



COMMONWEALTH OF VIRGINIA
VIRGINIA DEPARTMENT OF HEALTH
Cumberland Plateau District
75 Rogers Street
Lebanon, VA 24266

Stewards for Optimum
Community Health

“Protecting You and Your
Environment – Better Health, Better
Home,
Better Horizons!”

September 19, 2014

Dear Parent/Guardian:

In partnership with your local County School District, the Cumberland Plateau Health District is pleased to once again offer the influenza vaccine to students. The traditional “flu shot” as well as FluMist® will be offered. FluMist® is a form of the influenza vaccine that is a spray, administered in the nose. Please read the enclosed information provided in the CDC “Vaccine Information Statement” for each of these two types of vaccine.

The vaccine will be free to VVFC (Virginia Vaccines for Children) eligible children. *This includes uninsured children and Native American or Native Alaskan children.* The Health Department will also accept payment from insurance companies or payers with which the Virginia Department of Health has a billing arrangement. This includes Medicaid, and Medicaid MCO’s, FAMIS, Affordable Care Act Insurance, Medicare, and Anthem Blue Cross/Blue Shield. For those who decide to participate but prefer to self pay or for students who are covered by insurance providers other than those listed above, we are able to offer a flat rate of – **Flu shot vaccine: \$30.00 and Nasal spray vaccine: \$30.00.** The Health Department will bill for any balances due after insurance payments.

What is Influenza (flu) Vaccine?

The influenza vaccine provides protection against the most common strains of the influenza virus that are expected to be seen this flu season. Because flu viruses change every year, the vaccine is updated annually. So even if you or your children got a flu shot last year, your family **still needs to get a flu shot this season to be protected.**

Why Is the Flu Vaccine Important For Your Child?

Children ages 2-5 years old tend to have more doctor and emergency room visits because of the flu. Each year an estimated 20,000 children under 5 years will be hospitalized because of flu.

Vaccine will be supplied by your Health Department. The shots will be given by licensed nurses. Every precaution will be taken to ensure your child’s well-being. Colds, sore throats, or other minor illnesses are NOT reasons to delay vaccination. If your child is sick with an infection, the nurse will evaluate your child to determine if he/she should be vaccinated on the school vaccination day.

Because children *younger than nine* years old who are getting influenza vaccine *for the first time or who got influenza vaccine for the first time last season but got only one dose* should get two doses separated by at least four weeks, **the health department will return to the school to provide the second vaccine for those who need it. Another permission slip will be sent out from the Health Dept. for the second vaccine.**

If you would like for your child to be immunized, you can do either of the following:

1. You can obtain the flu vaccine at your child’s doctors office, or
2. **We can provide the vaccine at your child’s school. If you are interested in your child receiving their flu vaccines at their school, Please print off a permission slip that is located on your child’s school website, complete - sign and return the enclosed consent forms to your local school. Please attach a copy (front and back sides) of your insurance card if possible.**

I hope you will take advantage of this opportunity to vaccinate your child. If you have any questions, please feel free to call your local County Health Department. The contact numbers are listed at the top of this page.

Sincerely,

Melody Counts, M.D., M.H.M. District Health Director
Cumberland Plateau Health District