



DEPARTMENT OF DEFENSE
DEPENDENTS SCHOOLS
HEIDELBERG AMERICAN MIDDLE SCHOOL
UNIT 29237
APO AE 09102

1 October 2008

Dear Parents, Teachers and Students,

Heidelberg MEDDAC has teamed up with Heidelberg Schools to provide a convenient opportunity for students, parents and staff members to get the flu vaccine early in the fall. HMEDDAC will also provide a very informative Tricare and self-care presentation.

- **WHERE:** Heidelberg Middle School Multipurpose Room (MPR)
(All Heidelberg Schools are welcome!)
- **DATE:** 31 OCT 08 (NO SCHOOL-Teacher Workday)
- **TIME:** 1000-1400 (Tricare/Self-care presentations will take place at 1000, 1200 and 1400)
- **WHO:** All Heidelberg school students, staff and parent from HHS, HMS, PHVE and MTV.
- **WHAT:**
 - This is a perfect opportunity for you and your family to get vaccinated on Friday with the weekend to rest.
 - The hours and location are convenient for your busy family.
 - This is a great chance to get the flu vaccine early in the fall.
 - This vaccine is FREE!
- **CONSENT FORM:** Students who are eleven (11) years old by 31 OCT 08 may bring a **completed** permission form and receive the flu vaccine without a parent being present. If the form is not complete, students will not receive the flu vaccine. Students who are age 10 and younger must be accompanied by a parent to receive the flu vaccine.
- **VOLUNTEERING:** Volunteers are welcome. Please contact Julie Minich-Castro at 06221-389-320-310 if you have time to help out at this health promotion activity.
- **FLU VACCINE FACT SHEET-**
Flumist: <http://www.cdc.gov/vaccines/pubs/vis/downloads/vis-flulive.pdf>
Injection: <http://www.cdc.gov/vaccines/pubs/vis/downloads/vis-flu.pdf>

If you have questions please call 06221-338-9310 or DSN: 388-9310. Thank you for helping keep our Heidelberg community healthy and safe!