



# Public Health Immunization Clinic H1N1

## Dear Parent or Guardian:

WDG Public Health will offer the H1N1 flu shot to elementary school children at community clinics beginning November 13. Please see the attached schedule for locations and times. There is no cost.

## If you would like your child to get the shot, please:

- Read the following facts about H1N1 flu and the vaccine.
- Complete and sign the consent form.
- Bring the consent form to the clinic when your child has the shot. If you're unable to go with your child, please send the consent form with your child and an accompanying adult.

You can find more information on our website at [www.wdghu.org](http://www.wdghu.org) or call **1-800-265-7293 ext. 4161**.

*Thank you.*

## About the Disease

### What is H1N1?

H1N1 flu is a respiratory (breathing) disease that is caused by a new virus.

### What are the symptoms?

The symptoms are like seasonal flu—fever and cough PLUS one or more of the following:

- Sore throat
- Muscle pain
- Joint pain
- Weakness (includes extreme tiredness)

### How is the disease spread?

It spreads very easily from an infected person to others by coughing and sneezing. It is also spread when you touch an object or surface that was contaminated with the virus.

## About the Vaccine

### What is in the vaccine?

It contains the inactive (killed) flu virus and an adjuvant. An adjuvant helps boost and speed up the body's ability to fight a virus.

### Who should not get the H1N1 flu shot?

Your child should not get the flu shot if he or she:

- Had a serious reaction to a previous flu shot
- Has a serious allergy to eggs
- Has a fever
- Had Guillain-Barré syndrome (serious nerve disease) within eight weeks of receiving a seasonal flu vaccine

### Is it safe?

Yes. The risk that the H1N1 flu shot will cause serious harm is very small. But, like any medicine, the shot can cause side effects:

- Pain, swelling, and redness at the injection site
- Fatigue (tiredness)
- Muscle and joint pain
- Headache

In some younger children, a fever, drowsiness, irritability, and loss of appetite have also been reported.

### Does the H1N1 flu shot contain thimerosal?

Yes, it contains thimerosal. Thimerosal is a preservative made from mercury. It prevents the growth of bacteria and fungi in these products. Scientific evidence shows no link between thimerosal and autism, other neurodevelopmental diseases, or brain damage.

### How well will the H1N1 flu shot protect me against the flu?

The vaccine is expected to protect up to 90% of people who get the shot.

### How long does it take for the flu shot to be effective?

It takes about two weeks after receiving the shot to be protected against H1N1.

### What if my child already had H1N1 flu?

If you are sure your child had H1N1 flu (confirmed by a laboratory test), he or she does not need a shot. If it was not confirmed by a laboratory test, your child should get vaccinated.

## H1N1 Flu Clinic Schedule for Priority Groups (includes Elementary Students) – Nov. 13 to Nov. 27

Location	Fri 13	Mon 16	Tues 17	Wed 18	Thurs 19	Fri 20	Mon 23	Tues 24	Wed 25	Thurs 26	Fri 27
<b>Guelph</b> College Ave Public School 195 College Ave. W	9 am – 4 pm	1 pm – 8 pm	1 pm – 8 pm	1 pm – 8 pm	1 pm – 8 pm	9 am – 4 pm				9 am – 4 pm	9 am – 4 pm
<b>Fergus</b> 855 David St. N Unit 3	9 am – 4 pm	1 pm – 8 pm	1 pm – 8 pm		1 pm – 8 pm	9 am – 4 pm	9 am – 4 pm			9 am – 4 pm	9 am – 4 pm
<b>Orangeville</b> 276A Broadway	9 am – 4 pm	1 pm – 8 pm		1 pm – 8 pm	1 pm – 8 pm	9 am – 4 pm			9 am – 4 pm	9 am – 4 pm	9 am – 4 pm
<b>Shelburne</b> Mel Lloyd Centre, Entrance C, Upstairs	9 am – 4 pm		2 pm – 7:30 pm								
<b>Erin</b> Erin Public School 185 Daniel St.								4 pm – 8 pm			
<b>Drayton</b> Mapleton Health Centre 11 Andrews Dr. W									2 pm – 7:30 p.m.		
<b>Palmerston</b> Palmerston Community Centre 520 Cavan Street				2 pm – 7:30 pm							
<b>Mount Forest</b> WDG Public Health 311 Foster Street						9 am – 4 pm					
<b>Grand Valley</b> Grand Valley & District P.S. 120 Main St. N., RR #2			4 pm – 8 pm								
<b>Rockwood</b> Rockwood Centennial P.S. 157 Pasmore St. S						9 am – 4 pm					
<b>Arthur</b> Arthur Public School 155 Conestoga St. N				4 pm – 8 pm							
<b>Harriston</b> Minto Clifford Public School RR #1, 5804 Hwy 89						9 am – 4 pm					