



HEALTH OFFICE
Tel: + 7 495 231 4488, ext. 3911
Email: health.office@aes.ru

Flu season is nearly upon us! Influenza (flu) is a contagious disease, caused by the influenza virus, which attacks the respiratory tract in humans (nose, throat and lungs). The flu is different from a cold and usually comes on suddenly. It may include the following symptoms: fever, headache, tiredness, dry cough, sore throat, nasal congestion and body aches. Most people will recover within two weeks but serious complications such as pneumonia or bronchitis may arise.

Much of the illness caused by the flu can be prevented by a yearly flu vaccine. The ***Vaxigrip Tetra Flu*** vaccine is produced by *Sanofi-Aventis*. This vaccine complies with the WHO (World Health Organization) recommendations (Northern Hemisphere) and EU decision for the 2019/20 season. The vaccine stimulates the body's immune system against flu. Vaccination is recommended for both adults and children and should be given each year (before winter) because the flu virus strains change from year to year.

The flu vaccine is recommended for people who are at greatest risk of complications of the flu.

- People likely to transmit flu or at increased risk of infection, such as health care personnel, teachers, household members;
- People exposed to extreme weather conditions;
- People with chronic illnesses (asthma, diabetes, lungs, heart or kidney disease);
- People that are immune suppressed;
- People over age 65.

Adverse reactions to the flu vaccine may include soreness at the injection site for one or two days, low grade fever or lower energy level for one or two days. As with any vaccine, there is a possibility that an allergic reaction could occur. **People should not take the flu vaccine if they are allergic to eggs or had previous allergic reaction to the flu vaccine; vaccine should not be given if one has a fever, or cold/flu symptoms.**

The **AAS Health Office medical staff** will administer the flu shot on **October 7th and 8th.** These dates may need to be expanded or reduced depending on the number of responses, but as vaccines need to be ordered, and students scheduled to attend, it is important that you **complete and return the attached form if you wish to participate in the vaccination program.**

If you and/or your children would like to receive the flu vaccine at school, and are **NOT ALLERGIC TO EGGS OR EGG PRODUCTS**, please complete, sign and return the attached "Informed Consent" form to the AAS Cashier with payment in a sealed envelope.

Find more information at
<https://www.cdc.gov/flu/season/flu-season-2019-2020.htm>



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Influenza (FLU) VACCINE CONSENT FORM

When: Monday, October 7th and Tuesday, October 8th

Where: Health Office (Room 1011-Ground Floor, opposite Human Resources)

Cost per vaccine is 1,200 Rubles.

I am familiar with the attached information and benefits regarding the flu vaccine.

I/My family member have no allergy to eggs and have not had a previous allergic response to flu vaccines. I request the VAXIGRIP flu vaccine be given to the named

Name: _____ date of birth: _____

Teacher: _____ Age: _____

Second dose if needed see note below: _____

PLEASE NOTE: There will be no refunds.

- If your child needs assistance to receive a vaccine, please plan to be here with your child.
- No vaccinations will be given to Pre-K and Kindergarten children unless accompanied by a parent. We will advise time and date for these children.
- **Children 8 years and younger will need to receive a booster 4 weeks following the initial vaccine if they have NOT received a previous flu vaccine. The boosters can be obtained at the Health Office as long as you paid in advance or at your clinic of choice.**
- You will need exact payment and consent form must be signed before vaccinations will be given.

Parent's name (PRINT)

Parent's signature

_____ **Date** _____