



Dear California Child Care Director,

Getting a flu shot is a safe and easy way to help you, your staff, and your students stay healthy. While those with [chronic health conditions are most at risk](#), even healthy kids and adults can be hospitalized or die from flu complications. If staff haven't gotten vaccinated against COVID-19 yet, they may receive COVID-19 and flu shots at the same visit! It's safe and convenient.

As a reminder, child care staff and volunteers are required by law (Chapter 807, Statutes of 2015) to get vaccinated against flu, unless they have a signed letter from a doctor for either a medical exemption or a declination. Babies and young children need flu vaccine every year starting at 6 months old.

Flu vaccination is the best way to protect against flu. We are stronger when we are all protected! Take these steps to protect your facility from flu:

- 1. Encourage** staff, parents, and colleagues to contact their doctor's office or clinic about getting the flu vaccine. When flu vaccine is in stock, adults may also get immunized at the pharmacy where they generally pick up their prescriptions. Some local health departments may offer low- or no-cost flu immunizations.
- 2. Share** with staff, parents, and colleagues online:
 - [Don't Wait Vaccinate flu campaign](#) social media messages
 - Personal stories like [Gianna's Story](#) (two-and-a-half-year-old girl)
- 3. Post** these resources at your facility:
 - [Protect Against Flu and Whooping Cough poster](#) | [Spanish](#)
 - [Keep Our School Healthy Symptoms poster](#) | [Spanish](#)
 - [Germ-Free Zone multilingual poster](#) | [English/Spanish](#) | [English/Chinese](#)
 - [Teaching Children About the Flu](#) – Lesson plans and activities for child care and early childhood programs (CDC).



Download other [flu print resources](#) at EZIZ.org. For more information about flu, visit www.flu.gov.

Thanks for all that you do to keep staff and children safe and healthy.