



"Helping Physicians practice high quality medicine in our community"

The H1N1 or swine flu has received a lot of attention for many reasons. In 2 months, the virus spread around the world. There has not been a flu outbreak like this in over 40 years. It is also very unusual to see children with the flu at the beginning of the school year. The vast majority of children who catch the H1N1 virus have an illness that runs its course in 3-7 days. However, the CDC has reported that 60 children have died in the United States from complications due to the H1N1 virus and many more have been hospitalized.

In October the Collier County Public School System and the Collier County Department of Health will be offering H1N1 vaccine at your child's school. We strongly recommend that your child receive the vaccine either at school or at their physician's office. Please read the attached vaccine information sheet to find out if your child should NOT receive the vaccine. Please keep a copy of the H1N1 vaccine administration date for your records.

For children under 10 years old, one H1N1 shot will NOT provide enough protection against the virus. These children will need to get a **second** H1N1 shot at least 21 days after receiving their first H1N1 shot.

Many children have already received the seasonal flu vaccine. Although the seasonal flu vaccine is also important, it does NOT protect your child against H1N1. The H1N1 **SHOT** can be given at any time - before, after or on the same day as the seasonal flu vaccine.

Infants and children with other medical conditions such as asthma, diabetes, and sickle cell disease could become very sick if infected by the H1N1 virus. The best way to protect these vulnerable children is to build a protective shield of other healthy vaccinated children around them.

Please remind your children to wash their hands , to keep their hands away from the eyes, mouth and nose and to cover their cough with the upper arm. Keep your child at home when they are coughing a lot or have a fever. These simple measures can go a long way toward stopping the spread of H1N1.

Please don't delay in getting your child the H1N1 vaccine. Stay informed by calling your child's doctor or by visiting [www.collierprepares.org](http://www.collierprepares.org) or [www.cdc.gov](http://www.cdc.gov).

Respectfully,

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