



October 19, 2010

Dear Parent/Guardian,

This fall you can protect your child from the flu and avoid missed time at school and at work by immunizing your child against influenza. With the help of Placer County Department of Health we have made this a free and easy service for a second year!

*All kindergarten through 8<sup>th</sup> grade students in the Loomis Union School District as well as eligible siblings and immediate family members are encouraged to take part in this free FluMist clinic.*

FluMist is not a shot! It's a gentle mist delivered directly into the nose and is a safe and effective way of preventing the flu. The 2010/2011 FluMist dosage contains the 3 recommended flu strains from the CDC, including the 2009 H1N1 pandemic strain. It is free of preservatives and is also latex-free.

FluMist vaccine will be offered on several different dates/times throughout the district during the month of November.

<b>Franklin School</b>	<b>November 2<sup>nd</sup>, 2010</b>	<b>2:00 pm – 4:30 pm</b>
<b>Loomis School</b>	<b>November 8<sup>th</sup>, 2010</b>	<b>11:30 am – 2:00 pm</b>
<b>Penryn School</b>	<b>November 16<sup>th</sup>, 2010</b>	<b>11:30 am – 2:00 pm</b>

Children with certain health conditions, such as asthma, should not receive FluMist, however we recommend that you follow-up with your own physician so that they may decide what best meets your child's needs.

Like any vaccine, FluMist does not protect 100% of the individuals who receive it. In studies of people between the ages 2-49, the most common side effects include runny nose or nasal congestion, sore throat, and fever. More information fully detailing side effects, risks and benefits will be available from your child's school nurse at the day of the clinic or go to [www.flumist.com](http://www.flumist.com).

To save our busy families time, screening questionnaires and consent forms are available online to print or you can pick them up the day of the clinic. They must be completed prior to administration and all children must be accompanied by an adult. School Nurses will be on site screening and administering the FluMist for your child.

We encourage you to take advantage of the SAFE, FREE and EASY program to protect your child from the flu and decrease absences from school and work. If you have any questions, please contact your school nurse.

Sincerely,

The Loomis Union School District Nurses