



## South Central Los Angeles Regional Center

*for persons with developmental disabilities, inc.*

650 W. Adams Blvd., Suite 200  
Los Angeles, California 90007

Ph: 213.744.7000  
Info Line: 1.866.4.sclarc  
TTY: 213.763.5634  
[www.sclarc.org](http://www.sclarc.org)

September 18, 2009

Dear Stakeholders:

As you probably know, the world is currently experiencing an influenza pandemic due to the H1N1 (swine flu) virus. As fall arrives, we will also face influenza, along with the usual seasonal flu virus. Influenza is a viral illness that often causes fever, sore throat, cough, chills, muscle ache or headache. Death can ensue due to complications such as pneumonia, particularly in persons with chronic health problems.

Vaccines are the most powerful public health tool for control of influenza, and can prevent roughly 80% of disease and death associated with the illness. The Center for Disease Control is strongly recommending both vaccines for our consumers. Due to the difference in the structure of the H1N1 and seasonal viruses, two different vaccines will be used this fall. The seasonal flu vaccine and the H1N1 will be given by a single injection.

Influenza vaccination is one of many proactive measures we support to ensure the health and general well-being of our stakeholders. The Los Angeles County Department of Public Health will begin dispensing the vaccine to the public as soon as the vaccines become available. A "Vaccines Information Statement" (VIS) is enclosed with this letter. The VIS contains information describing the vaccine's risks and benefits, possible adverse side effects associated with the vaccination, and how to report these side effects. Feel free to contact the Los Angeles County Department of Public Health office at (323) 563-4094 if you have any additional questions.

As we continue our focus on the flu season, we would like to make an additional request to help maintain a healthy environment for our stakeholders. Many of our consumers are frail and at risk of severe complications from influenza. Influenza viruses are generally spread from person to person in the respiratory droplets of coughs and sneezes. The virus can also be spread by contact when people touch each other before washing their hands. People can spread the flu virus to others from 1 day before getting sick to 5 to 7 days after. There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza.

### **Take these everyday steps to protect your health:**

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.

OUR COMMITMENT:

*"To educate, empower and advocate."*

- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible to keep from making others sick.

For the seasonal flu vaccination you may contact your Primary Care Physician (PCP) or the Los Angeles County Department of Public Health. Please see the insert for a list of public health centers to contact by October 1, 2009.

Please periodically view our website at [www.SCLARC.org](http://www.SCLARC.org) to obtain information on the Los Angeles County Department of Public Health "Point of Distribution" (POD) sites for the H1N1 vaccination program.

You may also contact, Fezem Shabaf, RN, Nurse Manager at (213) 744-8850 or Marilyn Kostry, Chief, Clinical Services Division at (213) 744-8801.

Thank you for your consideration.

Sincerely,



Dexter Henderson, CEO  
Executive Director

# INACTIVATED INFLUENZA VACCINE

## WHAT YOU NEED TO KNOW 2009-10

Many Vaccine Information Statements are available in Spanish and other languages. See [www.immunize.org/vis](http://www.immunize.org/vis).

### 1 Why get vaccinated?

Influenza ("flu") is a contagious disease.

It is caused by the influenza virus, which can be spread by coughing, sneezing, or nasal secretions.

Other illnesses can have the same symptoms and are often mistaken for influenza. But only an illness caused by the influenza virus is really influenza.

Anyone can get influenza, but rates of infection are highest among children. For most people, it lasts only a few days. It can cause:

- fever
- sore throat
- chills
- fatigue
- cough
- headache
- muscle aches

Some people, such as infants, elderly, and those with certain health conditions, can get much sicker. Flu can cause high fever and pneumonia, and make existing medical conditions worse. It can cause diarrhea and seizures in children. On average, 226,000 people are hospitalized every year because of influenza and 36,000 die – mostly elderly. **Influenza vaccine can prevent influenza.**

### 2 Inactivated influenza vaccine

There are two types of seasonal influenza vaccine:

1. **Inactivated** (killed) vaccine, or the "flu shot" is given by injection into the muscle. 2. **Live, attenuated** (weakened) influenza vaccine is sprayed into the nostrils. *This vaccine is described in a separate Vaccine Information Statement.*

These "seasonal" influenza vaccines are formulated to prevent annual flu. They do not protect against pandemic H1N1 influenza.

Influenza viruses are always changing. Because of this, influenza vaccines are updated every year, and an annual vaccination is recommended.

Each year scientists try to match the viruses in the vaccine to those most likely to cause flu that year. When there is a close match the vaccine protects most people from serious influenza-related illness. But even when there is not a close match, the vaccine provides some protection. Influenza vaccine will *not* prevent "influenza-like" illnesses caused by other viruses.

It takes up to 2 weeks for protection to develop after the shot. Protection lasts up to a year.

Some inactivated influenza vaccine contains a preservative called thimerosal. Some people have suggested that thimerosal may be related to developmental problems in children. In 2004 the Institute of Medicine reviewed many studies looking into this theory and concluded that there is no evidence of such a relationship. Thimerosal-free influenza vaccine is available.

### 3 Who should get inactivated influenza vaccine?

*Anyone who wants to reduce the likelihood of becoming ill with influenza or spreading influenza to others.*

*All children 6 months and older and all older adults:*

- All children from 6 months through 18 years of age.
- Anyone 50 years of age or older.

*Anyone who is at risk of complications from influenza, or more likely to require medical care:*

- Women who will be pregnant during influenza season.
- Anyone with **long-term health problems** with:
  - heart disease
  - kidney disease
  - liver disease
  - lung disease
  - metabolic disease, such as diabetes
  - asthma
  - anemia, and other blood disorders
- Anyone with a **weakened immune system** due to:
  - HIV/AIDS or other diseases affecting the immune system
  - long-term treatment with drugs such as steroids
  - cancer treatment with x-rays or drugs
- Anyone with certain **muscle or nerve disorders** (such as seizure disorders or cerebral palsy) that can lead to breathing or swallowing problems.
- Anyone 6 months through 18 years of age on **long-term aspirin treatment** (they could develop Reye Syndrome if they got influenza).
- **Residents of nursing homes and other chronic-care facilities.**

*Anyone who lives with or cares for people at high risk for influenza-related complications:*

- **Health care providers.**
- **Household contacts and caregivers of children** from birth up to 5 years of age.
- **Household contacts and caregivers of**
  - people 50 years and older, or
  - anyone with medical conditions that put them at higher risk for severe complications from influenza.

Health care providers may also recommend a yearly influenza vaccination for:

- People who provide **essential community services.**
- People living in **dormitories, correctional facilities, or under other crowded conditions**, to prevent outbreaks.
- People at high risk of influenza complications who **travel** to the Southern hemisphere between April and September, or to the tropics or in organized tourist groups at any time.

## 4 When should I get influenza vaccine?

You can get the vaccine as soon as it is available, usually in the fall, and for as long as illness is occurring in your community. Influenza can occur any time from November through May, but it most often peaks in January or February. Getting vaccinated in December, or even later, will still be beneficial in most years.

Most people need one dose of influenza vaccine each year. **Children younger than 9 years of age 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 2 doses, at least 4 weeks apart, to be protected.

Influenza vaccine may be given at the same time as other vaccines, including pneumococcal vaccine.

## 5 Some people should talk with a doctor before getting influenza vaccine

Some people should not get inactivated influenza vaccine or should wait before getting it.

- Tell your doctor if you have any **severe** (life-threatening) allergies. Allergic reactions to influenza vaccine are rare.
  - Influenza vaccine virus is grown in eggs. People with a severe egg allergy should not get the vaccine.
  - A severe allergy to any vaccine component is also a reason to not get the vaccine.
  - If you have had a severe reaction after a previous dose of influenza vaccine, tell your doctor.
- Tell your doctor if you ever had Guillain-Barré Syndrome (a severe paralytic illness, also called GBS). You may be able to get the vaccine, but your doctor should help you make the decision.
- People who are moderately or severely ill should usually wait until they recover before getting flu vaccine. If you are ill, talk to your doctor or nurse about whether to reschedule the vaccination. People with a mild illness can usually get the vaccine.

## 6 What are the risks from inactivated influenza vaccine?

A vaccine, like any medicine, could possibly cause serious problems, such as severe allergic reactions. The risk of a vaccine causing serious harm, or death, is extremely small.

Serious problems from influenza vaccine are very rare. The viruses in inactivated influenza vaccine have been killed, so you cannot get influenza from the vaccine.

### Mild problems:

- soreness, redness, or swelling where the shot was given
- hoarseness, sore or red eyes, cough, itchiness
- fever • aches

If these problems occur, they usually begin soon after the shot and last 1-2 days.

### Severe problems:

- Life-threatening allergic reactions from vaccines are very rare. If they do occur, it is usually within a few minutes to a few hours after the shot.
- In 1976, a type of influenza (swine flu) vaccine was associated with Guillain-Barré Syndrome (GBS). Since then, flu vaccines have not been clearly linked to GBS. However, if there is a risk of GBS from current flu vaccines, it would be no more than 1 or 2 cases per million people vaccinated. This is much lower than the risk of severe influenza, which can be prevented by vaccination.

## 7 What if there is a severe reaction?

### What should I look for?

Any unusual condition, such as a high fever or behavior changes. Signs of a severe allergic reaction can include difficulty breathing, hoarseness or wheezing, hives, paleness, weakness, a fast heart beat or dizziness.

### What should I do?

- Call a doctor, or get the person to a doctor right away.
- Tell the doctor what happened, the date and time it happened, and when the vaccination was given.
- Ask your provider to report the reaction by filing a Vaccine Adverse Event Reporting System (VAERS) form. Or you can file this report through the VAERS website at [www.vaers.hhs.gov](http://www.vaers.hhs.gov), or by calling 1-800-822-7967.

*VAERS does not provide medical advice.*

## 8 The National Vaccine Injury Compensation Program

A federal program exists to help pay for the care of anyone who has a serious reaction to a vaccine.

For more information about the National Vaccine Injury Compensation Program, call 1-800-338-2382, or visit their website at [www.hrsa.gov/vaccinecompensation](http://www.hrsa.gov/vaccinecompensation).

## 9 How can I learn more?

- Ask your provider. They can give you the vaccine package insert or suggest other sources of information.
- Call your local or state health department.
- Contact the Centers for Disease Control and Prevention (CDC):
  - Call 1-800-232-4636 (1-800-CDC-INFO) or
  - Visit CDC's website at [www.cdc.gov/flu](http://www.cdc.gov/flu)



DEPARTMENT OF HEALTH AND HUMAN SERVICES  
CENTERS FOR DISEASE CONTROL AND PREVENTION



Vaccine Information Statement (Interim)  
Inactivated Influenza Vaccine (8/11/09) 42 U.S.C. §300aa-26

Protega su salud.....Consiga su vacuna contra la gripe!

36,000 personas mueren cada año de la gripe. Protega su salud y la salud de los que ama. ¡Consiga su vacuna contra la gripe GRATIS.

<p><b><u>Paramount Senior Center</u></b> Martes, 22 de Septiembre, 8am – 12pm 14400 Paramount Blvd. Paramount, CA 90723</p>	<p><b><u>St. Emydius Catholic Church</u></b> Domingo, 27 de Septiembre, 7am – 3:30pm 10900 California Street Lynwood, CA 90262</p>
<p><b><u>St. Michael Catholic Church</u></b> Domingo, 27 de Septiembre, 8:30am-2:30pm 1016 W. Manchester Avenue Los Angeles, CA 90044</p>	<p><b><u>Holy Name of Jesus</u></b> Domingo, 27 de Septiembre, 10am-2pm 1955 W. Jefferson Blvd. Los Angeles, CA 90018</p>
<p><b><u>Seinan Senior Center</u></b> Martes, 29 de Septiembre, 9am-1pm 3116 W. Jefferson Blvd. Los Angeles, CA 90018</p>	<p><b><u>El Camino De Santidad</u></b> Sabado 3 de October, 10am-2pm 7500 Maie Avenue Los Angeles, CA 90001</p>
<p><b><u>Our Lady of Victory</u></b> Domingo, 4 de October, 8am-4:30pm 519 E. Palmer Street Compton, CA 90221</p>	<p><b><u>St. Vincent Catholic Church</u></b> Domingo, 4 de Octubre, 8am-2pm 621 Adams Blvd. Los Angeles, CA 90007</p>
<p><b><u>LA Care Family Resource Center</u></b> Martes, 8 de Octubre, 10am-1pm 3180 E. Imperial Highway Lynwood, CA 90262</p>	<p><b><u>Los Angeles Expo Center</u></b> Saturday, 10 de Octubre, 9am-1pm 3980 S. Menlo Avenue Los Angeles, CA 90037</p>
<p><b><u>St. Lawrence of Brindisi</u></b> Domingo, 11 de Octubre, 7am-3:30pm 10122 S. Compton Avenue Los Angeles, CA 90002</p>	<p><b><u>Holy Cross</u></b> Domingo, 11 de Octubre, 8am-4:30pm 4707 S. Main Street Los Angeles, CA 90037</p>

**PROTECT YOUR HEALTH  
GET YOUR FLU SHOT!**

**36,000 people die each year from the flu. Protect your health and the health of those you love. Get your FREE flu shot!**

<p align="center"><b><u>Paramount Senior Center</u></b>  <b>Tuesday, September 22, 8am – 12pm</b>  <b>14400 Paramount Blvd.</b>  <b>Paramount, CA 90723</b></p>	<p align="center"><b><u>St. Emydius Catholic Church</u></b>  <b>Sunday, September 27, 7am – 3:30pm</b>  <b>10900 California Street</b>  <b>Lynwood, CA 90262</b></p>
<p align="center"><b><u>St. Michael Catholic Church</u></b>  <b>Sunday, September 27, 8:30am-12:30pm</b>  <b>1016 W. Manchester Avenue</b>  <b>Los Angeles, CA 90044</b></p>	<p align="center"><b><u>Holy Name of Jesus</u></b>  <b>Sunday, September 27, 10am-2pm</b>  <b>1955 W. Jefferson Blvd.</b>  <b>Los Angeles, CA 90018</b></p>
<p align="center"><b><u>Seinan Senior Center</u></b>  <b>Tuesday, September 29, 9am-1pm</b>  <b>3116 W. Jefferson Blvd.</b>  <b>Los Angeles, CA 90018</b></p>	<p align="center"><b><u>El Camino De Santidad</u></b>  <b>Saturday, October 3, 10am-2pm</b>  <b>7500 Male Avenue</b>  <b>Los Angeles, CA 90001</b></p>
<p align="center"><b><u>Our Lady of Victory</u></b>  <b>Sunday, October 4, 8am-4:30pm</b>  <b>519 E. Palmer Street</b>  <b>Compton, CA 90221</b></p>	<p align="center"><b><u>St. Vincent Catholic Church</u></b>  <b>Sunday, October 4, 8am-2pm</b>  <b>621 Adams Blvd.</b>  <b>Los Angeles, CA 90007</b></p>
<p align="center"><b><u>LA Care Family Resource Center</u></b>  <b>Tuesday, October 8, 10am-1pm</b>  <b>3180 E. Imperial Highway</b>  <b>Lynwood, CA 90262</b></p>	<p align="center"><b><u>Los Angeles Expo Center</u></b>  <b>Saturday, October 10, 9am-1pm</b>  <b>3980 S. Menlo Avenue</b>  <b>Los Angeles, CA 90037</b></p>
<p align="center"><b><u>St. Lawrence of Brindisi</u></b>  <b>Sunday, October 11, 7am-3:30pm</b>  <b>10122 S. Compton Avenue</b>  <b>Los Angeles, CA 90002</b></p>	<p align="center"><b><u>Holy Cross</u></b>  <b>Sunday, October 11, 8am-4:30pm</b>  <b>4707 S. Main Street</b>  <b>Los Angeles, CA 90037</b></p>