



Department of Health Services  
Public Health Division

Dear Parent or Guardians,

This flu season, the H1N1 (swine flu) vaccination is highly recommended for people ages 6 months to 24 years old. School aged children are a priority group to get the H1N1 vaccine. The City of Berkeley Public Health Division will be giving **free** H1N1 vaccine at your child's school the week of November 16th.

The H1N1 flu in children can cause fever, cough, headache, tiredness and body aches. Children can be sick and out of school for a week or more. In some cases, children have been hospitalized or died from this flu. The H1N1 flu can spread very easily. Children can spread the flu to their family members. Grandparents, siblings, or babies could get very sick from the flu. Getting your child vaccinated is the best way to protect your child from getting and spreading the flu.

Offering H1N1 vaccines in our schools is a convenient and affordable way for your child to get vaccinated. Participation in this vaccination program is entirely **voluntary**. Your doctor can also vaccinate your child. Your child's doctor is the best to answer questions about vaccinating your child.

Please review the enclosed information closely. It will help you choose the best option for your child.

Help prevent the spread of the flu and always remember to teach your family to wash hands frequently, cough or sneeze into your arm or sleeve, and stay home if you are sick. Together let's keep our children and schools healthy!

**Individual schools will inform you of the exact dates and times of their vaccine clinic. You will receive a consent form and additional information to send back to the school with your child if you want them to be vaccinated. Watch for this information when it comes home!**

Sincerely,

Janet Berreman, MD, MPH  
City of Berkeley Health Officer

William Huyett  
BUSD Superintendent

10/21/09

**Coming  
Soon!**



# H1N1 Flu Vaccinations

**AT A BUSD SCHOOL  
NEAR YOU!**

- ◆ **BUSD STUDENTS** can receive **FREE** H1N1 flu vaccination at their school!
- ◆ Watch for Health Screening and Consent Forms distributed by your child's school **in the next 2 weeks.**
- ◆ Vaccine will be available in both shot and nasal mist.
- ◆ Vaccine may be **available earlier** at your child's **primary care doctor!**
- ◆ Contact the City of Berkeley Public Health Division at 981-5300 for more information about this **FREE & OPTIONAL** service.



**WEEK OF NOVEMBER 16TH**

For more information about H1N1 Flu  
go to  
[www.ci.berkeley.ca.us/publichealth](http://www.ci.berkeley.ca.us/publichealth)



**CITY OF BERKELEY PUBLIC HEALTH**  
in partnership with  
Berkeley Unified School District  
FluBusters, Inc.





Department of Health Services  
Public Health Division

## Frequently Asked Questions (FAQs) About H1N1 Vaccinations for Parents

### Why are H1N1 flu vaccinations being given at schools?

Young people ages 6 months to 24 years old are a priority group for the H1N1 vaccine and offering the vaccine in schools for free provides a convenient and affordable way to get your child vaccinated. **Participation in this program is completely voluntary.**

#### Priority Groups Are:

Pregnant women, young people 6 months through 24 years of age; people who live with or provide care for infants younger than 6 months (e.g., parents, siblings, and day care providers); health care and emergency medical services personnel; and people 25 years through 64 years of age who have *chronic medical conditions that put them at higher risk for influenza-related complications*. The order of these groups does not indicate priority.

### What types of vaccines will be offered at my child's school?

The H1N1 vaccine comes in two forms: a nasal spray and a shot. Children like the spray because there is no needle; it's fast, easy and painless. Both the nasal spray and shot are effective. Your child can receive the nasal spray if he/she does not have any underlying health conditions and is healthy. If your child has a chronic illness such as asthma, diabetes or a neurologic disorder he/she should get the injection form of the vaccine. Nurses at the school will screen children to see if they can get the nasal spray based on your answers on the consent form. The consent form will be sent to families several weeks before your child's school vaccine clinic.

### Who can get vaccinated at the school clinics?

These clinics are being offered only to BUSD students at their assigned school. For other family members talk to your health care provider and check the city of Berkeley Public health website <http://www.ci.berkeley.ca.us/publichealth> for updates on vaccine availability.

### Will the H1N1 vaccine be safe for my child?

The H1N1 vaccine has been produced the same as the seasonal flu vaccine using the same procedures and the same manufacturing plants. Over the years, hundreds of millions of Americans have received seasonal flu vaccines. The most common side effects following flu vaccinations are mild, such as soreness, redness, tenderness or swelling where the shot was given. We have had a long history of providing safe seasonal flu vaccines and expect the H1N1 vaccine to be just as safe.

### Will the 2009 H1N1 influenza vaccine contain thimerosal?

The nasal spray form of the vaccine (which most healthy children can receive) will not contain thimerosal. Thimerosal is a preservative added in small amounts to the injectable vaccines offered at the schools to prevent contamination.

For additional information on the H1N1 flu vaccination please visit [www.cdc.gov/H1N1flu](http://www.cdc.gov/H1N1flu) and [www.flu.gov](http://www.flu.gov).

**Together let's keep our children and schools healthy!**



# Home Care Guide for the Flu

PUBLIC HEALTH DIVISION

## How do I know it's the flu?

You may have the flu if you have some or all of these symptoms:

- ◆ Fever\*
- ◆ Cough
- ◆ Sore throat
- ◆ Runny or stuffy nose
- ◆ Body aches
- ◆ Headache
- ◆ Chills
- ◆ Fatigue
- ◆ Sometimes diarrhea and vomiting

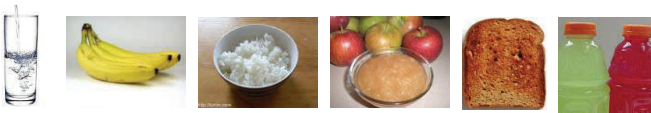


\*Not everyone with flu will have a fever

## What should I do to take care of someone with the flu?

You may be unable to go to the store to buy what you need when someone is sick. Have these things at home ahead of time.

- ◆ Fever-reducing medicines (ex. acetaminophen, ibuprofen or aspirin) **Note: NEVER give aspirin to children under 18 years of age unless it is recommended by a doctor. It can cause serious problems.**
- ◆ Thermometer
- ◆ Rest is very important
- ◆ Get Plenty to drink– Offer fluids frequently to sick children.
- ◆ Drink small amounts even if you're not thirsty.



The California Department of Health hotline, is available in English and Spanish, 8am-6pm. TTY: 1-888-865-0564.

## How do I know when someone with the flu needs emergency care?

Get emergency medical care right away for:

### CHILDREN

- ◆ Fast breathing or trouble breathing
- ◆ Purple or blue lips
- ◆ Can not keep liquids down
- ◆ Not waking up or not interacting
- ◆ So irritable that the child does not want to be held
- ◆ Fever with rash
- ◆ Flu like symptoms that return with a fever and a worse cough.



### ADULTS

- ◆ Trouble breathing
- ◆ Pain or pressure in chest or abdomen
- ◆ Sudden dizziness
- ◆ Confusion
- ◆ Severe or persistent vomiting



## How long should you stay home with the flu?

You should stay home for at least **24 hours** after the fever is gone, **without using medicine**. People with the flu should leave the house only to get medical care. They should stay away from work, school, public gatherings and places like malls and grocery stores.

## Do I need to go to the Emergency Room if I am only a little sick?



- ◆ **NO.** But call your health care provider for advice if you are at high risk for flu complications, or if you are concerned.

People who are at high risk of complications from the flu are people who:

- ◆ have a chronic illness
- ◆ are pregnant
- ◆ are 65 and older
- ◆ are 5 and younger

