



TOWN OF IPSWICH

IPSWICH, MASSACHUSETTS 01938

BOARD OF HEALTH
25 GREEN STREET

978-356-6606
FAX 978-356-6680

Date: January 5, 2010

To: Parents and Guardians of the Ipswich Public Schools

From: Colleen E. Fermon, Ipswich Health Director
Richard L. Korb, Superintendent of Schools
Dr. Spencer Amesbury, School Physician, Ipswich Board of Health

Re: H1N1 Influenza Vaccination Clinics

The Ipswich Board of Health has scheduled an H1N1 influenza vaccination clinic on Friday, January 15, 2010 for the following high priority groups:

- **All children 6 months to 18 years of age;**
- Pregnant women;
- Household contacts of infants younger than 6 months of age;
- Household contacts of pregnant women in their third trimester;
- Health care personnel;
- Adults 19-24 years of age; and
- Adults 19- 64 years of age with health conditions associated with higher risk of medical complications from influenza. These conditions include:
 - Chronic lung disease. Such as asthma, chronic obstructive pulmonary disease [COPD] and cystic fibrosis.
 - Heart disease. Such as congenital heart disease, congestive heart failure and coronary artery disease, but not high blood pressure.
 - Kidney or liver disorders
 - Diabetes
 - Brain or spinal cord disorders. This includes stroke, cerebral palsy, muscular dystrophy, epilepsy, and intellectual disability (mental retardation) or cognitive delays.
 - Weakened immune system due to disease or medication. Such as people with HIV/AIDS or cancer, or those on chronic steroids.

Please be reminded that children under 10 years of age require 2 doses of the H1N1 vaccine. The second dose must be given a minimum of 28 days after the date of the first H1N1 influenza vaccination. Only one dose of the H1N1 influenza vaccine is required for children 10 years of age and older.

If you are interested in attending this clinic, you need to register for an appointment by calling the Ipswich Health Office at 978-356-1654 on Monday, January 11, 2010 between the hours of 10 am and 1pm. At the time of registration an appointment time will be given out. The clinic will be held on Friday, January 15, 2010 at the Ipswich Town Hall, 25 Green Street.

People with an appointment are asked to bring a completed consent form to the clinic. Consent forms may be obtained at the Health Office or on the Town of Ipswich website www.town.ipswich.ma.us.

Only the injectable (shot) form of the H1N1 influenza vaccine will be utilized. Please wear a shirt with loose fitting sleeves or short sleeves to the clinic since the injection will be given in the upper arm. Just like the seasonal flu vaccine, many formulations of the H1N1 vaccine contain a preservative called thimerosal. The vaccine that will be used at the clinic contains thimerosal.

As a precaution, it is recommended that the vaccinated person waits at the clinic a minimum of 15 minutes after receiving the injection.

If you have any questions, please contact Colleen Fermon, Ipswich Health Director, at 978-356-6606 extension 7.