

# **Vance Charter High School**

## **Student/Parent Supplemental Handbook**



**2018-2019**

ADOPTED 8-6-2018

## **INTRODUCTION**

The Vance Charter High School Student/Parent Handbook includes procedures that will be used during the 2018-2019 school year. It is a companion to the K-8 Student/Parent Handbook. Students in high school are expected to be in compliance with the provisions of both handbooks.

## **ARRIVAL AND DISMISSAL**

Arrival for high school students is between 8:00 and 8:25. They are dismissed at 3:30. Any high school student who is in the building before 8:15 must report to the upper café. At 8:15 all high school students will report to their home room/first period class. Any high school student who remains in the building after 3:30 must be participating in tutoring, athletics, the after school program, or another after school activity with adult supervision. Parents will pay for the cost of the after school program.

## **DAILY SCHEDULE**

Block 1	8:30 – 10:05
Block 2	10:10 – 11:45
Block 3	11:50 – 1:50 (lunch during third block)
Block 4	1:55 – 3:30

## **LUNCH**

High school students may not leave the campus of Vance Charter School at any time during the day unless they are enrolled in a Career and College Promise course at Vance-Granville Community College or they are signed out by a parent. Students will not be allowed to leave school for lunch.

## **STUDENT PARKING**

Students with valid driver's licenses may park in designated student parking spaces. All students who park at school must display a parking pass, which may be purchased at the school office. Passes are available for \$100.00 at the beginning of the year. Passes purchased after school starts will be priced at a prorated cost.

## **STUDENT COURSE LOADS**

High school students will take a full load of courses (8). They will be enrolled in four courses in the fall semester and four courses in the spring semester. Students whose schedules include online classes will have a designated period during their schedule to work on those courses at school.

## **RECOMMENDATIONS FOR HONORS AND AP COURSES**

Students who are interested in taking honors and Advance Placement courses must have a minimum of one teacher's recommendation. Documentation of the necessary recommendation must be provided to the Guidance Counselor.

## **CAREER AND COLLEGE PROMISE**

Eligible high school students may enroll in Career and College Promise courses at Vance-Granville Community College. Vance Charter School is not responsible for any costs, including fees and text books associated with these courses.

### **COURSE WEIGHTS AND GRADING**

Vance Charter High School uses the state-mandated 10-point grading scale. The grading scale and points for grade point averages in standard academic courses are:

A	90-100	4 grade points
B	80-89	3 grade points
C	70-79	2 grade points
D	60-69	1 grade point
F	Below 60	0 grade points

Courses designated as honors courses have an additional 0.5 grade point added for grade point calculation. AP and dual enrollment community college courses have an additional 1.0 grade point added for grade point calculation.

### **LATE WORK ACCEPTANCE**

Students with excused absences will have one day per each day of absence to turn in work missed during the absence. Excused absences include the following: illness or injury verified by parent notes or medical documentation; quarantine; death in the immediate family; medical or dental appointments; court proceedings; religious observance; or educational opportunities that were previously approved by the Principal will receive an excused absence. Students with unexcused absences or who are present but do not turn in assignments by the due date will not be afforded an extension to complete work not turned in for full or partial credit.

### **WEIGHTED GRADING**

Quarterly high school course grades are computed using the following proportions:

Tests/projects	40%
Daily work	25%
Quizzes	25%
Homework	10%

### **SUCCESSFUL COURSE COMPLETION**

Students must complete courses with a final average grade of 60 or higher to earn credit for the course.

Averages will be calculated with the final exam or EOC (Math I, Biology, English II) factored as 20% of the final grade. A student who misses 16 or more days of an individual year-long class or 8 days of a one semester class will be in jeopardy of not receiving academic credit for that class.

### **EXAMS**

All high school courses will include a final exam or EOC, as required by the NC Department of Public Instruction. Students who participate in on line courses through the NC Virtual Public School will take all required exams as stated in the Virtual Public School's policies.

### **MANDATORY COURSES**

Every student must complete any course that is designated as a mandatory course at Vance Charter School. Individual exemptions will not be granted for courses that are defined as mandatory. Students must repeat any failed mandatory course to earn credit for that course.

### **COURSE OVERLOADS**

High School students who wish to enroll in over eight credits in an academic year (including summer) must have permission from their parents and the Guidance Counselor. No overload requests will be approved for the fall semester in ninth grade or the fall semester for students entering VCS for the first time at grades 10-12. The following restrictions will apply.

1. The student must be in good academic standing.
2. The student must have a cumulative GPA of 3.5 or better.
3. Overload requests to enroll in North Carolina Virtual Public School (NCVPS) courses will be approved in the order they are received, provided funds are available.

A student may be approved to enroll in one overload course per academic year. The Academic Overload Application is available from the Guidance Counselor.

### **STUDENT CLASS AND GRADE DESIGNATION**

Students at Vance Charter High School must have earned the following number of academic credits in order to be considered at the grade and classes from 10<sup>th</sup> through 12<sup>th</sup> grades:

10<sup>th</sup> Grade/Sophomore: 6 credits

11<sup>th</sup> Grade/Junior: 12 credits

12<sup>th</sup> Grade/Senior: 20 credits

### **DIPLOMA REQUIREMENTS**

All students at Vance Charter High School are expected to complete and exceed the minimum requirements for graduation as established by the state of North Carolina. VCHS Students must complete 28 credits to earn a Future-Ready Diploma and 22 credits to earn a Future Ready Occupational Course of Study Diploma unless extenuating circumstances are present and the Principal approves a diploma for fewer credits that meet, as a minimum, the number of credits required by the North Carolina Department of Public Instruction to fulfill the graduation requirements of the state. Graduation requirements are summarized in the following table.

<b>VCS Future-Ready Core Diploma Requirements</b>		
<b>Content Area</b>	<b>Course Name</b>	<b>Credits</b>
<b>English</b>	English I, II, III, IV	4
<b>Mathematics</b>	Integrated Math I, II, III; and a 4th Math Course to be aligned with the student's post high school plans.*	4
<b>Science</b>	Earth/ Environmental Science, a Physical Science (Physics or Chemistry); and Biology	3
<b>Social Studies</b>	World History, Civics and Economics, & American History I & II	4
<b>Second Language</b>	Spanish I and II	2
<b>Health &amp; Physical Education</b>	Health & PE	1
<b>Electives</b>	2 Elective credits of any combination from either: <ul style="list-style-type: none"> <li>• Career and Technical Education (CTE)</li> <li>• Arts Education</li> <li>• Second Languages</li> </ul> 6 Elective credits, including a 4 course concentration) strongly recommended from one of the following: <ul style="list-style-type: none"> <li>• Career and Technical Education</li> <li>• Arts Education</li> <li>• Any other subject area (e.g., social studies, science, math, English, foreign language)</li> </ul>	10
<b>Total Credits</b>		<b>28</b>

<b>Future-Ready Occupational Course of Study Diploma Requirements</b>		
<b>Content Area</b>	<b>Course Name</b>	<b>Credits</b>
<b>English</b>	OCS Pathway English I, II, III, and IV	4
<b>Mathematics</b>	Introduction to Mathematics, OCS Pathway Math I, and Financial Management	3
<b>Science</b>	Applied Science, OCS Pathway Biology	2
<b>Social Studies</b>	OCS Pathway American History I and II	2
<b>Second Language</b>	Not Required	
<b>Health &amp; Physical Education</b>	Health & PE	1
<b>Electives or Other Requirements</b>	Occupational Preparation I, II, III, and IV	6
	Career and Technical Education (CTE)	4
Total Credits		<b>22</b>

N.C.G.S. 115C-81(b) allows exceptions for students who have an IEP (Individualized Education Plan) that identifies them as Learning Disabled in math and states that the disability will prevent them from mastering Algebra I and above.

A student who takes AP American History instead of American History I and American History II must also take an additional social studies course in order to meet the four credits requirement.

### **LATIN HONORS**

A Latin Honors system will be applied to recognize graduates of Vance Charter School with outstanding academic achievement. The following recognitions will be available:

- *cum laude* recognition will be awarded to graduates who earn cumulative grade point averages between 3.75 and 3.99.
- *magna cum laude* recognition will be awarded to graduates who earn cumulative grade point averages between 4.0 and 4.249.
- *summa cum laude* recognition will be awarded to graduates who earn cumulative grade point averages of 4.25 or better.

### **ATHLETICS**

Vance Charter School complies with the North Carolina High School Athletic Association (NCHSAA) regulations. The VCS academic requirements for athletic eligibility exceed the NCHSAA regulations. At VCS, athletic eligibility for each semester is determined by students' grades during the previous semester. In order to participate in interscholastic athletics, high school students must pass 3 of 4 (75%) of the courses they are enrolled in *and* have a 2.0 GPA each semester. Students who do not pass 75% of the courses they are enrolled in or who do not post a grade point average of at least 2.0 at the end of any semester will not be eligible to try out for sports during the following semester. Students must meet the standards for promotion each year to maintain athletic eligibility the following year.

The NCHSAA regulations may be found at [nchsaa.org](http://nchsaa.org)

### **PLAGIARISM**

Plagiarism is defined as taking someone else's work or ideas and passing them off as one's own. Plagiarism will result in a grade of 0 for the assignment. Plagiarism is also a Level 2 disciplinary offense (See 2018-2019 Student-Parent Handbook).

### **CELL PHONES**

Students may bring cell phones to school. High school students may use cell phones during lunch and class change. However, they must be kept turned off, secured, and out of sight during instructional time unless authorized by the teacher. Cell phones that are in an active mode and disrupt instructional time will, upon first offense, be confiscated and returned to the student at the end of the day. Second or subsequent violations of the cell phone policy will result in confiscation of the cell phone and requires parent pick up. The same is true for any personal electronic device, including headphones and Apple watches (See 2018-2019 Student-Parent Handbook Discipline Policy for additional consequences).

### **SMOKING/TOBACCO USE**

Smoking, vaping, and the use of smokeless tobacco is a health and/or a fire hazard. Vance Charter School has been designated as a “smoking, vaping, and smokeless tobacco free zone.” Any student found smoking, vaping, or using smokeless tobacco will be subject to appropriate disciplinary action. Parents and volunteers are expected to comply with this policy while on campus.

### **HEALTH INFORMATION**

North Carolina charter school legislation requires that the following information be provided to parents and guardians annually.

#### **Meningococcal Meningitis**

Meningococcal disease can refer to any illness that is caused by the type of bacteria called *Neisseria meningitidis*, also known as meningococcus [muh-ning-goh-KOK-us]. These illnesses are often severe and include infections of the lining of the brain and spinal cord (meningitis) and bloodstream infections (bacteremia or septicemia).

Meningococcus bacteria are spread through the exchange of respiratory and throat secretions like spit (e.g., by living in close quarters, kissing). Meningococcal disease can be treated with antibiotics, but quick medical attention is extremely important. Keeping up to date with recommended vaccines is the best defense against meningococcal disease.

#### **Signs and Symptoms**

Symptoms of meningococcal disease are usually sudden onset of fever, headache, and stiff neck. It can start with symptoms similar to influenza (flu), and will often also cause nausea, vomiting, increased sensitivity to light, rash, and confusion.

## Meningococcal ACY Vaccine/Serogroup B Meningoccal Vaccine

### **Meningococcal ACWY Vaccines (MenACWY and MPSV4): *What You Need to Know***

Why get vaccinated?

Meningococcal disease is a serious illness caused by a type of bacteria called *Neisseria meningitidis*. It can lead to meningitis (infection of the lining of the brain and spinal cord) and infections of the blood. Meningococcal disease often occurs without warning – even among people who are otherwise healthy.

Meningococcal disease can spread from person to person through close contact (coughing or kissing) or lengthy contact, especially among people living in the same household.

There are at least 12 types of *N. meningitidis*, called “serogroups.” Serogroups A, B, C, W, and Y cause most meningococcal disease.

Anyone can get meningococcal disease but certain people are at increased risk, including:

- Infants younger than one year old
- Adolescents and young adults 16 through 23 years old
- People with certain medical conditions that affect the immune system
- Microbiologists who routinely work with isolates of *N. meningitidis*
- People at risk because of an outbreak in their community

Even when it is treated, meningococcal disease kills 10 to 15 infected people out of 100. And of those who survive, about 10 to 20 out of every 100 will suffer disabilities such as hearing loss, brain damage, kidney damage, amputations, nervous system problems, or severe scars from skin grafts.

Meningococcal ACWY vaccines can help prevent meningococcal disease caused by serogroups A, C, W, and Y. A different meningococcal vaccine is available to help protect against serogroup B.

### **Meningococcal ACWY Vaccines**

There are two kinds of meningococcal vaccines licensed by the Food and Drug Administration (FDA) for protection against serogroups A, C, W, and Y: meningococcal conjugate vaccine (MenACWY) and meningococcal polysaccharide vaccine (MPSV4).

Two doses of MenACWY are routinely recommended for adolescents 11 through 18 years old: the first dose at 11 or 12 years old, with a booster dose at age 16. Some adolescents, including those with HIV, should get additional doses. Ask your health care provider for more information.

In addition to routine vaccination for adolescents, MenACWY vaccine is also recommended for certain groups of people:

- People at risk because of a serogroup A, C, W, or Y meningococcal disease outbreak
- Anyone whose spleen is damaged or has been removed
- Anyone with a rare immune system condition called “persistent complement component deficiency”
- Anyone taking a drug called eculizumab (also called Soliris®)
- Microbiologists who routinely work with isolates of *N. meningitidis*
- Anyone traveling to, or living in, a part of the world where meningococcal disease is common, such as parts of Africa
- College freshmen living in dormitories
- U.S. military recruits

Children between 2 and 23 months old, and people with certain medical conditions need multiple doses for adequate protection. Ask your health care provider about the number and timing of doses, and the need for booster doses.

MenACWY is the preferred vaccine for people in these groups who are 2 months through 55 years old, have received MenACWY previously, or anticipate requiring multiple doses. MPSV4 is recommended for adults older than 55 who anticipate requiring only a single dose (travelers, or during community outbreaks).

### **Some people should not get this vaccine**

Tell the person who is giving you the vaccine:

- If you have any severe, life-threatening allergies.  
If you have ever had a life-threatening allergic reaction after a previous dose of meningococcal ACWY vaccine, or if you have a severe allergy to any part of this vaccine, you should not get this vaccine. Your provider can tell you about the vaccine’s ingredients.
- If you are pregnant or breastfeeding.  
There is not very much information about the potential risks of this vaccine for a pregnant woman or breastfeeding mother. It should be used during pregnancy only if clearly needed.
- If you have a mild illness, such as a cold, you can probably get the vaccine today. If you are moderately or severely ill, you should probably wait until you recover. Your doctor can advise you.

This information was retrieved from <http://www.cdc.gov/meningococcal/index.html>

### **Influenza**

What is Influenza (also called Flu)?

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccine each year.

### Signs and Symptoms of Flu

People who have the flu often feel some or all of these signs and symptoms:

- Fever\* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

*\*It's important to note that not everyone with flu will have a fever.*

### How Flu Spreads

Most experts believe that flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes or possibly their nose.

### Period of Contagiousness

You may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. Most healthy adults may be able to infect others beginning 1 day **before** symptoms develop and up to 5 to 7 days **after** becoming sick. Some people, especially young children and people with weakened immune systems, might be able to infect others for an even longer time.

### Onset of Symptoms

The time from when a person is exposed to flu virus to when symptoms begin is about 1 to 4 days, with an average of about 2 days.

### Complications of Flu

Complications of flu can include bacterial pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes.

### People at High Risk from Flu

Anyone can get the flu (even healthy people), and serious problems related to the flu can happen at any age, but some people are at high risk of developing serious flu-related complications if they get sick. This includes people 65 years and older, people of any age with certain chronic medical conditions (such as asthma, diabetes, or heart disease), pregnant women, and young children.

### Preventing Flu

The first and most important step in preventing flu is to get a flu vaccination each year. CDC also recommends everyday preventive actions (like staying away from people who are sick, covering coughs and sneezes and frequent handwashing) to help slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu.

### Diagnosing Flu

It is very difficult to distinguish the flu from other viral or bacterial causes of respiratory illnesses on the basis of symptoms alone. There are tests available to diagnose flu.

### Treating

There are influenza antiviral drugs that can be used to treat flu illness.

## Flu Vaccination

### Why should people get vaccinated against the flu?

Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently. Even healthy people can get very sick from the flu and spread it to others. Over a period of 31 seasons between 1976 and 2007, [estimates of flu-associated deaths](http://www.cdc.gov/flu/about/disease/us_flu-related_deaths.htm) in the United States range from a low of about 3,000 to a high of about 49,000 people. During recent flu seasons, between 80% and 90% of flu related deaths have occurred in people 65 years and older. "Flu season" in the United States can begin as early as October and last as late as May. During this time, flu viruses are circulating at higher levels in the U.S. population. An annual seasonal flu vaccine (either the flu shot or the nasal spray flu vaccine) is the best way to

reduce the chances that you will get seasonal flu and spread it to others. When more people get vaccinated against the flu, less flu can spread through that community.

### **How do flu vaccines work?**

Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are in the vaccine.

The seasonal flu vaccine protects against the influenza viruses that research indicates will be most common during the upcoming season. Traditional flu vaccines (called "trivalent" vaccines) are made to protect against three flu viruses; an influenza A (H1N1) virus, an influenza A (H3N2) virus, and an influenza B virus. There are also flu vaccines made to protect against four flu viruses (called "quadrivalent" vaccines). These vaccines protect against the same viruses as the trivalent vaccine and an additional B virus.

### **Who should get vaccinated?**

Everyone 6 months of age and older should get a flu vaccine every season. This recommendation has been in place since [February 24, 2010 when CDC's Advisory Committee on Immunization Practices \(ACIP\)](http://www.cdc.gov/media/pressrel/2010/r100224.htm) voted for "universal" flu vaccination in the United States to expand protection against the flu to more people.

Vaccination to prevent influenza is particularly important for people who are at high risk of serious [complications from influenza](http://www.cdc.gov/flu/about/disease/complications.htm#complications). See [People at High Risk of Developing Flu-Related Complications](http://www.cdc.gov/flu/about/disease/high_risk.htm) for a full list of age and health factors that confer increased risk.

More information is available at [Who Should Get Vaccinated Against Influenza](http://www.cdc.gov/flu/protect/whoshouldvax.htm).

### **Who Should Not Be Vaccinated?**

Different flu vaccines are approved for use in different groups of people. Factors that can determine a person's suitability for vaccination, or vaccination with a particular vaccine, include a person's age, health (current and past) and any relevant allergies, including an [egg allergy](http://www.cdc.gov/flu/protect/whoshouldvax.htm#egg-allergy).

Flu Shot:

- [People who cannot get a flu shot](http://www.cdc.gov/flu/protect/whoshouldvax.htm#flu-shot)

- [People who should talk to their doctor before getting the flu shot](http://www.cdc.gov/flu/protect/whoshouldvax.htm#flu-shot)(<http://www.cdc.gov/flu/protect/whoshouldvax.htm#flu-shot>)

Nasal Spray Vaccine:

- [People who cannot get a nasal spray vaccine](http://www.cdc.gov/flu/protect/whoshouldvax.htm#nasal-spray)(<http://www.cdc.gov/flu/protect/whoshouldvax.htm#nasal-spray>)
- [People who should talk to their doctor before getting the nasal spray vaccine](http://www.cdc.gov/flu/protect/whoshouldvax.htm#nasal-spray)(<http://www.cdc.gov/flu/protect/whoshouldvax.htm#nasal-spray>)

### **When should I get vaccinated?**

Flu vaccination should begin soon after vaccine becomes available, if possible by October. However, as long as flu viruses are circulating, **vaccination should continue to be offered throughout the flu season**, even in January or later. While seasonal influenza outbreaks can happen as early as October, during most seasons influenza activity peaks in January or later. Since it takes about two weeks after vaccination for antibodies to develop in the body that protect against influenza virus infection, it is best that people get vaccinated so they are protected before influenza begins spreading in their community.

Flu vaccine is produced by private manufacturers, and the timing of availability depends on when production is completed. Shipments began in August and will continue throughout October and November until all vaccine is distributed.

### **Where can I get a flu vaccine?**

Flu vaccines are offered in many locations, including doctor's offices, clinics, health departments, pharmacies and college health centers, as well as by many employers, and even in some schools.

Even if you don't have a regular doctor or nurse, you can get a flu vaccine somewhere else, like a health department, pharmacy, urgent care clinic, and often your school, college health center, or workplace.

The following [Vaccine Locator](#) is a useful tool for finding vaccine in your area.

### **Why do I need a flu vaccine every year?**

A flu vaccine is needed every season for two reasons. First, the body's immune response from vaccination declines over time, so an annual vaccine is needed for optimal protection. Second, because flu viruses are constantly changing, the formulation of the flu vaccine is reviewed each year and sometimes updated to keep up with changing flu viruses. For the best protection, everyone 6 months and older should get vaccinated annually.

### **Does flu vaccine work right away?**

No. It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against influenza virus infection. That's why it's better to get vaccinated early in the fall, before the flu season really gets under way.

### **Can I get seasonal flu even though I got a flu vaccine this year?**

Yes. There is still a possibility you could get the flu even if you got vaccinated. The ability of flu vaccine to protect a person depends on various factors, including the age and health status of the person being vaccinated, and also the similarity or "match" between the viruses used to make the vaccine and those circulating in the community. If the viruses in the vaccine and the influenza viruses circulating in the community are closely matched, vaccine effectiveness is higher. If they are not closely matched, vaccine effectiveness can be reduced. However, it's important to remember that even when the viruses are not closely matched, the vaccine can still protect many people and prevent [flu-related complications](http://www.cdc.gov/flu/about/disease/complications.htm#complications). Such protection is possible because antibodies made in response to the vaccine can provide some protection (called cross-protection) against different but related influenza viruses. For more information about vaccine effectiveness, visit [How Well Does the Seasonal Flu Vaccine Work](http://www.cdc.gov/flu/about/qa/vaccineeffect.htm)?

### **Vaccine Effectiveness**

Influenza vaccine effectiveness (VE) can vary from year to year and among different age and risk groups. For more information about vaccine effectiveness, visit [How Well Does the Seasonal Flu Vaccine Work](http://www.cdc.gov/flu/about/qa/vaccineeffect.htm)? For information specific to this season, visit [About the Current Flu Season](http://www.cdc.gov/flu/about/season/index.htm).

### **Vaccine Benefits**

#### **What are the benefits of flu vaccination?**

While [how well the flu vaccine works can vary](http://www.cdc.gov/flu/about/qa/vaccineeffect.htm), there are a lot of reasons to get a flu vaccine each year.

- Flu vaccination can keep you from getting sick from flu. Protecting yourself from flu also protects the people around you who are more vulnerable to serious flu illness.

- Flu vaccination can help protect people who are at greater risk of getting seriously ill from flu, like older adults, people with chronic health conditions and young children (especially infants younger than 6 months old who are too young to get vaccinated).
- Flu vaccination also may make your illness milder if you do get sick.
- Flu vaccination can reduce the risk of more serious flu outcomes, like hospitalizations.
  - A recent study\* showed that flu vaccine reduced children’s risk of flu-related pediatric intensive care unit (PICU) admission by 74% during flu seasons from 2010-2012.
  - One study showed that flu vaccination was associated with a 71% reduction in flu-related hospitalizations among adults of all ages and a 77% reduction among adults 50 years of age and older during the 2011-2012 flu season.
  - Flu vaccination is an important preventive tool for people with chronic health conditions. Vaccination was associated with lower rates of some cardiac events among people with heart disease, especially among those who had had a cardiac event in the past year. Flu vaccination also has been shown to be associated with reduced hospitalizations among people with diabetes (79%) and chronic lung disease (52%).
  - Vaccination helps protect women during pregnancy and their babies for up to 6 months after they are born. One study showed that giving flu vaccine to pregnant women was 92% effective in preventing hospitalization of infants for flu.
  - Other studies have shown that vaccination can reduce the risk of flu-related hospitalizations in older adults. A study that looked at flu vaccine effectiveness over the course of three flu seasons estimated that flu vaccination lowered the risk of hospitalizations by 61% in people 50 years of age and older.

\*References for the studies listed above can be found at [Publications on Influenza Vaccine Benefits](http://www.cdc.gov/flu/about/qa/benefit-publications.htm)(<http://www.cdc.gov/flu/about/qa/benefit-publications.htm>). Also see the [What are the Benefits of Flu Vaccination?](http://www.cdc.gov/flu/pdf/freeresources/general/flu-vaccine-benefits.pdf)[264 KB, 2 pages](<http://www.cdc.gov/flu/pdf/freeresources/general/flu-vaccine-benefits.pdf>) fact sheet.

## **Vaccine Match**

### **What is meant by a "good match" between viruses in the vaccine and circulating influenza viruses?**

A good match is said to occur when the viruses in the vaccine and the viruses circulating among people during a given influenza season are closely related and the antibodies produced by vaccination protect against infection.

### **What if circulating viruses and the vaccine viruses are different?**

During seasons when one or more of the circulating viruses are different from the vaccine viruses, vaccine effectiveness can be reduced.

### **Can the vaccine provide protection even if the vaccine is not a "good" match?**

Yes, antibodies made in response to vaccination with one flu virus can sometimes provide protection against different but related viruses. A less than optimal match may result in reduced vaccine effectiveness against the virus that is different from what is in the vaccine, but it can still provide some protection against influenza illness.

In addition, even when there is a less than optimal match or lower effectiveness against one virus, it's important to remember that the flu vaccine is designed to protect against three or four flu viruses, depending on the vaccine.

For these reasons, even during seasons when there is a less than optimal match, CDC continues to recommend flu vaccination. This is particularly important for [people at high risk for serious flu complications](http://www.cdc.gov/flu/about/disease/high_risk.htm)([http://www.cdc.gov/flu/about/disease/high\\_risk.htm](http://www.cdc.gov/flu/about/disease/high_risk.htm)), and their close contacts.

### **Why is there sometimes not a good match between a vaccine virus and circulating viruses?**

Flu viruses are constantly changing (called "antigenic drift") – they can change from one season to the next or they can even change within the course of one flu season. Experts must pick which viruses to include in the vaccine many months in advance in order for vaccine to be produced and delivered on time. (For more information about the vaccine virus selection process visit [Selecting the Viruses in the Influenza \(Flu\) Vaccine](http://www.cdc.gov/flu/professionals/vaccination/virusqa.htm)(<http://www.cdc.gov/flu/professionals/vaccination/virusqa.htm>.) Because of these factors, there is always the possibility of a less than optimal match between circulating viruses and the viruses in the vaccine.

### **Vaccine Side Effects (What to Expect)**

#### **Can the flu vaccine give me the flu?**

No, a flu vaccine cannot cause flu illness. Flu vaccines that are administered with a needle are currently made in two ways: the vaccine is made either with a) flu vaccine viruses that have been 'inactivated' and are therefore not infectious, or b) with no flu vaccine viruses at all (which is the case for recombinant influenza vaccine). The nasal spray flu vaccine does contain live viruses. However, the viruses are attenuated (weakened), and therefore **cannot cause flu illness**. The weakened viruses are cold-adapted, which means they are designed to only cause infection at the cooler temperatures found within the nose. The viruses cannot infect the lungs or other areas where warmer temperatures exist.

**While a flu vaccine cannot give you flu illness, there are different side effects that may be associated with getting a flu shot or a nasal spray flu vaccine.** These side effects are mild and short-lasting, especially when compared to symptoms of bad case of flu.

**The flu shot:** The viruses in the flu shot are killed (inactivated), so you cannot get the flu from a flu shot. Some minor side effects that may occur are:

- Soreness, redness, or swelling where the shot was given
- Fever (low grade)
- Aches

**The nasal spray:** The viruses in the nasal spray vaccine are weakened and do not cause severe symptoms often associated with influenza illness. In children, side effects from the nasal spray may include:

- Runny nose
- Wheezing
- Headache
- Vomiting
- Muscle aches
- Fever

In adults, side effects from the nasal spray vaccine may include:

- Runny nose
- Headache
- Sore throat
- Cough

If these problems occur, they begin soon after vaccination and are mild and short-lived. Almost all people who receive influenza vaccine have no serious problems from it. However, on rare occasions, flu vaccination can cause serious problems, such as severe allergic reactions. People who think that they have been injured by the flu shot can file a claim for compensation from the [National Vaccine Injury Compensation Program \(VICP\)](#). More information about the safety of flu vaccines is available at [Influenza Vaccine Safety](#)(<http://www.cdc.gov/flu/protect/vaccine/vaccinesafety.htm>).

#### **Where can I find information about vaccine supply?**

Information about vaccine supply is available on the [CDC influenza web site](#)(<http://www.cdc.gov/flu/professionals/vaccination/vaccinesupply.htm>).

#### **Why do manufacturers and distributors take a phased approach to vaccine distribution?**

Influenza vaccine production begins as early as 6 to 9 months before the beginning of vaccine distribution. Even with this early start, it isn't possible to complete the entire production and distribution process prior to flu season, in part because of the limited number of influenza vaccine manufacturing plants in the United States and the large number of doses that are produced each year. Instead, influenza vaccine distribution takes place in a phased fashion over a number of months. Distribution usually begins in late summer and is complete near the end of November or early in December. This may result in some uncertainty making it difficult for vaccine providers to plan their vaccination activities. Manufacturers and distributors try to get some vaccine to as many providers as possible as early as possible so that they can begin vaccinating their patients.

### **What role does the Department of Health and Human Services play in the supply and distribution of the seasonal influenza vaccine?**

Influenza vaccine production and distribution are primarily private sector endeavors. The Department of Health and Human Services and CDC do not have the authority to control influenza vaccine distribution nor the resources to manage such an effort. However, the Department has made significant efforts to enhance production capacity of seasonal influenza vaccines, including supporting manufacturers as they invest in processes to stabilize and increase their production capacity.

### **More Information**

- [Vaccine Information Statement: Inactivated Influenza Vaccine](#)
- [Vaccine Information Statement: Live, Intranasal Influenza Vaccine](#)

People who have ever had a [severe allergic reaction to eggs](#)(<http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6430a3.htm#fig2>) can get [recombinant flu vaccine](#)([http://www.cdc.gov/flu/protect/vaccine/qa\\_flublok-vaccine.htm](http://www.cdc.gov/flu/protect/vaccine/qa_flublok-vaccine.htm)) if they are 18 years and older or they should get the regular flu shot (IIV) given by a medical doctor with experience in management of severe allergic conditions. People who have had a mild reaction to egg—that is, one which only involved hives—may get a flu shot with additional safety measures. Recombinant flu vaccines also are an option for people if they are 18 years and older and they do not have any contraindications to that vaccine. Make sure your doctor or health care professional knows about any allergic reactions. Most, but not all, types of flu vaccine contain a small amount of egg.

This information was retrieved from <http://www.cdc.gov/flu/keyfacts.htm>

### **Human Papillomavirus (HPV)**

### What is HPV?

HPV is the most common sexually transmitted infection (STI). HPV is a different virus than HIV and HSV (herpes). HPV is so common that nearly all sexually active men and women get it at some point in their lives. There are many different types of HPV. Some types can cause health problems including genital warts and cancers. But there are vaccines that can stop these health problems from happening.

### How is HPV spread?

You can get HPV by having oral, vaginal, or anal sex with someone who has the virus. It is most commonly spread during vaginal or anal sex. HPV can be passed even when an infected person has no signs or symptoms. Anyone who is sexually active can get HPV, even if you have had sex with only one person. You also can develop symptoms years after you have sex with someone who is infected making it hard to know when you first became infected.

### Does HPV cause health problems?

In most cases, HPV goes away on its own and does not cause any health problems. But when HPV does not go away, it can cause health problems like genital warts and cancer. Genital warts usually appear as a small bump or group of bumps in the genital area. They can be small or large, raised or flat, or shaped like a cauliflower. A healthcare provider can usually diagnose warts by looking at the genital area.

### Does HPV cause cancer?

HPV can cause cervical and other cancers including cancer of the vulva, vagina, penis, or anus. It can also cause cancer in the back of the throat, including the base of the tongue and tonsils (called oropharyngeal cancer). Cancer often takes years, even decades, to develop after a person gets HPV. The types of HPV that can cause genital warts are not the same as the types of HPV that can cause cancers. There is no way to know which people who have HPV will develop cancer or other health problems. People with weak immune systems may be less able to fight off HPV and more likely to develop health problems from it. This includes people with HIV/AIDS.

### How can I avoid HPV and the health problems it can cause?

You can do several things to lower your chances of getting HPV.

- Get vaccinated. HPV vaccines are safe and effective. They can protect males and females against diseases (including cancers) caused by HPV when given in the recommended age groups. HPV vaccines are given in three shots over six months; it is important to get all three doses.
- Get screened for cervical cancer. Routine screening for women aged 21 to 65 years old can prevent cervical cancer. If you are sexually active
- Use latex condoms the right way every time you have sex. This can lower your chances of getting HPV. But HPV can infect areas that are not covered by a condom - so condoms may not give full protection against getting HPV.
  - Be in a mutually monogamous relationship – or have sex only with someone who only has sex with you.

### Who should get vaccinated?

All boys and girls ages 11 or 12 years should get vaccinated. Catch-up vaccines are recommended for males through age 21 and for females through age 26, if they did not get vaccinated when they were younger. The vaccine is also recommended for gay and bisexual men (or any man who has sex with a man) through age 26. It is also recommended for men and women with compromised immune systems (including people living with HIV/AIDS) through age 26, if they did not get fully vaccinated when they were younger.

How do I know if I have HPV? There is no test to find out a person's "HPV status." Also, there is no approved HPV test to find HPV in the mouth or throat. There are HPV tests that can be used to screen for cervical cancer. These tests are recommended for screening only in women aged 30 years and older. They are not recommended to screen men, adolescents, or women under the age of 30 years. Most people with HPV do not know they are infected and never develop symptoms or health problems from it. Some people find out they have HPV when they get genital warts. Women may find out they have HPV when they get an abnormal Pap test result (during cervical cancer screening). Others may only find out once they've developed more serious problems from HPV, such as cancers.

How common are HPV and the health problems caused by HPV?

HPV (the virus): About 79 million Americans are currently infected with HPV. About 14 million people become newly infected each year. HPV is so common that most sexually active men and women will get at least one type of HPV at some point in their lives. Health problems related to HPV include genital warts and cervical cancer. Genital warts: About 360,000 people in the United States get genital warts each year. Cervical cancer: More than 11,000 women in the United States get cervical cancer each year. There are other conditions and cancers caused by HPV that occur in persons living in the United States. Genital warts can be treated by you or your physician. If left untreated, genital warts may go away, stay the same, or grow in size or number. Cervical precancer can be treated. Women who get routine Pap tests and follow up as needed can identify problems before cancer develops. Prevention is always better than treatment. Other HPV-related cancers are also more treatable when diagnosed and treated early. For more information visit [www.cancer.org](http://www.cancer.org)

I'm pregnant. Will having HPV affect my pregnancy?

If you are pregnant and have HPV, you can get genital warts or develop abnormal cell changes on your cervix. Abnormal cell changes can be found with routine cervical cancer screening. You should get routine cervical cancer screening even when you are pregnant.

Can I be treated for HPV or health problems caused by HPV?

There is no treatment for the virus itself. However, there are treatments for the health problems that HPV can cause.

Where can I get more information?

STD information <http://www.cdc.gov/std/>

HPV Information <http://www.cdc.gov/hpv/>

HPV Vaccination <http://www.cdc.gov/vaccines/vpd-vac/hpv/>

Cancer Information <http://www.cdc.gov/cancer/>

Cervical Cancer Screening [http://www.cdc.gov/cancer/Cervical/basic\\_info/screening.htm](http://www.cdc.gov/cancer/Cervical/basic_info/screening.htm)

CDC's National Breast and Cervical Cancer Early Detection Program <http://www.cdc.gov/cancer/nbccedp/>

CDC-INFO Contact Center 1-800-CDC-INFO (1-800-232-4636)

Contact <https://www.cdc.gov/dcs/ContactUs/Form>

CDC National Prevention Information Network (NPIN) <https://npin.cdc.gov/disease/stds>

P.O. Box 6003 Rockville, MD 20849-6003 E-mail: [npin-info@cdc.gov](mailto:npin-info@cdc.gov)

National HPV and Cervical Cancer Prevention Resource Center American

Sexual Health Association (ASHA)

<http://www.ashasexualhealth.org/stdsstis/hpv/>

P.O. Box 13827 Research Triangle Park, NC 27709-3827

1-800-783-9877

For more information visit [www.cancer.org](http://www.cancer.org)

This information was retrieved from <https://www.cdc.gov/std/hpv/stdfact-hpv.htm>

**Information about vaccines may be obtained at your private health provider's office or at your local health department:**

Vance County Health Department

115 Charles Rollins Road

Henderson, NC 27536

(252)492-7915

Granville County Health Department

101 Hunt Drive

Oxford, NC 27565

(919)693-2141

### **Preventable Risks of Preterm Delivery**

What is preterm delivery?

A full-term pregnancy is one that lasts at least 37 weeks. Preterm delivery is when the baby is born too early.

Preterm delivery is a concern because babies that are born too early may not be fully developed, which can lead

to a lifetime of health problems. Preterm delivery is sometimes called “premature delivery”, “preterm birth” or “premature birth”.

#### Facts about Preterm Birth

- One out of every nine babies born in the United States is a preterm birth. This increases rates of infant deaths and lifelong problems for premature babies.
- About \$13.6 billion each year is spent on premature births, about half of all birth related expenses.
- Babies born before 34 weeks are at greatest risk, but babies born between 34 and 37 weeks are also at risk.

It is important to be in good physical and mental health and to visit a doctor prior to becoming pregnant.

- Alcohol and drug use seem to be associated with an increased risk of preterm delivery. Alcohol use is also associated with an increase in the risk of a baby being born with birth defects.
- Smoking tobacco has been shown to be associated with an increased risk of preterm delivery. Smoking around half a pack per day is associated with an almost 45% increase in the risk of preterm delivery. Stopping smoking early in pregnancy seems to be associated with a reduction in the risk of preterm birth.
- Weighing too much (or too little) is associated with a higher risk of preterm birth. Maintaining a healthy Body Mass Index (BMI) – between 18 and 30 – is associated with a lower risk of preterm birth.
- Other medical conditions, such as diabetes or high blood pressure, are associated with an increased risk of preterm birth. Sexually transmitted diseases and other infections, such as urinary tract infections, may also increase the risk of premature delivery. Getting medical conditions treated early is important.
- Stress, sadness and worry seem to be associated with an increased risk of preterm birth. Pregnant women should try to avoid stressful situations as much as possible.
- Pregnant women should begin receiving medical care as soon as possible. During “prenatal” care the doctor will provide important treatment and information. Getting early prenatal care is associated with a lower risk of premature birth.
- Some studies show that having an abortion is associated with an increased risk of preterm birth in later pregnancies.
- Having babies too close together may also be associated with an increased risk of preterm birth. In general, babies should be at least 18 apart to improve the chances of a full term pregnancy.

#### Reference:

<https://www.nhaschools.com/schools/forsyth/Lists/School%20Newsletters/Preventable%20Risks%20of%20Preterm%20Delivery%20Information%20Sheet.pdf>

#### **Safe Surrender (Surrender Newborns Safely)**

North Carolina’s Safe Surrender Law allows an overwhelmed parent to surrender a newborn (an infant up to seven days old) to a responsible adult safely and anonymously.

- Safe Surrender is anonymous and legal.
- This law is meant to prevent newborns from being hurt or abandoned.
- The official law "Infant Homicide Prevention Act"

### Why is the Safe Surrender Law Necessary?

The risk of homicide on the first day of life is 10 times greater than during any other time of life. The law provides parents in crisis who feel they have no other choice a way to surrender their unwanted baby safely and anonymously.

### How to Safely Surrender Your Newborn

Make sure that the baby is healthy, warm and clean. Then, find a responsible adult who will assist you with the surrender of your newborn.

Your best options for a Safe Surrender contact include:

- A health care provider
- A law enforcement officer
- A social services worker
- An emergency medical personnel
- A trusted, responsible adult who understands the best interests of the child

### Do Not Leave the Baby Somewhere and Hope that Someone Will Find it.

Many states have what are called Safe Haven laws. These designate places where a baby may be surrendered. North Carolina's law is different in that it designates people, not places. This is not abandoning a baby on a doorstep. The person-to-person interaction is the key.

If you choose Safe Surrender, you are not required by law to give any information. However, it would be helpful to your baby and the family who adopts him or her if you make some health and family history information available. A surrendering parent can provide information to the adult who accepts the baby or that information may be sent anonymously to the county department of social services.

### Do Fathers Have the Right to Reclaim a Surrendered Newborn?

Any man who hears of a surrendered infant and believes it may be his should come forward. Before a child can be adopted in North Carolina, some effort must be made to find the father to request permission or allow the father to take the child.

### If You or the Newborn Needs Medical Attention, Get it Right Away.

Having a baby without any medical help can lead to serious complications for you or the baby. It is better to seek help than to risk serious health consequences.

If you have any of the following symptoms, seek medical care:

- Vaginal bleeding that doesn't slow down when you rest
- A bad smell to vaginal blood
- A fever of 101 or above
- Pain in the abdomen or vaginal area
- Severe headaches
- Blurred vision
- A feeling of burning when you urinate

#### Other Available Options (Besides Safe Surrender)

There are agencies that can help you arrange for the adoption of your child to a safe and loving home.

You can also contact the local Department of Social Services, a licensed adoption agency or your county health department.

If you are pregnant, Medicaid can provide comprehensive care from the beginning of pregnancy through the postpartum period. Infants born to Medicaid-eligible women continue to be eligible until their first birthday.

In an emergency call 911. For more information about the Safe Surrender Law, please contact your local Department of Social Services.

Vance County Department of Social Services  
350 Ruin Creek Rd, Henderson, NC 27536  
Phone: (252) 492-5001

Granville County Department of Social Services  
410 W Spring St, Oxford, NC 27565  
Phone: (919) 693-1511

Reference: <https://www.ncdhhs.gov/assistance/pregnancy-services/safe-surrender>