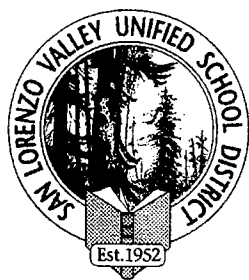


San Lorenzo Valley Unified School District

325 Marion Avenue, Ben Lomond, CA 95005

831-336-5194 FAX - 831-336-9531 www.slvusd.org



Julie Haff
Superintendent

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Dear Parents and Staff,

Flu season has arrived early this year. Because of your extra precautions of not coming to work ill and not sending ill children to school, we are keeping the spread of H1N1 and seasonal flu to a minimum.

The vast majority of H1N1 cases continue to be mild to moderate illness. Most people with a flu-like illness will recover without the need to see a doctor or take special medication. The focus of Santa Cruz County Public Health and the Santa Cruz County Office of Education Safe Schools Department is to prevent and mitigate the spread of H1N1 and other flu-like illness through a comprehensive community/school awareness campaign that includes recommendations to cover your cough, stay home when sick, wash your hands often and have your family members immunized.

Vaccine for the regular seasonal flu is available for a fee at local pharmacies, clinics and your personal health care provider. Beginning 10/21/09, the H1N1 vaccine has become available free of charge at two Public Health clinics. The clinics have vaccine suitable for all of the H1N1 targeted groups. The vaccinations are limited to residents of Santa Cruz County. Below is the list of recommendations from the health department regarding seasonal flu and H1N1 vaccines.

Seasonal Flu Vaccines: People who should get seasonal influenza vaccinations each year are:

- Children aged 6 months through 18 years of age,
- Pregnant women,
- People 50 years of age and older,
- People of any age with certain chronic medical conditions,
- People who live in nursing homes and other long term care facilities.
- People who live with or care for those at high risk for complications from flu, including:
 - o Household contacts of persons at high risk for complications from the flu as listed above.
 - o Household contacts and out-of-home caregivers of children less than 6 months of age (these children are too young to be vaccinated),
- Healthcare workers.

H1N1 Flu Vaccines: If you would like to receive the H1N1 vaccine, please contact your health care provider first to find out if they have the H1N1 vaccine.

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H1N1 flu vaccine is currently reserved for the following groups:

- Anyone ages 6 months to 24 years.
- Pregnant women.
- Anyone who lives with or provides care for infants under 6 months of age (e.g., parents, siblings, and daycare providers).
- Health care workers.
- Anyone ages 25 through 64 with certain medical conditions that put them at higher risk for influenza-related complications (asthma, immunosuppression, diabetes, or heart or lung disease).

H1N1 Live Attenuated Influenza Vaccine (LAIV, the nasal spray) is currently reserved for the following more limited groups:

- Healthy persons between 2 and 24 years of age, with an emphasis on children under 10.
 - Infected children shed more influenza virus and so disproportionately may spread influenza in the community.
 - Based on current information, it is recommended that children under the age of 10 receive two doses, compared to one dose in anyone 10 and older. Providing children with initial doses accelerates the date by when they can become protected.
 - Use of nasal spray instead of injection often reduces the stress of immunization for child, family, and provider.
- People who have close contacts with infants younger than 6 months of age.
 - Infants younger than 6 months of age are too young to receive vaccine but have the highest hospitalization rates from pandemic (H1N1) 2009 disease.
- Health care workers and emergency medical personnel.

Santa Cruz and Watsonville Health Center H1N1 Flu Vaccination Schedule	
<p>Oct. 19 - Dec 12 (Excluding Holidays and days that the clinic will be <u>closed for county furlough</u>) No appointment necessary There is No Cost for the H1N1 vaccination</p>	
<p>Santa Cruz Health Center 1080 Emeline Ave. Santa Cruz, CA (454-4100) Monday – Friday Between 8-11:30 AM and 1-4:30 PM</p>	<p>Watsonville Health Center 9 Crestview Drive Watsonville, CA (763-8400) Monday, Wednesday and Friday Between 8 AM and 4:30 PM Tuesday and Thursday Between 8 AM and 7:30 PM</p>

Visit the Santa Cruz County Health Department website for or updates on both Seasonal flu and H1N1 flu clinics: <http://www.santacruzhealth.org/SwineFlu/>

Keep up the good health habits and stay well.