



# Lexington High School

251 Waltham Street, Lexington, Massachusetts 02421

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November 16, 2010

Dear METCO Parents/Guardians,

On December 8<sup>th</sup> the Town of Lexington Board of Health and Office of Community Development Health Division Staff will work with the Lexington Public Schools to provide your high school student with the opportunity to be vaccinated for this year's seasonal flu which includes vaccination for H1N1. This vaccination is being offered at no cost to you and will be offered during X Block in the METCO Office as soon as your child arrives to school.

If you would like your LHS student to be vaccinated on Dec.8<sup>th</sup>, it is mandatory that a consent form be completed. This consent form may be turned in to the LHS nurses office ahead of time so that we are certain to have it on the day of the clinic. It may also be brought with them on the morning of the clinic. Please be mindful that your child may NOT be vaccinated without a signed consent form. We have included a consent form in this packet along with an information sheet with frequently asked questions. You may also go to the LHS nurses website homepage to download another consent form should the need arise: <http://teacherweb.com/MA/LexingtonPublicSchools/LexingtonSchoolNurses/apt11.aspx>

The Centers for disease Control (CDC) recommends that all children aged 6 months and older be vaccinated and this is supported by evidence that the annual flu vaccination is both a safe and an effective means of preventive healthcare for all ages.

Both the Flu Mist and the injectable "flu shot" will be available at this clinic. The Flu Mist is a nasal spray and the flu shot is given in an arm muscle. Both types of vaccine offer equal protection from contracting the seasonal flu and H1N1. **Please note that children with asthma, diabetes, or chronic illness cannot receive the intranasal vaccine but can receive the flu shot.**

We hope your child is able to take advantage of this important prevention program. If you have any questions or concerns, please feel free to contact the LHS nurses office, (781)861-2320 x1014, or Gerard Cody, Health Director for the town of Lexington in the Office of Community Development at (781)862-0500 x237.

For more information, see the below website:  
<http://www.cdc.gov/flu/>

Sincerely,

Cheryl Johnson, RN, B.S.N.  
School Nurse  
781 861-2320 x1014