



Between Us...

...a monthly communication newsletter with and for our parents.

September/October 2009 Vol. 28, No. 01

Dates Of Special Interest

October

- 28 **End of 1st quarter**
Student Departure Day
- 30 Furlough day – campus closed

November

- 1 Students return PM
- 2-6 WKCE testing
ACT
- 6 Student Departure Day
- 8 Students return PM
- 9-13 WKCE testing
- 13 Student Departure Day
- 15 Students return PM
- 20 Student Departure Day
- 22 Students return PM
- 25 **mid-quarter**
Student Departure Day
- 26-27 Thanksgiving Break
- 30 Students return PM



December

- 4 Student Departure Day
- 6 Students return PM
- 7-11 Clerc-Gallaudet Week
- 11 Student Departure Day
- 13 Students return PM
- 17 **WSD Winter Program**
- 18 Student Departure Day
- 21-Jan. 1 **Winter Break**



Message from the Director

Alex H. Slappey



Here We Go Again
Beginning Another Year

Another wonderful, but all too short summer bites the dust and at WSD we're off to a great start for the 2009-2010 school term. WSD had a very busy summer with over 160 students enrolled in the summer programs. Maintenance and infrastructure upgrades were going on all summer as they do every year. Tile in many classrooms and some halls were replaced, rooms painted, the outside basketball court was repaved, and a new football/track scoreboard was installed. Summers are never slow at WSD.

"The beginning is the half of every action."
Greek Proverbs

A lot of planning for the 2009-2010 school year took place this summer. We have restructured the instructional management team (IMT). Whereas previously we had two principals we now have a Director of Pupil Services/Principal for all K-12 instructional programs and a Director of Curriculum, Instruction, and Assessment. Ms. Marla Walsh takes over responsibility as the Director of Pupil Services while Connie Gartner is the Director of Curriculum, Instruction, and Assessment. There have been other changes in the assignments and responsibilities of various staff so to provide support for the instructional management team in their new assignments.

Director's message cont.

We have also implemented the Positive Behavioral Interventions and Supports program (PBIS). This program provides a positive reinforcement structure throughout the entire campus. Direct contact staff received training in this program during the inservice week while students were introduced to it the first day of school. While WSD has always used positive reinforcement, this program is much more structured and provides a systematic approach.

We also install a new school data system this past spring and summer. Gone is the old SASIxp, replaced by the new Power School. This has required staff to learn how to use the new system which affects everything, from grade keeping to daily attendance. Quite a lot of time was spent making sure the staff knew how to use the Power School system before the students returned.

All these changes don't happen at the drop of a hat, we've been planning all three changes since last fall, earlier in some cases. The PBIS and Power School both require significant staff training and the IMT change required a lot of thought and planning.

Why make such changes? We don't change just for the sake of change. Change is difficult and most times folks don't like changes from the old and comfortable to the new and unknown. However, I believe that change is a crucial and necessary component of a successful program. A static program is a dying program, left in the dust by newer and better ideas. A dynamic program is a living, growing program, one that incorporates the best of the new and retains the best of the old.

"Change is difficult
but often essential to survival."

Les Brown

As everyone knows, the N1H1 (Swine Flu) season is upon us. There is lots of information on N1H1 online or at your local medical facility so we don't need to get into that here. For healthy individuals N1H1 is no more of a danger

than other common flu strains. The danger with N1H1 is that it spreads very easily.

Sick children should not be sent to school as this enhances the spread of N1H1. We realize the decision is not easy for those parents whose children ride the Sunday transportation. But we think that you err on the side of safety in these situations.

If your child is sick with flu-like symptoms (fever more than 100°F and either sore throat or cough), he/she should stay home until fever-free for 24 hours without the use of fever-reducing medication.

Meanwhile at WSD we are trying hard to use best practices regarding the prevention of illness. We are currently installing paper cup holders and placing paper cups next to all water fountains. We have also made hand sanitizer available to staff and students.

Another area we are looking at is the salad bar. Although we have a sneeze guard on the bar, the shared utensils such as serving spoons and tongs used by students to put salad fixings onto their plates provides the opportunity for spreading germs. As a result we are trying a few different ideas. Currently we are using food services staff to serve the salads. Another idea is the use pre-prepared portions in plastic containers such as fast food restaurants use.

With another year here we're off to a good start. We have an increased enrollment with 33 new students joining the family. The athletic teams are doing well and in fact, our defending National Championship 8 Man Football team is 3-0 so far.

It looks to be a good year and I'm sure you will join me in wishing all a healthy and successful term.

"A good beginning makes a good end."
English Proverbs

WSD Birthdays



August

- 3 Katelyn Miller
- 4 Donavin Sweeney
- 7 Chloe Goetsch
- 14 Thomas Benish
- 18 Cayden Rawlings
- 19 Charles Moritz
Dakota Steinmetz
- 28 Cindy Martinez
- 31 Anthony Bole

September

- 13 Wyatt Stoller
- 14 Brady Bostwick
- 18 Taylor Banta
- 20 Alvin Horton
- 22 Joshua Weber
- 25 Sara Xiong
Zachary Fossum
- 26 Joshua Jordan
- 27 Lori Eldred
- 30 Brandon Edquist

October

- 1 Lyssa Matsche
- 3 Michael Lawson
- 5 Jonathan Foreman
- 7 SarabJeet Singh
- 8 Taylor Koss
Michael Schroeder
- 9 Amanda Feliciano
- 10 Branduan Carter
- 11 Faith Sims
- 13 Charlotte Fleege
- 19 Jon DeRosier Jr.
- 30 Myra Flynn

Events of Interest



Thanks to all Wisconsin School for the Deaf supporters for choosing WSD as your Target Take Charge of Education school. Every year, Target sends a check to WSD as a donation from funds collected on their REDcards. Here's how it work: when parents, teachers, and other school supporters use their Target REDcards, Target donates up to 1% of their purchase to their designated eligible K-12 school. If you're interested in participating, all you need is a REDcard and to enroll in the program at Target.com/tcoe, or by calling 1-800-316-6142.

This year, we received a check for \$128! We will use these funds to purchase incentives to help support our Positive Behavioral Intervention Supports (PBIS) at WSD in both the school and the dorm.

Thanks again for your support!

Athletic Department:

It is my great pleasure to recognize all Fall Sports Teams and give big “HANDWAVES” for their great contribution and outstanding performance this year. They certainly make WSD proud. Thank to our coaches for their well-done job and being a big part of our athletes’ accomplishments, too!

It is our pleasure to recognize our 2009 Homecoming Court.

King – Patrick Jennison
Queen – Ashley Wagner
1st Prince – Brandon Edquist
1st Prince – Taylor Banta
2nd Prince – Eli Breaker
2nd Princess – Tiffany Besaw

Varsity Football:

Our Firebirds football team completes an outstanding and undefeated season with a record of 6-0. WSD will graduate 3 seniors: Patrick Jennison, Brandon Edquist and Eli Breaker. We will miss them next year.

Boys' Varsity Football Schedule

Date	Opponent/Location	Time/Score	Record
Thur - Sept 3	Minnesota School for the Deaf @ WSD	52 - 6	1 - 0
Sat - Sept 12	Tennessee School for the Deaf @ Ohio	60 - 22	2 - 0
Thur - Sept 17	@ Missouri School for the Deaf	62 - 0	3 - 0
Sat - Sept 26	Mississippi School for the Deaf @ WSD (Homecoming)	42 - 22	4 - 0
Thur - Oct 8	@ Ohio School for the Deaf	46 - 8	5 - 0
Thur - Oct 15	@ Kansas School for the Deaf	26 - 0	6 - 0

Varsity Volleyball:

Ashley Wagner and Lori Eldred were selected on GPSD All-Tournament. WSD will graduate 4 seniors, Ashley Wagner, Taylor Banta, Teagen Laack-Johnson, and Shaniqua Felton while the rest of the players will return next year.

Girls' Varsity Volleyball Schedule

Date	Opponent/Location	Time/Score	Record
Wed - Sept 2	Minnesota School for the Deaf @ WSD	0 - 3	0 - 1
Tue - Sept 8	@ Rock County Christian	1 - 3	0 - 2
Thur - Sept 10	@ Maranatha Baptist	0 - 3	0 - 3
Sat - Sept 12	@ Ohio School for the Deaf & Georgia School for the Deaf	2 - 0, 2 - 0	2 - 3
Tue - Sept 15	Waukesha Christian @ WSD	1 - 3	2 - 4
Wed - Sept 16	@ Missouri School for the Deaf	3 - 0	3 - 4
Mon - Sept 21	Union Grove high School @ WSD	1 - 3	3 - 5
Tue - Sept 22	ULS @ WSD	3 - 0	4 - 5
Sat - Sept 26	Mississippi School for the Deaf @ WSD (Homecoming)	3 - 0	5 - 5
Tue - Sept 29	Faith Christian School JV @ WSD	3 - 0	6 - 5
Fri - Sat Oct 2-3	Spike-Out @ WSD	tourney	12 th place
Tue - Oct 6	@ Calvary Baptist	0 - 3	7 - 14
Fri - Sat Oct 9-10	GPSD @ Oklahoma	Tourney	10 - 17 - 3
Tue - Oct 13	@ Mountain Top	0 - 3	10 - 19 - 3
Wed - Oct 14	@ Kansas School for the Deaf	1 - 2	10 - 20 - 3

Middle School Tackle Football:

Middle School Football has finally posted a winning season record for the first time since we established the program four years ago. Thanks to the coaches for their great program with the MS Football team throughout the season.

Middle School Football Schedule

Date	Opponent/Location	Time/Score	Record
Thur Sept 24	@ North Shore	6 - 0	1 - 0
Tue Sept 29	@ Whitewater HS	14 - 8	2 - 0
Mon Oct 5	UCC @ WSD	18 - 30	2 - 1
Thur Oct 8	Beloit @ WSD	30 - 24	3 - 1
Thur Oct 15	Oakfield @ WSD	38 - 38 OT	3 - 1 - 1
Tue Oct 20	against Milton MS @ Schilberg Park	6:00 pm	-

Middle School Volleyball:

We have two good 8th grade athletes (Lyssa Matsche and Camille Kangas) who are ready to play at a varsity level next year. We wish them the best of luck! Our Team-B shows a lot of potential and is ready to play on Team-A next year.

Middle School A Team Volleyball Schedule

Date	Opponent/Location	Time/Score	Record
Tue Sept 8	Williams Bay @ WSD	2 - 1	1 - 0
Thur Sept 10	Mt. Zion @ WSD	0 - 2	1 - 1
Mon Sept 14	@ Mt. Zion	0 - 2	1 - 2
Thur Sept 17	St. Andrews @ WSD	0 - 3	1 - 3
Tue Sept 22	@ St. Andrews	0 - 2	1 - 4
Thur Sept 24	@ Delavan Christian School	2 - 1	2 - 4
Tue Sept 29	Williams Bay @ WSD	1 - 2	2 - 5
Mon Oct 5	Our Redeemer Lutheran School @ WSD	0 - 2	2 - 6
Thur Oct 8	Faith Christian @ WSD	2 - 0	3 - 6
Tue Oct 13	MS Tournament @ WSD (St. Andrews, ORLS, DCS, & WSD)	1-2 DCS 0-2 St Andrew	4 th place
Tue Oct 20	@ Our Redeemer Lutheran School	4:00 pm	-

Middle School B Team Volleyball Schedule

Date	Opponent/Location	Time/Score	Record
Tue Sept 8	Williams Bay @ WSD	2 - 1	1 - 0
Thur Sept 10	Mt. Zion @ WSD	1 - 2	1 - 1
Mon Sept 14	@ Mt. Zion	2 - 0	2 - 1
Tue Sept 15	@ Faith Christian	3 - 0	3 - 1
Thur Sept 17	St. Andrews @ WSD	3 - 0	4 - 1
Tue Sept 22	@ St. Andrews	2 - 0	5 - 1
Thur Sept 24	@ Delavan Christian School	3 - 0	6 - 1
Tue Sept 29	Williams Bay @ WSD	2 - 1	7 - 1
Thur Oct 8	Faith Christian @ WSD	2 - 0	8 - 1

Special Olympic Bowling (submitted by Mike Coates)

Special Olympic Bowling team all did a AWESOME job and we are PROUD of each and everyone of you:) Five of our SPECIAL bowlers will be moving on to the Regional Bowling Tournament in Wauwatosa on November 8th. They are Andy Coppola, Wyatt Keller, Alvin Horton, Shane Tisa, and Anthony Jacoby. So give these 5 bowlers and extra special CONGRATULATIONS for continuing on.

-COACH MIKE and COACH DEFALCO

PLEASE SPARE THE SILVER SPOON

Parents can teach the value of hard work to today's kids

© 2000 By Dr. Charles Fay

Parents can raise responsible kids who grow up to be responsible and independent adults. That is, only if they don't give them everything they want!

Today, more parents than ever before are able to give their children more of what they ask for. What's the result? More and more ungrateful youngsters who never learn the value of hard work and the struggle to succeed — youngsters who remain financially and emotionally dependent upon their parents well into adulthood.

Nobody sits down and plans to spoil their kids. Nevertheless, it's darned easy to feel guilty and give in when they say things like, "I really need these sneakers. All the other kids at school have them." That's why Love and Logic® offers five easy-to-learn steps for parents who need off the "hot seat" when their kids ask — or beg — for things they really don't need:

Step 1: Show your child you understand his or her desires.

This understanding is essential for maintaining a loving parent-child relationship. The next time your child wants something, make sure you provide plenty of empathy. For example:

Child: *"Dad, I need that new video game. All of my friends already have it."*

Father: *"That is such a cool game! I can understand a kid wanting that one."*

Step 2: Instead of giving in or saying "No," gently ask how they plan to pay for the item.

Child: *"It is cool. You need to get it for me today. I need time to practice."*

Father: *"How are you going to pay for it?"*

Step 3: When your child reacts, ask, "Would you like some ideas?"

Child: *"What? I don't have any money. Why won't you buy it for me?"*

Father: *"Would you like some ideas about how to pay for it?"*

Step 4: Give your child two or three possible options.

Child: *"I guess."*

Father: *"Some kids decide to do extra chores to earn the money. How would that work?"*

Child: *"Awe."*

Father: *"Other kids decide to sell some of their old things to earn the money. How would that work?"*

Spare the Silver Spoon/Page Two

Child: *“Why won’t you just buy it for me?”*

Step 5: Wish your child luck and don’t get sucked into an argument.

Father: *“I really hope you can find a way to earn that game.”*

Child: *“This is so stupid. Why won’t you just buy it?”*

Father: *“I love you too much to argue. I’ll be happy to listen when your voice sounds calm.”*

At The Love and Logic Institute, we’ve received letter after letter describing how these five steps have changed parents’ lives with their children. A mother noted that her kids were raised with this approach and as adults, all three are very thrifty shoppers! Love and Logic is easy to learn and can change *your* life too. The sooner you start, the more time you’ll have to enjoy your kids, and they’ll have to learn the value of hard work.

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Dr. Charles Fay is a parent, nationally known speaker, and school psychologist with the Love and Logic Institute® in Golden, Colo. His latest books, *Love and Logic Magic for Early Childhood* and *Love and Logic Magic: When Your Kids Leave You Speechless*, are now available. For more information about Love and Logic parenting and teaching techniques, call **1-800-LUV-LOGIC** or visit www.loveandlogic.com.

Wisconsin School for the Deaf – Health Center



309 W. Walworth Avenue
Delavan, WI 53115

Ph. # 262-728-7144 Voice/TTY

VP # 262-725-0251

Fax #262-728-7168

Email – health.center@wsd.k12.wi.us

October 15, 2009

Attn: Parents & Guardians:

WSD is registered to start receiving the H1N1 flu vaccine. We are expecting to be able to vaccinate students who have parental/guardian permission within the next couple of weeks. Please read the **Vaccine Information Sheet** and let us or your personal Health Care Provider know if you have any questions or concerns. If you want to know if your child is signed up to receive the shot, please email us at health.center@wsd.k12.wi.us.

Thank you,

A handwritten signature in cursive script that reads "Diane Nelson RN".

Diane Nelson, RN
WSD Nurse Supervisor

2009 H1N1 INFLUENZA VACCINE

INACTIVATED (the "flu shot")

WHAT YOU NEED TO KNOW

Many Vaccine Information Statements are available in Spanish and other languages. See <http://www.immunize.org/vis>.

1 What is 2009 H1N1 influenza?

2009 H1N1 influenza (also called Swine Flu) is caused by a new strain of influenza virus. It has spread to many countries.

Like other flu viruses, 2009 H1N1 spreads from person to person through coughing, sneezing, and sometimes through touching objects contaminated with the virus.

Signs of 2009 H1N1 can include:

- Fatigue
- Fever
- Sore Throat
- Muscle Aches
- Chills
- Coughing
- Sneezing

Some people also have diarrhea and vomiting.

Most people feel better within a week. But some people get pneumonia or other serious illnesses. Some people have to be hospitalized and some die.

2 How is 2009 H1N1 different from regular (seasonal) flu?

Seasonal flu viruses change from year to year, but they are closely related to each other.

People who have had flu infections in the past usually have some immunity to seasonal flu viruses (their bodies have built up some ability to fight off the viruses).

The 2009 H1N1 flu is a new flu virus. It is very different from seasonal flu viruses.

Most people have little or no immunity to 2009 H1N1 flu (their bodies are not prepared to fight off the virus).

3 2009 H1N1 influenza vaccine

Vaccines are available to protect against 2009 H1N1 influenza.

- These vaccines are made just like seasonal flu vaccines.
- They are expected to be as safe and effective as seasonal flu vaccines.
- They will not prevent "influenza-like" illnesses caused by other viruses.
- They will not prevent seasonal flu. *You should also get seasonal influenza vaccine, if you want to be protected against seasonal flu.*

Inactivated vaccine (vaccine that has killed virus in it) is injected into the muscle, like the annual flu shot. **This sheet describes the inactivated vaccine.**

A **live, intranasal** vaccine (the nasal spray vaccine) is also available. It is described in a separate sheet.

Some inactivated 2009 H1N1 vaccine contains a preservative called thimerosal to keep it free from germs. Some people have suggested that thimerosal might be related to autism. In 2004 a group of experts at the Institute of Medicine reviewed many studies looking into this theory, and found no association between thimerosal and autism. Additional studies since then reached the same conclusion.

4 Who should get 2009 H1N1 influenza vaccine and when?

WHO

Groups recommended to receive 2009 H1N1 vaccine first are:

- Pregnant women
- People who live with or care for infants younger than 6 months of age
- Health care and emergency medical personnel
- Anyone from 6 months through 24 years of age
- Anyone from 25 through 64 years of age with certain chronic medical conditions or a weakened immune system

As more vaccine becomes available, these groups should also be vaccinated:

- Healthy 25 through 64 year olds
- Adults 65 years and older

The Federal government is providing this vaccine for receipt on a voluntary basis. However, state law or employers may require vaccination for certain persons.

WHEN

Get vaccinated as soon as the vaccine is available.

Children through 9 years of age should get **two doses** of vaccine, about a month apart. Older children and adults need only one dose.

5**Some people should not get the vaccine or should wait**

You should not get 2009 H1N1 flu vaccine if you have a **severe (life-threatening) allergy to eggs**, or to **any other substance in the vaccine**. *Tell the person giving you the vaccine if you have any severe allergies.*

Also tell them if you have ever had:

- a life-threatening allergic reaction after a dose of seasonal flu vaccine,
- Guillain Barré Syndrome (a severe paralytic illness also called GBS).

These may not be reasons to avoid the vaccine, but the medical staff can help you decide.

If you are moderately or severely ill, you might be advised to wait until you recover before getting the vaccine. If you have a mild cold or other illness, there is usually no need to wait.

Pregnant or breastfeeding women can get inactivated 2009 H1N1 flu vaccine.

Inactivated 2009 H1N1 vaccine may be given at the same time as other vaccines, including seasonal influenza vaccine.

6**What are the risks from 2009 H1N1 influenza vaccine?**

A vaccine, like any medicine, could cause a serious problem, such as a severe allergic reaction. But the risk of any vaccine causing serious harm, or death, is extremely small.

The virus in inactivated 2009 H1N1 vaccine has been killed, so you cannot get influenza from the vaccine.

The risks from inactivated 2009 H1N1 vaccine are similar to those from seasonal inactivated flu vaccine:

Mild problems:

- soreness, redness, tenderness, or swelling where the shot was given
- fainting (mainly adolescents)
- headache, muscle aches
- fever
- nausea

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

Severe problems:

- Life-threatening allergic reactions to vaccines are very rare. If they do occur, it is usually within a few minutes to a few hours after the shot.
- In 1976, an earlier type of swine flu vaccine was associated with cases of Guillain-Barré Syndrome (GBS). Since then, flu vaccines have not been clearly linked to GBS.

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 <http://www.vaers.hhs.gov>, or by calling **1-800-822-7967**.

VAERS does not provide medical advice.

8**Vaccine injury compensation**

If you or your child has a reaction to the vaccine, your ability to sue is limited by law.

However, a federal program has been created to help pay for the medical care and other specific expenses of certain persons who have a serious reaction to this vaccine. For more information about this program, call **1-888-275-4772** or visit the program's website at: <http://www.hrsa.gov/countermeasurescomp/default.htm>.

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 <http://www.cdc.gov/h1n1flu> or <http://www.cdc.gov/flu>
- Visit the web at <http://www.flu.gov>



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



Vaccine Information Statement
2009 H1N1 Inactivated Influenza Vaccine 10/2/09

VACUNA CONTRA LA INFLUENZA de 2009 H1N1

DESACTIVADA
("inyección contra la influenza")

LO QUE USTED NECESITA SABER

Muchas Hojas de Información sobre Vacunas están disponibles en español y en otros idiomas. Vea www.immunize.org/vis.

1 ¿Qué es la influenza H1N1 de 2009?

La influenza H1N1 de 2009 (a veces llamada "gripe porcina") es causada por un nuevo tipo del virus de la influenza. Se ha diseminado a muchos países.

Al igual que otros virus de la influenza, el H1N1 de 2009 se pasa de una persona a otra al toser y estornudar y a veces cuando se tocan objetos contaminados por el virus.

Los signos del H1N1 de 2009 pueden ser:

- Cansancio
- Fiebre
- Dolor de garganta
- Dolores musculares
- Escalofríos
- Tos
- Estornudos

Algunas personas también tienen diarrea y vómitos.

La mayoría de las personas se sienten mejor después de una semana. Pero algunas personas contraen neumonía u otras enfermedades serias. Algunas personas tienen que ser hospitalizadas y algunas mueren.

2 ¿De qué manera es la influenza H1N1 de 2009 diferente de la gripe regular (influenza estacional)?

Los virus de la influenza estacional cambian de un año a otro, pero están estrechamente asociados entre sí.

Las personas que tuvieron infecciones de influenza en el pasado por lo general tienen alguna inmunidad contra los virus de la influenza estacional (sus cuerpos han creado cierta capacidad de combatir los virus).

El virus de la influenza H1N1 de 2009 es un nuevo tipo de virus. Es muy diferente de los virus de la influenza estacional.

La mayoría de las personas tienen poca o ninguna inmunidad contra la influenza H1N1 de 2009 (sus cuerpos no están preparados para combatir el virus).

3 La vacuna contra la influenza H1N1 de 2009

Hay vacunas disponibles para protegerse contra la influenza H1N1 de 2009.

- Estas vacunas se preparan igual que las vacunas contra la influenza estacional.
- Se espera que sean tan seguras y efectivas como las vacunas contra la influenza estacional.
- No previenen las enfermedades "parecidas a la influenza" causadas por otros virus.

- No previenen la influenza estacional. *Debe vacunarse contra la influenza estacional también si desea protegerse de ella.*

La vacuna **desactivada** (vacuna con virus muertos) se inyecta en el músculo, como la vacuna anual contra la influenza. **Esta hoja describe la vacuna desactivada.**

También está disponible una vacuna **intranasal viva** (la vacuna de rocío nasal). Esa se describe en una hoja separada.

Algunas de las vacunas desactivadas contra la influenza H1N1 de 2009 contienen un conservante llamado timerosal para mantenerlas libres de gérmenes. Algunas personas han sugerido que el timerosal podría estar asociado al autismo. En 2004 un grupo de expertos del Instituto de Medicina revisó muchos estudios que investigaban esta teoría y no encontró ninguna asociación entre el timerosal y el autismo. Otros estudios realizados desde entonces llegaron a la misma conclusión.

4 ¿Quiénes deben recibir la vacuna contra la influenza H1N1 de 2009 y cuándo?

QUIÉNES

Se recomienda que los siguientes grupos sean los primeros en recibir la H1N1 de 2009:

- Las mujeres embarazadas
- Las personas que viven con o cuidan a bebés menores de 6 meses de edad
- El personal médico de cuidados de salud y de emergencia
- Todas las personas de 6 meses a 24 años de edad
- Todas las personas de 25 a 64 años de edad con ciertos problemas médicos crónicos o con el sistema inmunológico debilitado

A medida que haya más vacuna disponible, los siguientes grupos también se deben vacunar:

- Las personas sanas de 25 a 64 años de edad
- Los adultos de 65 años de edad y mayores

El gobierno federal proporciona esta vacuna para que las personas la reciban voluntariamente. Sin embargo, es posible que la ley estatal o los empleadores requieran la vacunación de ciertas personas.

CUÁNDO

Vacúnese tan pronto como la vacuna esté disponible.

Los niños de hasta 9 años de edad deben recibir **dos dosis** de la vacuna, con la segunda dosis aproximadamente un mes después de la primera. Los niños mayores y los adultos necesitan una sola dosis.

5**Algunas personas no deben recibir la vacuna o deben esperar**

No debe recibir la vacuna contra la influenza H1N1 de 2009 si tiene **alergia grave (que amenaza la vida) a los huevos o a cualquier otra sustancia en la vacuna. Diga a la persona que le da la vacuna si usted tiene alergias graves.**

Diga también si alguna vez tuvo:

- una reacción alérgica que le amenazó la vida después de recibir una dosis de la vacuna contra la influenza estacional,
- el síndrome de Guillain-Barré (una enfermedad paralítica grave también llamada GBS).

Estos pueden no ser motivos para evitar la vacuna, pero el personal médico le puede ayudar a decidir.

Si está moderadamente o muy enfermo tal vez le recomienden que espere hasta recuperarse antes de vacunarse. Si tiene un resfriado leve u otra enfermedad, por lo general no necesita esperar.

Las mujeres embarazadas o que están dando pecho se pueden aplicar la vacuna desactivada contra la influenza H1N1 de 2009.

La vacuna desactivada H1N1 de 2009 se puede dar al mismo tiempo que otras vacunas, incluyendo la vacuna contra la influenza estacional.

6**¿Cuáles son los riesgos de la vacuna contra la influenza H1N1 de 2009?**

Las vacunas, como cualquier medicamento, pueden causar problemas serios, como reacciones alérgicas graves. Pero el riesgo de que una vacuna cause daños serios, o la muerte, es sumamente pequeño.

Los virus en la vacuna desactivada H1N1 de 2009 están muertos, de manera que la vacuna no le puede dar influenza.

Los riesgos de la vacuna desactivada H1N1 de 2009 son similares a los de la vacuna desactivada contra la influenza estacional:

Problemas leves:

- dolor, enrojecimiento, sensibilidad o hinchazón en el lugar donde lo vacunaron
 - desmayos (principalmente en adolescentes)
 - dolor de cabeza, dolores musculares • fiebre • náuseas
- Si estos problemas ocurren, en general comienzan poco tiempo después de vacunarse y duran 1 ó 2 días.

Problemas graves:

- Las reacciones alérgicas que amenazan la vida ocurren muy rara vez después de la vacunación. Si ocurren, por lo general es a los pocos minutos o a las pocas horas de haberse vacunado.
- En 1976, un tipo anterior de vacuna contra la gripe porcina estuvo asociado a casos del síndrome de Guillain-Barré (GBS). Desde entonces las vacunas contra la influenza no se han asociado claramente al GBS.

7**¿Qué pasa si hay una reacción grave?****¿A qué debo prestar atención?**

Cualquier cosa fuera de lo común, como fiebre alta o cambios en el comportamiento. Los signos de una reacción alérgica grave pueden incluir dificultad para respirar, ronquera o sibilancias, ronchas, palidez, debilidad, latidos rápidos del corazón o mareos.

¿Qué debo hacer?

- Llame a un médico o lleve a la persona inmediatamente a un médico.
- Diga a su médico lo que ocurrió, la fecha y la hora en que ocurrió y cuándo recibió la vacuna.
- Pida a su profesional de la salud que informe la reacción presentando un formulario del Sistema de Información sobre Eventos Adversos a una Vacuna (VAERS). O puede presentar este informe mediante el sitio web de VAERS, en: www.vaers.hhs.gov o puede llamar al: **1-800-822-7967**.

VAERS no proporciona consejos médicos.

8**Compensación por lesiones causadas por vacunas**

Si usted o su hijo tienen una reacción a la vacuna, su habilidad de demandar está limitada por ley.

Sin embargo, se ha creado un programa federal para ayudar a pagar los cuidados médicos y otros gastos específicos de ciertas personas que tengan una reacción seria a esta vacuna. Para obtener más información sobre este programa, llame al **1-888-275-4772** ó visite el sitio Web del programa en: www.hrsa.gov/countermeasurescomp/default.htm

9**¿Cómo puedo obtener más información?**

- Consulte con su profesional de la salud. Le puede dar el folleto de información que viene con la vacuna o sugerirle otras fuentes de información.
- Llame al departamento de salud local o estatal.
- Comuníquese con los Centros para el Control y la Prevención de Enfermedades (CDC):
 - Llame al: **1-800-232-4636 (1-800-CDC-INFO)** o
 - Visite el sitio Web de los CDC en: www.cdc.gov/h1n1flu o www.cdc.gov/flu
 - Visite el sitio Web en: www.flu.gov



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



Vaccine Information Statement
2009 H1N1 Inactivated Influenza Vaccine IMM-980S - Spanish (10/2/09) 42 U.S.C. §300aa-26
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