

TO: Schools

FROM: CDPH

SUBJECT: Prepare for This Year's Flu Season - Protect Your Students, Staff and Families

DATE: 9/19/16

Dear School Staff:

To keep your school as healthy as possible this year, please promote flu vaccine among your students and staff. The California Department of Public Health and the Centers for Disease Control and Prevention strongly recommend flu vaccine each fall for everyone 6 months of age and older.

Getting vaccinated is easy:

- Contact your doctor, nurse, clinic, or pharmacy, and ask if they stock flu vaccine
- Many local health departments offer low or no cost flu immunizations
- Some clinics are held at schools
- To find other locations near you, visit <http://flushot.healthmap.org>

Promote healthy habits at your school:

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

Free copies of these materials may be ordered from your local health department (bit.do/immunization).

Raise awareness of flu by sharing [Nathan's story](#), [Facing Influenza](#), and other ShotByShot.org stories on your school website and social media pages.

Take other important steps to help stop the spread of germs:

- Stay home while sick and limit contact with others
- Cover your nose and mouth when coughing or sneezing with your sleeve or disposable tissue
- Wash hands thoroughly with soap and water, or use an alcohol-based sanitizer
- Avoid touching your eyes, nose and mouth

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