

# Point Pleasant Beach School District

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SUPERINTENDENT OF SCHOOLS

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January 11, 2010

## Free H1N1 Vaccine Clinic

Dear Parents/Guardians,

The purpose of my letter is to inform you the Point Pleasant School District in conjunction with the Ocean County Health Department will host a free H1N1 vaccination clinic on Tuesday January 19<sup>th</sup> from 4pm to 7:30pm at Memorial Middle School. The Point Pleasant Beach School District has been invited to participate in the January 19<sup>th</sup> clinic.

H1N1 influenza or Swine Flu can cause serious illness, which can be life-threatening for certain individuals. The Centers for Disease Control suggest that the best way to limit the spread of this potentially serious illness is vaccination.

Vaccination for H1N1, although recommended, is completely voluntary. Pre-registration for the clinic is not required; however, we do request that you fill out the vaccine consent form on the reverse of this letter and bring it with you to the clinic. Please complete one form for each person who will be attending the vaccination clinic. A legal parent or guardian must complete and sign the form for any child under the age of 18. For additional copies, please visit the district website's H1N1 information page.

Both the injectable and intranasal vaccine will be available and administered **free of charge** by representatives from the Ocean County Health Department.

### ▪ **Injectable H1N1 Vaccine**

The injectable is **approved for use in people older than 6 months, including healthy people and people with chronic medical conditions** (such as asthma, diabetes, or heart disease). Injectable H1N1 vaccine is inactivated (the vaccine has killed virus in it) and is injected into the muscle.

### ▪ **Intranasal H1N1 Vaccine**

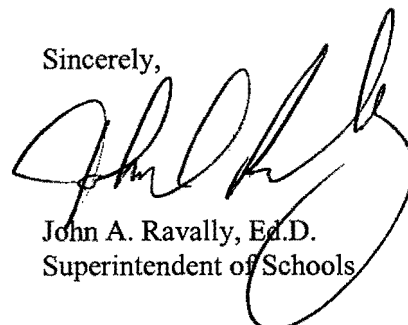
The nasal mist is **approved for use in healthy people 2-49 years of age who are not pregnant**. Nasal mist flu vaccine is sprayed into the nostrils rather than injected into the muscle. This vaccine is a weakened live virus vaccine. You should not get Intranasal H1N1 vaccine if you have a severe allergy to eggs or a severely weakened immune system or long-term chronic health conditions.

Please be advised that children ages 10 and younger will need two doses of H1N1 vaccine, given about a month apart. Individuals aged 10 years and older will only need one dose.

In addition to receiving the vaccine, all students are encouraged to continue following everyday illness prevention techniques, including, practicing proper personal hygiene and staying home when ill.

The health and well being of our school community is of utmost importance to everyone. We thank you for your assistance in helping to preserve the health and safety of our students.

Sincerely,



John A. Ravally, Ed.D.  
Superintendent of Schools

