



# Public Health Immunization Clinic H1N1

Dear Student and Parent or Guardian:

WDG Public Health will offer the H1N1 flu shot to secondary school students at school-based clinics beginning November 23. Please see the attached schedule for locations and dates. There is no cost.

Students who would like to get the shot are asked to:

- Read the following facts about H1N1 flu and the vaccine.
- Complete and sign the consent form. (Students over the age of 12 are able to sign their own consent).
- Bring the consent form to the school on the day of the clinic.

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.

## 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.

## 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?

You should not get the flu shot if you:

- Had a serious reaction to a previous flu shot
- Have a serious allergy to eggs
- Have 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

## Does the H1N1 flu shot contain thimerosal?

Yes, it contains thimerosal.

Thimerosal prevents the growth of bacteria and fungi in the vaccine. 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.

## What if I'm away on the day of my scheduled clinic?

You can go to any community flu shot clinic or call your doctor's office.

## 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 I think I had H1N1 flu?

If you are sure you had H1N1 flu (confirmed by a laboratory test), you do not need a shot. If it was not confirmed by a laboratory test, you should get vaccinated.