

TO: EZIZ Users
FROM: CDPH
SUBJECT: Influenza is Here - Protect Your Students, Staff and Families
DATE: 1/13/15

Influenza is Here - Protect Your Students, Staff and Families

Dear School Staff,

Influenza is already causing hospitalizations and death in California, with many more cases to follow. It is not too late - The California Department of Public Health (CDPH) and the Centers for Disease Control and Prevention (CDC) strongly recommend that everyone 6 months of age and older get vaccinated as soon as possible, to help protect them against influenza strains that are here now and others likely to arrive later this winter.

Options for getting vaccinated include:

- Contact your doctor, nurse, clinic, or pharmacy
- Many [local health departments](#) offer low or no cost flu immunizations
- To find other locations near you, visit <http://flushot.healthmap.org/>

Keep your school healthy by:

- Posting this “[Germ-Free Zone](#)” [multilingual](#) (also in [English/Spanish](#) or [English/Chinese](#)) poster in school bathrooms, hallways and classrooms
- Posting this [flyer](#) in the main office to encourage parents to keep sick students at home
- Sharing this [flyer](#) with school staff to alert them of signs of illness or this [flyer](#) to encourage healthy habits

Free hard copies of these materials can also be ordered from [your local health department](#).

Other steps you can take to help stop the spread of germs include:

- Staying home while sick and limiting contact with others
- Covering your nose and mouth when coughing or sneezing
- Washing hands thoroughly with soap and water, or use an alcohol-based rub
- Avoiding touching your eyes, nose and mouth

To learn more about flu, visit www.flu.gov.

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