age 6 months to 24 years, and those 25-64 with conditions that put them at higher risk of complications from influenza. At this time, FDA has approved a two-dose schedule for children age 6 months through 9 years, the rest of the population will need one dose. Federal officials have said that eventually there will be enough 2009 H1N1 influenza vaccine for every American who wants it.

**DON'T GET THE FLU.  
DON'T SPREAD THE FLU.  
GET VACCINATED.**

## Vaccine clinic information

Voluntary school-located clinics are being organized for students in Sheboygan County. Parents will soon see information distributed about the opportunity to have their children vaccinated in school. There will be no cost for your children to be vaccinated at school-located clinics. In addition, other community clinics are being planned. This information will be posted on the Sheboygan County website at <http://www.co.sheboygan.wi.us> and in local newspapers as it becomes available.

## Seasonal flu vaccine is encouraged

Seasonal flu vaccine is separate from H1N1 influenza vaccine. Children 6 months to 18 years are encouraged to be vaccinated for seasonal flu. This vaccine is currently available at health care provider offices and community clinics around the area. The Division of Public Health offers seasonal flu vaccine for children under 9.

## Take these everyday steps to protect your health

Cover your nose and mouth when you cough or sneeze. Wash your hands often. Avoid touching your eyes, nose or mouth. Germs spread that way. Stay home if you get sick and limit contact with others to keep from infecting them.

## Additional resources

Please visit the CDC's 2009 H1N1 influenza web site at <http://www.cdc.gov/h1n1flu/> and Wisconsin's web site at <http://www.pandemic.wisconsin.gov> for information. Your child's health care provider can also answer your questions about the 2009 H1N1 influenza virus and may be able to give your child the 2009 H1N1 vaccine.