

TO: School Staff

FROM: CDPH

SUBJECT: Be Ready for Flu Season - Protect Your Students, Staff and Families

DATE: 9/19/17

Dear School Staff:

Flu is coming! Is your school ready? Flu vaccination is the best protection for your students, parents, and staff. Prevent student and teacher absences, doctor's visits, and even hospitalizations. The flu vaccine is safe (millions of doses are given every year) and cannot cause flu (you may experience mild side effects such as a sore arm, low-grade fever, or achiness). The California Department of Public Health (CDPH) strongly recommends flu vaccine each fall for everyone 6 months of age and older.

Getting vaccinated is easy:

- Contact your doctor, 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 <https://vaccinefinder.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 every day preventative actions to stop the spread of flu viruses:

- Stay home while sick and limit contact with others
- Cover your cough or sneeze with your sleeve or a 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.