

September 10, 2020

Dear Shapleigh and Traip families,

There has been a **change** made to one of the Flu Clinic dates. The new dates are **Tuesday, September 29th and Thursday, October 1st**. The scheduled times are the same. Shapleigh's clinics will be from 10:00 to 11:30 am , and Traip's clinics will be from 12:00 to 1:30 pm each day to accommodate both of the hybrid student groups.

If you have any questions, please call your student's school nurse. The Shapleigh school nurse is Brenda Bladen, RN and the Traip nurse is Betsy Burke, RN.

The permission forms that were sent home will still be used, but one is also attached to this notice for your convenience. Please return the signed, completed form by ***September 18, 2020***.

Please fill out the insurance information thoroughly, including the guardian's signature. There is no charge for the vaccine itself but the organization that provides the clinics will be able to be reimbursed for providing the equipment and staff.

We wish you all a safe and happy autumn!

Brenda Bladen, RN (207) 439-5866

Betsy Burke, RN (207) 439-4402

School Year: 20-21

NPI: 1245236306

# INFLUENZA VACCINE

## HEALTH SCREEN & PERMISSION FORM

School Name: \_\_\_\_\_

|                 |          |                |                                       |   |
|-----------------|----------|----------------|---------------------------------------|---|
| Full Name:      |          | Date of Birth: | Age:                                  | Gender:<br><input type="checkbox"/> M <input type="checkbox"/> F <input type="checkbox"/> O |
| Street Address: |          | Town/City:     | Zip Code:                             | Daytime Phone:  |
| Grade:          | Teacher: |                | School Administrative Unit (District) |   |

Is this person an American Indian or an Alaskan Native?  yes  no

Is this person uninsured?  yes  no

Is this person insured by MaineCare (Medicaid)?  yes  no

MaineCare ID #: \_\_\_\_\_

Private Insurance?  yes  no

Name of Insurance Company: \_\_\_\_\_

ID Number: \_\_\_\_\_ Group Number: \_\_\_\_\_

Doctor's Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

**Please answer the following questions about the person named above.** Comments may be written on the back of this form.

|   | YES | NO |
|---|-----|----|
| 1) Does this person have a severe (life-threatening) allergy to eggs?   |     |    |
| 2) Has this person ever had a severe reaction to an influenza immunization in the past?   |     |    |
| 3) Has this person ever had Guillain-Barre Syndrome?  |     |    |
| <b>If you answered "yes" to any questions 1-3, please see your healthcare provider for influenza vaccination</b>  |     |    |
| 4) Does this person have asthma; currently wheezing; have a history of wheezing if under 5 years old; have problems with their heart, kidneys, lungs; diabetes; or are pregnant or nursing? |     |    |
| 5) Does this person regularly use aspirin or a medication with an aspirin-containing medication? (Children or adolescents should not be given aspirin for 4 weeks after getting FluMist.)   |     |    |
| 6) Does this person have a weakened immune system, or come in close contact with someone who has a severely weakened immune system?   |     |    |
| 7) Has this person received Tamiflu, Relenza, amantadine, or rimantadine within the past 48 hours?  |     |    |
| 8) Has this person received any other vaccinations in the past 4 weeks? If yes: Type _____ Date _____   |     |    |
| <b>If you answered "yes" to any questions 4-7, this person cannot receive the intranasal flu vaccine</b>  |     |    |

**PERMISSION TO VACCINATE**

- I was given a copy of the Influenza (Flu) Vaccine Information Statement, I have read this or had this explained to me and I understand the benefits and risks of the Influenza vaccine.
- I give permission for a record of this vaccination to be entered into the Maine Immunization Information System, ImmPact.
- I give permission for information to be used to bill MaineCare or private insurance for the cost of providing the vaccine.
- **I give permission for the flu vaccine to be given to the person named above by signing below.**

X \_\_\_\_\_ Date: \_\_\_\_\_

**Signature of parent or guardian**

VACCINE TYPE PREFERRED: Shot only  Mist only  (if not available child will not be vaccinated) Nurse decides

**FOR OFFICE USE ONLY:**

| Date Dose Administered | Vaccine Manufacturer | Lot Number | Dose Volume | Signature and Title of Vaccinator | Body Site | Route   | VIS date              |
|------------------------|----------------------|------------|-------------|-----------------------------------|-----------|---|-----------------------|
| / /                    |                      |            |             |                                   |           | <input type="checkbox"/> IM single dose<br><input type="checkbox"/> IM multi vial | State Supplied<br>Y N |

# Influenza (Flu) Vaccine (Live, Intranasal): 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)

Hojas de información sobre vacunas están disponibles en español y en muchos otros idiomas. Visite [www.immunize.org/vis](http://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 of age and older, pregnant women, 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.

Each 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 Live, attenuated influenza vaccine

CDC recommends everyone 6 months of age 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.

Live, attenuated influenza vaccine (called LAIV) is a nasal spray vaccine that may be given to non-pregnant people **2 through 49 years of age**.

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 three or four viruses that are 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 vaccine provider if the person getting the vaccine:

- Is **younger than 2 years or older than 49 years** of age.
- Is **pregnant**.
- Has had an **allergic reaction after a previous dose of influenza vaccine**, or has any **severe, life-threatening allergies**.
- Is a **child or adolescent 2 through 17 years of age who is receiving aspirin or aspirin-containing products**.
- Has a **weakened immune system**.
- Is a **child 2 through 4 years old who has asthma or a history of wheezing** in the past 12 months.
- Has **taken influenza antiviral medication** in the previous 48 hours.
- **Cares for severely immunocompromised persons** who require a protected environment.
- Is **5 years or older and has asthma**.
- Has other **underlying medical conditions** that can put people at higher risk of serious flu complications (such as **lung disease, heart disease, kidney disease, kidney or liver disorders, neurologic or neuromuscular or metabolic disorders**).
- Has had **Guillain-Barré Syndrome** within 6 weeks after a previous dose of influenza vaccine.



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

For some patients, a different type of influenza vaccine (inactivated or recombinant influenza vaccine) might be more appropriate than live, attenuated 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.

#### 4 Risks of a vaccine reaction

- Runny nose or nasal congestion, wheezing and headache can happen after LAIV.
- Vomiting, muscle aches, fever, sore throat and cough are other possible side effects.

If these problems occur, they usually begin soon after vaccination and are mild and short-lived.

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](http://www.vaers.hhs.gov) or call **1-800-822-7967**. *VAERS is only for reporting reactions, and VAERS staff 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. Visit the VICP website at [www.hrsa.gov/vaccinecompensation](http://www.hrsa.gov/vaccinecompensation) or call **1-800-338-2382** to learn about the program and about filing a claim. There is a time limit to file a claim for compensation.

#### 7 How can I learn more?

- Ask your healthcare provider.
- 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 [www.cdc.gov/flu](http://www.cdc.gov/flu)

Vaccine Information Statement (Interim)  
**Live Attenuated  
Influenza Vaccine**



Office use only

8/15/2019 | 42 U.S.C. § 300aa-26

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

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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.

Each 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 vaccine

CDC recommends everyone 6 months of age 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 three or four viruses that are 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 vaccine 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 to a future visit.

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.



## 4 Risks of a vaccine reaction

- Soreness, redness, and swelling where shot is given, fever, muscle aches, and headache can happen after influenza vaccine.
- 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](http://www.vaers.hhs.gov) or call **1-800-822-7967**. *VAERS is only for reporting reactions, and VAERS staff do not give medical advice.*

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Vaccine Information Statement (Interim)  
**Inactivated Influenza  
Vaccine**



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# A Strong Defense Against Flu: Get Vaccinated!

FIGHT FLU



The best way to protect yourself and your loved ones against influenza (flu) is to get a flu vaccine every flu season. Flu is a contagious respiratory disease that can lead to serious illness, hospitalization, or even death. CDC recommends everyone six months and older get an annual flu vaccine.

## What are some key reasons to get a flu vaccine?

- Flu vaccine has been shown to reduce flu illnesses, hospitalization, and even death in children.
- During the 2016–2017 season, vaccination prevented an estimated 5.3 million illnesses, 2.6 million medical visits, and 85,000 influenza-associated hospitalizations.
- Flu vaccination also is an important preventive tool for people with chronic health conditions.
- Vaccinating pregnant women helps protect them from flu illness and hospitalization, and also has been shown to help protect the baby from flu infection for several months after birth, before the baby can be vaccinated.
- A [2017](#) study showed that flu vaccine can be life-saving in children.
- While some people who get vaccinated still get sick, flu vaccination has been shown in several studies to reduce severity of illness.



## Why is it important to get a flu vaccine EVERY year?

- Flu viruses are constantly changing, so flu vaccines may be updated from one season to the next to protect against the viruses that research suggests will be common during the upcoming flu season.
- Your protection from a flu vaccine declines over time. Yearly vaccination is needed for the best protection.



For more information, visit: [www.cdc.gov/flu](http://www.cdc.gov/flu)  
or call **1-800-CDC-INFO**



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

## What kinds of flu vaccines are recommended?

There are several licensed and recommended flu vaccine options this season:

- [Standard dose flu shots made from virus grown in eggs.](#)
- [Shots made with adjuvant and high dose](#) for older adults.
- [Shots made with virus grown in cell culture instead of eggs.](#)
- Shots made using a [recombinant vaccine production technology](#) that does not require the use of a flu virus.
- [Live attenuated influenza vaccine \(LAIV, the nasal spray vaccine\)](#), which is made with live, weakened influenza viruses. It is an option for people 2 through 49 years of age who are not pregnant.



## Is the flu vaccine safe?

Flu vaccines have a good safety record. Hundreds of millions of Americans have safely received flu vaccines over the past 50 years. Extensive research supports the safety of seasonal flu vaccines. Each year, CDC works with the U.S. Food and Drug Administration (FDA) and other partners to ensure the highest safety standards for flu vaccines. More information about the safety of flu vaccines is available at [www.cdc.gov/flu/protect/vaccine/vaccinesafety.htm](http://www.cdc.gov/flu/protect/vaccine/vaccinesafety.htm).

## What are the side effects of flu vaccines?

**Flu shots:** Flu shots are made using killed flu viruses (for inactivated vaccines), or without flu virus at all (for the recombinant vaccine). So, you cannot get flu from a flu shot. Some minor side effects that may occur include soreness, redness and/or swelling where the shot was given, low grade fever, and aches.

**Nasal spray flu vaccines:** The viruses in nasal spray flu vaccines are weakened and do not cause the severe symptoms often associated with influenza illness. For adults, side effects from the nasal spray may include runny nose, headache, sore throat, and cough. For children, side effects may also include wheezing, vomiting, muscle aches, and fever.

If these problems occur, they are usually mild and go away on their own, but serious reactions are also possible. Almost all people who receive flu vaccine have no serious problems from it.

## When and Where to get vaccinated?

You should get a flu vaccine by the end of October. However, as long as flu viruses are circulating, vaccination should continue throughout flu season, even in January or later.

Flu vaccines are offered in many doctors' offices and clinics. Flu vaccine is available in many other locations, including health departments, pharmacies, urgent care clinics, health centers, and travel clinics. Vaccines may also be offered at your school, college health center, or workplace. Use the [vaccine finder](#) at to find a flu vaccination clinic near you.