

# THE SCHOOL NURSE BULLETIN

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Centers for Disease Control and Prevention

<https://www.cdc.gov/flu/resource-center/freeresources/print/print-general.htm>



**I CAN'T MISS WORK  
BECAUSE OF THE FLU.**

For more information, visit  
<http://www.cdc.gov/flu>

Every year, I get my flu vaccine to protect myself, my coworkers, and my family from getting sick from the flu.

Even healthy people can get the flu, and it can be serious. This season, protect yourself and those around you by getting a flu vaccine.



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention

## Flu Resources for Schools

- Connecticut State Department of Public Health: Seasonal Influenza (Flu) website at <https://portal.ct.gov/DPH/Communications/Pandemic-Influenza/Seasonal-Flu>
- Centers for Disease Control and Prevention: About Flu website at <https://www.cdc.gov/flu/about/index.html>

## Handwashing: Keeping Your Family Healthy

Handwashing is an easy, cheap, and effective way to prevent the spread of germs and keep kids and adults healthy. When your family is healthy, you don't have to worry about missing school, work, or other activities.

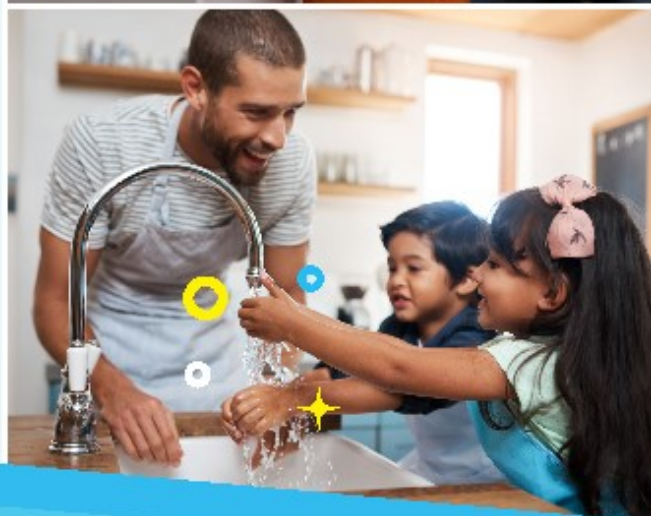
### Help your child develop handwashing skills

Parents and caretakers play an important role in teaching children to wash their hands. Handwashing can become a lifelong healthy habit if you start teaching it at an early age. Teach kids the [five easy steps for handwashing](#)—wet, lather, scrub, rinse, and dry—and the key times to wash hands, such as after using the bathroom or before eating. You can find ways to make it fun, like making up your own handwashing song or turning it into a game.



### Lead by example

Young children learn by imitating the behaviors of adults in their lives. When you make handwashing part of your routine, you're setting an example for your children to follow.



LIFE IS BETTER WITH

**CLEAN  
HANDS**



[www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)



This material was developed by CDC. The Life Is Better with Clean Hands Campaign is made possible by a partnership between the CDC Foundation, GOJO, and Staples. HHS/CDC does not endorse commercial products, services, or companies.

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**Connecticut State Department of Public Health  
School Flu Immunization Requirement: Q+A**

[https://portal.ct.gov/-/media/Departments-and-Agencies/DPH/dph/infectious\\_diseases/immunization/QAFluvaccinerequirementforschoolspdf.pdf?la=en](https://portal.ct.gov/-/media/Departments-and-Agencies/DPH/dph/infectious_diseases/immunization/QAFluvaccinerequirementforschoolspdf.pdf?la=en)

**Q:** Why did the state health department make the influenza vaccine requirement only apply to children aged 24 months through 4 years (59 months)?

**A:** In the United States each year an average of 20,000 children younger than 5 years old are hospitalized because of flu complications. To reduce the risk of hospitalization from complications of influenza, the American Academy of Pediatrics (AAP) and the Centers for Disease Control and Prevention (CDC) now recommend routine annual influenza vaccination of children older than 6 months. However, annual vaccination of all children aged 6 months–4 years (59 months) and older children with conditions that place them at increased risk for complications from influenza should continue to be a primary focus of vaccination efforts. By law, children age 6 months through 4 years who attend a licensed child care program and children age 24 months through 4 years who attend school must now receive an annual flu vaccination.

**Q:** How should a school enforce the flu vaccine regulation for those children who have not received the flu shot by December 31st?

**A:** Children who have not received the flu vaccine by December 31st must be excluded from school for the duration of influenza season (through March 31st) or until they receive at least one dose of the influenza vaccine.

**Q:** Do all children aged 24 months–4 years (59 months) who have not received a flu vaccine by December 31st need to be excluded from school?

**A:** Children do not have to be excluded from school if the following conditions are met: 1) the school has received a statement signed by the child's HCP indicating that the child has an appointment to receive the required immunization (this is considered "immunization in progress"). Continued enrollment in school for more than thirty days after the named immunization appointment shall be contingent on the school receiving written documentation from the HCP stating either: that the named appointment was kept and the child received the scheduled immunizations, or that the child was unable to receive the scheduled immunizations for medical reasons and a new appointment date is named; 2) the school has received a statement signed and dated by the child's HCP indicating that the child has a medical contraindication to immunization; 3) the school has received a written statement that immunization is contrary to the religious beliefs and practices of the child or the parent of such child. Such statement shall be signed by the child's parent.

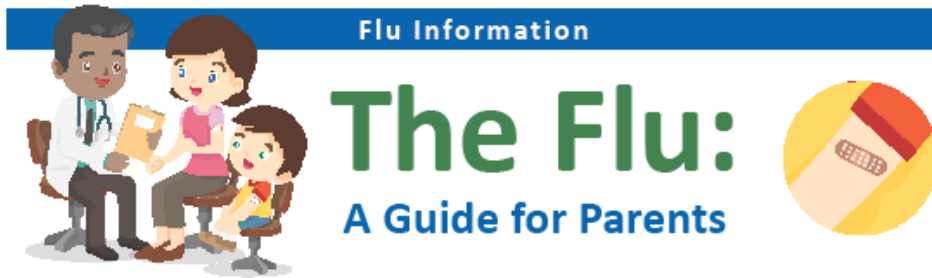
**The Centers for Disease Control and Prevention  
What's new this flu 2019-2020 Season?**

The following information is from the CDC website at <https://www.cdc.gov/flu/about/index.html>

A few things are new this season:

- Flu vaccines are updated to better match viruses expected to be circulating in the United States.
- All regular-dose flu shots will be quadrivalent. (No trivalent regular-dose flu shots will be available this season.)
- All recombinant vaccine will be quadrivalent. (No trivalent recombinant vaccine will be available this season.)
- All four of the vaccine viruses used to produce cell-grown flu vaccine will have been grown in cells, not eggs.
- In January 2019, the U.S. Food and Drug Administration (FDA) approved a change in dose volume for Fluzone Quadrivalent, a quadrivalent inactivated influenza vaccine.
- In October 2018, FDA approved an expanded age indication for Afluria Quadrivalent, a quadrivalent inactivated influenza vaccine. Afluria Quadrivalent is now licensed for children 6 months of age and older. Children 6 months through 35 months of age should receive 0.25 milliliters for each dose. All persons 36 months (or 3 years) of age and older should receive 0.5 milliliters for each dose.
- For the 2019-2020 flu season, CDC is offering additional guidance on timing of flu vaccination for both adults and children.
- Like last season, CDC and ACIP recommend that vaccination be offered by the end of October.
- For this season, CDC and ACIP provided additional information on what might be considered vaccinating too early. "Vaccinating early – for example, in July or August – may lead to reduced protection against influenza later in the season, particularly among older adults."
- Children 6 months through 8 years of age who need 2 doses should receive their first dose as soon as possible after vaccine becomes available to allow the second dose (which must be administered at least 4 weeks later) to be received by the end of October.
- For more information on 2019-2020 influenza vaccine recommendations: Prevention and Control of Seasonal Influenza with Vaccines: Recommendations of the Advisory Committee on Immunization Practices — United States, 2019–20 Influenza Season

Centers for Disease Control and Prevention. (2019). Schools and Child Care. <https://www.cdc.gov/flu/resource-center/freeresources/print/print-schools-childcare.htm>



Influenza (also known as flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat and lungs. Flu is different from a cold, and usually comes on suddenly. Each year flu viruses cause millions of illnesses, hundreds of thousands of hospital stays and thousands or tens of thousands of deaths in the United States.

Flu can be very dangerous for children. CDC estimates that between 6,000 and 26,000 children younger than 5 years have been hospitalized each year in the United States because of influenza. The flu vaccine is safe and helps protect children from flu.

## What parents should know

### How serious is flu?

While flu illness can vary from mild to severe, children often need medical care because of flu. Children younger than 5 years and children of any age with certain long-term health problems are at high risk of flu complications like pneumonia, bronchitis, sinus and ear infections. Some health problems that are known to make children more vulnerable to flu include asthma, diabetes and disorders of the brain or nervous system.

### How does flu spread?

Flu viruses are thought to spread mainly by droplets made when someone with flu coughs, sneezes or talks. These droplets can land in the mouths or noses of people nearby. A person also can get flu by touching something that has flu virus on it and then touching their mouth, eyes, or nose.

### What are flu symptoms?

Flu symptoms can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, feeling tired and sometimes vomiting and diarrhea (more common in children than adults). Some people with the flu will not have a fever.



## Protect your child

### How can I protect my child from flu?

The first and best way to protect against flu is to get a yearly flu vaccine for yourself and your child.

- Flu vaccination is recommended for everyone 6 months and older every year. Flu shots and nasal spray flu vaccines are both options for vaccination.
- It's especially important that young children and children with certain long-term health problems get vaccinated.
- Caregivers of children at high risk of flu complications should get a flu vaccine. (Babies younger than 6 months are at high risk for serious flu complications, but too young to get a flu vaccine.)
- Pregnant women should get a flu vaccine to protect themselves and their baby from flu. Research shows that flu vaccination protects the baby from flu for several months after birth.
- Flu viruses are constantly changing and so flu vaccines are updated often to protect against the flu viruses that research indicates are most likely to cause illness during the upcoming flu season.

### Is flu vaccine safe?

Flu vaccines are made using strict safety and production measures. Millions of people have safely received flu vaccines for decades. Flu shots and nasal spray flu vaccines are both options for vaccination. Different types of flu vaccines are licensed for different ages. Each person should get one that is appropriate for their age. CDC and the American Academy of Pediatrics recommend an annual flu vaccine for all children 6 months and older.

### What are the benefits of getting a flu vaccine?

- A flu vaccine can keep you and your child from getting sick. When vaccine viruses and circulating viruses are matched, flu vaccination has been shown to reduce the risk of getting sick with flu by about half.
- Flu vaccines can keep your child from being hospitalized from flu. One recent study showed that flu vaccine reduced children's risk of flu-related pediatric intensive care unit admission by 74%.

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