



August 24, 2020

Dear Parents and Staff,

We are pleased to announce that Two Rivers Public Health Department, in collaboration with Bertrand Community Schools, will be making influenza vaccinations available to the Bertrand students and staff this fall.

If you have public (Medicare or Medicaid) or private health insurance coverage (such as Blue Cross/BlueShield or United Health Care), Two Rivers Public Health Department is able to bill your insurance carrier. If you have no health insurance or are underinsured, vaccinations can still be made available to your children or uninsured staff. Any in-kind donation will be appreciated in these cases but is not required. Two Rivers Public Health Department is YOUR health department and our mission is to assure health promotion, prevention, and protection for the people within Dawson, Franklin, Gosper, Harlan, Buffalo, Phelps and Kearney Counties.

Included with this letter is the federally mandated Vaccine Information Statement for influenza vaccine. To enroll for an Influenza vaccination, please complete and return the enclosed registration form – one individual per registration form – and return it to the school secretary by August 31st. The health department staff will be at our school on Wednesday, September 23rd, to give immunizations. Vaccination will not be administered without a completed registration form and copy of insurance card.

If you have any questions or concerns, please feel free to contact our Community Health Nurse, Susan Puckett, RN at 888-669-7154 or your child's school nurse.

Sincerely,

A handwritten signature in black ink that reads "Jeremy J. Eschliman".

Jeremy Eschliman, Director  
Two Rivers Public Health Department

**TWO RIVERS PUBLIC HEALTH DEPARTMENT INFLUENZA CONSENT FORM**

**STUDENT/STAFF MEMBER INFORMATION**

SCHOOL			GRADE	TEACHER		
LAST NAME		FIRST NAME		MI	MAIDEN NAME (IF APPLICABLE)	
DATE OF BIRTH --/--/----	AGE	SEX M F	MOTHER'S MAIDEN NAME (FIRST AND LAST)		PHONE ( )	
STREET ADDRESS		P.O.BOX (IF APPLICABLE)	CITY		STATE	ZIP

**INSURANCE INFORMATION**

RELATIONSHIP OF STUDENT/STAFF TO INSURANCE SUBSCRIBER <input type="checkbox"/> SELF <input type="checkbox"/> SPOUSE <input type="checkbox"/> CHILD <input type="checkbox"/> OTHER				INSURANCE PROVIDER		
SUBSCRIBER NAME (IF DIFFERENT THAN ABOVE)		SUBSCRIBER BIRTH DATE --/--/----	SOCIAL SECURITY #		<input type="checkbox"/> BLUE CROSS BLUE SHIELD (MUST HAVE PHOTO/COPY OF CARD) <input type="checkbox"/> UNITED HEALTH CARE <input type="checkbox"/> MEDICAID: <b>CIRCLE ONE</b> UHC NTC WELLCARE <input type="checkbox"/> MEDICARE (SS# REQUIRED) <input type="checkbox"/> OTHER: _____	
STREET ADDRESS (IF DIFFERENT THAN ABOVE)		CITY	STATE	ZIP		
PHOTO OF CARD (FRONT & BACK) <input type="checkbox"/> DRCHRONO <input type="checkbox"/> PHOTO COPY ATTACHED <input type="checkbox"/> STAFF DEVICE (DEVICE #.)						

**SCREENING QUESTIONNAIRE- Questions must be completed before vaccine is administered**

	YES	NO	DON'T KNOW
DO YOU HAVE ALLERGIES TO EGGS OR A VACCINE COMPONENT?			
HAVE YOU EVER HAD DIFFICULTY BREATHING AFTER RECEIVING A VACCINATION?			
HAVE YOU HAD A SEIZURE, BRAIN/NERVOUS SYSTEM DISORDER OR GUILLAIN-BARRE?			

I GIVE CONSENT to the Two Rivers Public Health Department and its staff to vaccinate the person listed on this form. I have read or had explained to me the Vaccine Information Statement and understand the risks and benefits. I hereby grant permission to Two Rivers Public Health Department to release any pertinent information to the above insurance company upon request and any physicians to whom I might be referred. I understand that if my child is uncooperative or resistant, I will be notified by Two Rivers Public Health Department if vaccine was NOT able to be administered.

**X**

Authorized Signature (client, if 19 or older, or parent/legal guardian) \_\_\_\_\_ Today's Date: (month/day/year) \_\_\_\_\_

**\*\*Child will not be seen without a complete form, parent signature, and copy of insurance\*\***

VACCINE	FORM	AGE	MAN/LOT/EXP	SITE	NURSE/DATE
Sanofi	Fluzone PREFILLED	6 mo+		LA RA	
	FluBlok	18+		LA RA	
	High-Dose	65+		LA RA	
GSK	FluLaval PFS	6 mo+		LA RA	
	MD Vial	6 mo+		LA RA	
	Fluarix / Flucelvax PFS	19+ AIP		LA RA	
Seqirus	Afluria Quad	3+		LA RA	
	FLUAD	65+		LA RA	
				LA RA	

TRPHD STAFF ONLY - VACCINE RECIPIENT'S TEMPERATURE TODAY: \_\_\_\_\_  
 Dr. Chrono \_\_\_/\_\_\_ NESIIS \_\_\_/\_\_\_ Billed \_\_\_/\_\_\_ Paid Cash/Donation \_\_\_\_\_  
 Special Note: \_\_\_\_\_

## VACCINE INFORMATION STATEMENT

# 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](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 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.



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 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.*

## 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)  
**Inactivated Influenza  
Vaccine**



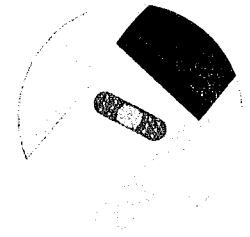
Office use only

8/15/2019 | 42 U.S.C. § 300aa-26



# The Flu:

## A Guide for Parents



Influenza (also known as 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 viruses cause millions of illnesses, hundreds of thousands of hospital stays and thousands or tens of thousands of deaths in the United States.

Flu can be very dangerous for children. CDC estimates that between 6,000 and 26,000 children younger than 5 years have been hospitalized each year in the United States because of influenza. The 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 and children of any age with certain long-term health problems are at high 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 the 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 vaccination.
- It's especially important that young children and children with certain long-term health problems get vaccinated.
- Caregivers of children at high risk of flu complications should get a flu vaccine. (Babies younger than 6 months are at high risk for serious flu complications, but too young to get a flu vaccine.)
- Pregnant women should get a flu vaccine to protect themselves and their baby from flu. Research shows that flu vaccination protects the baby from flu for several months after birth.
- Flu viruses are constantly changing and 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.

#### Is flu vaccine safe?

Flu vaccines are made using strict safety and production measures. 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 the risk of getting sick with flu by about half.
- **Flu vaccines can keep your child from being hospitalized from flu.** One recent study showed that flu vaccine reduced children's risk of flu-related pediatric intensive care unit admission by 74%.

- **Flu vaccine can prevent your child from dying from flu.**  
A study using data from recent flu seasons found that flu vaccine reduced the risk of flu-associated death by half among children with high 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.

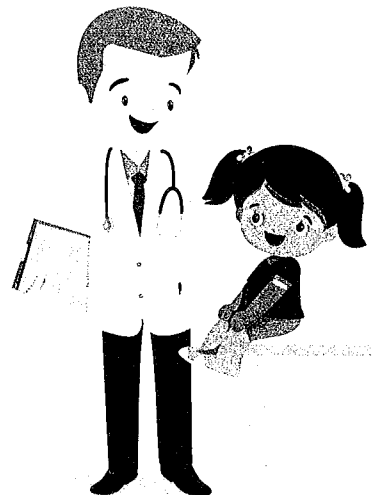
Children younger than 5 years of age – especially those younger than 2 years – and children with certain long-term health problems (including asthma, diabetes and disorders of the brain or nervous system), are at high risk of serious flu complications. Call your doctor or take your child to the doctor right away 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 2 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 high risk of serious flu complications who get flu symptoms. Antivirals can be given to children and pregnant women.

### How long can a sick person spread flu to others?

People with flu may be able to infect others from 1 day before getting sick to up to 5 to 7 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.



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

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