

**South Portland School Department
Seasonal Influenza Vaccine Clinic
2009-2010**

Dear Parent / Guardian,

The Maine Centers for Disease Control and Prevention want you to know that the best way to prevent getting the flu (influenza) is by getting a flu vaccination each year. The flu is a contagious respiratory illness caused by influenza viruses. As many as 42% of school-age children get seasonal flu because they can be contagious before they feel sick and remain contagious up to 10 days after feeling better. Children with chronic health conditions, including asthma, diabetes, heart conditions and weakened immune systems are at high risk for serious flu complications.

If you would like your child to receive the **FREE Seasonal Flu Vaccine** at school, please complete the attached permission form and **return it to your child's school ASAP.**

Attached please find and read CDC's What You Need To Know about Seasonal Flu Vaccine for 2009-2010. Some children routinely receive their flu shot from their Primary Healthcare Provider. Because the incidence of flu is anticipated to be higher as school resumes, a **FREE Seasonal Flu Vaccine Clinic will be held at your child's school in September and October.** Most people need one dose of influenza vaccine each year. Children younger than **9** years of age getting the vaccine for the first time will need **2 doses** about 4 weeks apart, to be protected.

No adult vaccine will be available at these clinics.

Free H1N1 Flu Vaccine Clinics will also be held in November and December.

All clinics are being coordinated with VNA Home Health & Hospice.

We encourage **your presence** for your (especially elementary age) **child's support.** **VNA Home Health nurses will administer the vaccine in each school. Vaccine will be administered to those students who are able to receive it without significant distress.**

If you have questions about decisions concerning your child, please contact his/her healthcare provider.

Clinic Dates: (beginning at the start of the school day)

Skillin	Monday-September 21
Memorial	Thursday-September 24
Dyer	Friday-September 25
Brown	Friday-September 25
Small	Monday-September 28
Kaler	Monday-September 28
Mahoney	Tuesday-September 29
SPHS	Thursday October 1

Make-Up Clinic

Location TBD-Thursday October 1, 5-7 PM

Parent/Guardian must be present