



830 East 1st Street - Suite 300 ▪ Crete, NE 68333
phone 402-826-3880 ▪ toll free 844-830-0813 ▪ fax 402-826-4101

Public Health Solutions

District Health Department

Serving Fillmore, Gage, Jefferson, Saline, and Thayer counties.

The SKIP Flu immunization clinic will be offered at your child's school on **October 6, 2023**. This year's theme is **"Help Them Fight the Flu So They Can Do What They Do."**

Public Health Solutions will offer flu immunizations within the school this October.

It is more important than ever to remain as healthy as possible. Increasing the amount of people who are immunized will help to reduce the spread of the flu. We realize that the flu shot does not guarantee to protect 100% against getting the flu, but it will greatly reduce the length and severity of symptoms should you get the flu and protect your family and friends.

To have your child vaccinated, please do the following:

- 1. Complete and Sign the Permission Form.**
You must complete the attached Permission Form/Forms and answer **all** the Screening Questions. Return the completed form to your child's school. **Children without a completed and signed consent form will not be immunized. All questions must be answered.**
- 2. Insured? - - Just include a copy of your insurance or Medicaid/Medicaid Managed Care Cards**
Please **include a photocopy** of your insurance or Medicaid/Medicaid Managed Care card. There will be **no cost to your family** as we bill the insurance company.
- 3. Are you uninsured?**
Mark the uninsured box on the Permission Form. There will be **no charge** for the vaccination thanks to the support from the county boards and from federal vaccine funding.
- 4. Show these Viruses who is the Winner!**
Every student who turned in their Consent Form and got the flu shot the day of the clinic will be entered into a drawing for a \$20.00 gift card.

Children under the age of nine who have never had the flu vaccine before, or did not receive two doses prior to this year, will need a second dose (booster). Our nurses will review your child's record and will let you know if a booster is needed.

If you need a flu shot, or know someone who needs one, and are unsure where to go, please call us! **Remember—your flu shot protects both you and those you love!** Questions? Call Public Health Solutions District Health Department at 402-826-3880 or toll-free 1-844-830-0813.

This program is supported by Public Health Solutions Board of Health and County Commissioner / Supervisor Boards which help provide funding for anyone who is uninsured.

Sincerely,

Kimberly Showalter
Health Director



Public Health
Solutions

Public Health Solutions Influenza Vaccine Screening/Permission Form 2023-2024

The questions below will be used to decide if you or your child should get *inactivated injectable influenza vaccine*. Answering "yes" to any question does not mean you or your child cannot get flu vaccine today. It means more questions will be asked.

Name: _____ Date of Birth: _____ Sex: Female Male

Address: _____ City/State/Zip: _____

Phone: _____ School: _____

Insurance (ATTACH A COPY) Medicaid/Managed Care (ATTACH A COPY) No Insurance

SCREENING QUESTIONS: Adult/Parent/Guardian: Please answer **ALL** the questions below with **YES or NO**. If this form is not completed, signed and returned to school on or before the date of the clinic, vaccine **WILL NOT** be given.

1. Is the person getting vaccine sick today? Yes / No
2. Does the person getting vaccine have an allergy to any flu vaccine ingredient? Yes / No
3. Has the person getting vaccinated ever had a serious reaction to a flu vaccine? Yes / No
4. Has the person getting vaccine ever had Guillain Barré syndrome? Yes / No

Permission

- I have been given a copy of the 2023-2024 Influenza Vaccine information Statement (VIS), and I have read and/or had the information on inactivated influenza vaccine read to me.
- I have had the chance to ask questions and had those questions answered in a way I can understand.
- I understand the risks and benefits of getting the vaccine and I ask that the influenza vaccine be given to me or the person named above for whom I can legally give permission.
- I understand and agree that Public Health Solutions and the school are not responsible for any unexpected reactions that may happen.
- I understand and agree that it is my responsibility to get medical attention for myself or my child if an unexpected or allergic reaction happens.

Signature: _____ Date: _____

Patient/Parent/Guardian

OFFICE USE ONLY

Nurse Signature: _____

Please attach vaccine information sticker and sign form.

Influenza (Flu) Vaccine (Inactivated or Recombinant): *What you need to know*

Many vaccine information statements are available in Spanish and other languages. See www.immunize.org/vis

Hojas de información sobre vacunas están disponibles en español y en muchos otros idiomas. Visite www.immunize.org/vis

1. Why get vaccinated?

Influenza vaccine can prevent influenza (flu).

Flu is a contagious disease that spreads around the United States every year, usually between October and May. Anyone can get the flu, but it is more dangerous for some people. Infants and young children, people 65 years and older, pregnant people, and people with certain health conditions or a weakened immune system are at greatest risk of flu complications.

Pneumonia, bronchitis, sinus infections, and ear infections are examples of flu-related complications. If you have a medical condition, such as heart disease, cancer, or diabetes, flu can make it worse.

Flu can cause fever and chills, sore throat, muscle aches, fatigue, cough, headache, and runny or stuffy nose. Some people may have vomiting and diarrhea, though this is more common in children than adults.

In an average year, **thousands of people in the United States die from flu**, and many more are hospitalized. Flu vaccine prevents millions of illnesses and flu-related visits to the doctor each year.

2. Influenza vaccines

CDC recommends everyone 6 months and older get vaccinated every flu season. **Children 6 months through 8 years of age** may need 2 doses during a single flu season. **Everyone else** needs only 1 dose each flu season.

It takes about 2 weeks for protection to develop after vaccination.

There are many flu viruses, and they are always changing. Each year a new flu vaccine is made to protect against the influenza viruses believed to be likely to cause disease in the upcoming flu season.

Even when the vaccine doesn't exactly match these viruses, it may still provide some protection.

Influenza vaccine **does not cause flu**.

Influenza vaccine may be given at the same time as other vaccines.

3. Talk with your health care provider

Tell your vaccination provider if the person getting the vaccine:

- Has had an **allergic reaction after a previous dose of influenza vaccine**, or has any **severe, life-threatening allergies**
- Has ever had **Guillain-Barré Syndrome** (also called "GBS")

In some cases, your health care provider may decide to postpone influenza vaccination until a future visit.

Influenza vaccine can be administered at any time during pregnancy. People who are or will be pregnant during influenza season should receive inactivated influenza vaccine.

People with minor illnesses, such as a cold, may be vaccinated. People who are moderately or severely ill should usually wait until they recover before getting influenza vaccine.

Your health care provider can give you more information.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

4. Risks of a vaccine reaction

- Soreness, redness, and swelling where the shot is given, fever, muscle aches, and headache can happen after influenza vaccination.
- There may be a very small increased risk of Guillain-Barré Syndrome (GBS) after inactivated influenza vaccine (the flu shot).

Young children who get the flu shot along with pneumococcal vaccine (PCV13) and/or DTaP vaccine at the same time might be slightly more likely to have a seizure caused by fever. Tell your health care provider if a child who is getting flu vaccine has ever had a seizure.

People sometimes faint after medical procedures, including vaccination. Tell your provider if you feel dizzy or have vision changes or ringing in the ears.

As with any medicine, there is a very remote chance of a vaccine causing a severe allergic reaction, other serious injury, or death.

5. What if there is a serious problem?

An allergic reaction could occur after the vaccinated person leaves the clinic. If you see signs of a severe allergic reaction (hives, swelling of the face and throat, difficulty breathing, a fast heartbeat, dizziness, or weakness), call **9-1-1** and get the person to the nearest hospital.

For other signs that concern you, call your health care provider.

Adverse reactions should be reported to the Vaccine Adverse Event Reporting System (VAERS). Your health care provider will usually file this report, or you can do it yourself. Visit the VAERS website at www.vaers.hhs.gov or call **1-800-822-7967**. *VAERS is only for reporting reactions, and VAERS staff members do not give medical advice.*

6. The National Vaccine Injury Compensation Program

The National Vaccine Injury Compensation Program (VICP) is a federal program that was created to compensate people who may have been injured by certain vaccines. Claims regarding alleged injury or death due to vaccination have a time limit for filing, which may be as short as two years. Visit the VICP website at www.hrsa.gov/vaccinecompensation or call **1-800-338-2382** to learn about the program and about filing a claim.

7. How can I learn more?

- Ask your health care provider.
- Call your local or state health department.
- Visit the website of the Food and Drug Administration (FDA) for vaccine package inserts and additional information at www.fda.gov/vaccines-blood-biologics/vaccines.
- 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/flu.





Flu:

A Guide for Parents



Influenza (flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat and lungs. Flu is different from a cold and usually comes on suddenly. Each year flu causes millions of illnesses, hundreds of thousands of hospitalizations, and tens of thousands of deaths in the United States.

Flu can be very dangerous for children. CDC estimates that between 2010 - 2020, between 6,000 and 27,000 children younger than 5 years old have been hospitalized from flu each year in the U.S. Flu vaccine is safe and helps protect children from flu.

What parents should know

How serious is flu?

While flu illness can vary from mild to severe, children often need medical care because of flu. Children younger than 5 years old and children of any age with certain long-term health problems are at increased risk of flu complications like pneumonia, bronchitis, sinus and ear infections. Some health problems that are known to make children more vulnerable to flu include asthma, diabetes and disorders of the brain or nervous system.

How does flu spread?

Flu viruses are thought to spread mainly by droplets made when someone with flu coughs, sneezes or talks. These droplets can land in the mouths or noses of people nearby. A person also can get flu by touching something that has flu virus on it and then touching their mouth, eyes, or nose.

What are flu symptoms?

Flu symptoms can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, feeling tired and sometimes vomiting and diarrhea (more common in children than adults). Some people with flu will not have a fever.

Protect your child

How can I protect my child from flu?

The first and best way to protect against flu is to get a yearly flu vaccine for yourself and your child.

- Flu vaccination is recommended for everyone 6 months and older every year. Flu shots and nasal spray flu vaccines are both options for most children.
- It's especially important that young children and children with certain long-term health problems get vaccinated.
- Caregivers of children at higher risk of flu complications should get a flu vaccine. (Babies younger than 6 months are at higher risk for serious flu complications, but too young to get a flu vaccine.)
- Pregnant people should get a flu vaccine to protect themselves and their baby from flu. Research shows that flu vaccination during pregnancy can protect the baby from flu for several months after birth.
- Flu viruses are constantly changing so flu vaccines are updated often to protect against the flu viruses that research indicates are most likely to cause illness during the upcoming flu season.

Are flu vaccines safe?

Flu vaccines have an excellent safety record. Millions of people have safely received flu vaccines for decades. Flu shots and nasal spray flu vaccines are both options for vaccination. Different types of flu vaccines are licensed for different ages. Each person should get one that is appropriate for their age. CDC and the American Academy of Pediatrics recommend an annual flu vaccine for all children 6 months and older.

What are the benefits of getting a flu vaccine?

- **A flu vaccine can keep you and your child from getting sick.** When vaccine viruses and circulating viruses are matched, flu vaccination has been shown to reduce risk of getting sick with flu by about 40 to 60%.
- **Flu vaccines can keep your child from being hospitalized for flu in the pediatric intensive care unit.** One recent study showed that flu vaccine reduced children's risk of flu-related pediatric intensive care unit admission by 74%.
- **Flu vaccine can be life saving in children.**

A study using data from recent flu seasons found that flu vaccine reduced the risk of flu-associated death by half among children with higher risk medical conditions



and by nearly two-thirds among children without medical conditions.

- **Flu vaccination also may make your illness milder if you do get sick.**
- **Getting yourself and your child vaccinated also can protect others** who may be more vulnerable to serious flu illness, like babies and young children, older people, and people with certain long-term health problems.

What are some other ways I can protect my child against flu?

In addition to getting a flu vaccine, you and your child should take everyday actions to help prevent the spread of germs.

Stay away from people who are sick as much as possible to keep from getting sick yourself. If you or your child are sick, avoid others as much as possible to keep from infecting them. Also, remember to regularly cover your coughs and sneezes, wash your hands often, avoid touching your eyes, nose and mouth, and clean surfaces that may be contaminated with flu viruses. These everyday actions can help reduce your chances of getting sick and prevent the spread of germs to others if you are sick. However, a yearly flu vaccine is the best way to prevent flu illness.

If your child is sick

What can I do if my child gets sick?

Talk to your doctor early if you are worried about your child's illness.

Make sure your child gets plenty of rest and drinks enough fluids.

If your child is 5 years or older and does not have a long-term health problems and gets flu symptoms, including a fever and/or cough, consult your doctor as needed.

Children younger than 5 years old – especially those younger than 2 years – and children of any age with certain long-term health problems (including asthma or any lung disease, heart disease, diabetes and disorders of the brain or nervous system), are at higher risk of serious flu complications. Because children at higher risk of serious flu complications can benefit from early antiviral treatment of flu, parents of such children should contact their child's doctor if they develop flu symptoms.

What if my child seems very sick?

Even healthy children can get very sick from flu. If your child is experiencing the following emergency warning signs, you should go to the emergency room:

- Fast breathing or trouble breathing
- Bluish lips or face
- Ribs pulling in with each breath
- Chest pain

- Severe muscle pain (child refuses to walk)
- Dehydration (no urine for 8 hours, dry mouth, no tears when crying)
- Not alert or interacting when awake
- Seizures
- Fever above 104°F
- In children less than 12 weeks, any fever
- Fever or cough that improve but then return or worsen
- Worsening of chronic medical conditions



This list is not all inclusive. Please consult your medical provider for any other symptom that is severe or concerning.

Is there a medicine to treat flu?

Yes. Antiviral drugs are prescription medicines that can be used to treat flu illness. They can shorten your illness and make it milder, and they can prevent serious complications that could result in a hospital stay. Antivirals work best when started during the first two days of illness. Antiviral drugs are recommended to treat flu in people who are very sick (for example, people who are in the hospital) or people who are at higher risk of serious flu complications who get flu symptoms. Antivirals can be given to most children and pregnant people.

How long can a sick person spread flu to others?

People with flu may be able to infect others from one day before getting sick to up to five to seven days after. Severely ill people or young children may be able to spread the flu longer, especially if they still have symptoms.

Can my child go to school, day care, or camp if he or she is sick?

No. Your child should stay home to rest and to avoid spreading flu to other children or caregivers.

When can my child go back to school after having flu?

Keep your child home from school, day care, or camp for at least 24 hours after their fever is gone. (The fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F (37.8°C)* or higher.

*Many authorities use either 100 (37.8 degrees Celsius) or 100.4 F (38.0 degrees Celsius) as a cut-off for fever, but this number can vary depending on factors such as the method of measurement and the age of the person.

For more information, visit

www.cdc.gov/flu/protect/children.htm or call 800-CDC-INFO



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