



Child's Name _____

PROTECTING CHILDREN & YOUTH FROM FLU, 2009-2010

The flu is a serious illness. Each year, thousands of people get sick and die from the flu. H1N1 (swine) flu is a new virus that no one has immunity against. Because no one is protected, everyone should be immunized or vaccinated for H1N1 (swine) flu, including children and youth.

- Vaccination keeps children and youth from getting the flu and spreading it to others
- Vaccinating people who live with and care for children under 6 months old will protect those young children
- There are two kinds of flu going around this year: Seasonal flu and H1N1 (swine) flu
- There are two kinds of flu vaccinations for children and youth to get this year: Seasonal flu and H1N1 (swine) flu
- There are two different ways to be vaccinated: a shot or a nose spray
- **It is important to get all of the vaccinations of each kind in order to protect your child, youth and family from the flu**

It may seem confusing to remember which child or youth had which flu vaccination on which date: this form is designed to help you keep track. Please talk to your doctor, nurse or health department about what your child or youth needs. They will answer your questions and give you more information about the vaccines. For more information, you can go to <http://www.cdc.gov>.

SEASONAL FLU

It is recommended that children and youth over 6 months old get this vaccination every fall.

It can be given as a shot or, if the child is over 2 years old, as a nose spray.

_____ Date was given a seasonal flu vaccination by (circle) spray or shot

Your child needs a 2nd seasonal flu vaccination in 4 weeks **IF** your child:

- is under 9 years old and has never had a flu vaccination
- had the flu vaccine the first time last year and only had one dose

_____ Date was given a 2nd seasonal flu vaccination by (circle) spray or shot

H1N1 (SWINE) FLU

As we learn more about H1N1, these recommendations may change. This is what is recommended now*:

All children and youth over 6 months of age must get two doses of vaccine at least 21 days apart.

_____ Date was given a 1st H1N1 (swine) flu vaccination

_____ Date was given a 2nd H1N1 (swine) flu vaccination