

Flu Vaccines

Once again this year, the School Based Health Center continues to offer the influenza (Flu) vaccine to all students enrolled at the School Based Health Center. If you would like your child to receive the flu vaccine (shot) at the School Based Health Center, please complete the attached permission slip and return it to the Health Office. If your child is not a member of the School Based Health Center we have attached the enrollment for to this email as well. Complete both documents and have your child drop them off at the SBHC. Please understand that receiving the flu vaccine at the School Based Health Center does not obligate you to any further visits. Your primary care provider will be notified that the flu vaccine has been given to your child.



School Based Health Centers

Walsh	203-315-3533
Murphy	203-488-4151
BHS	203-315-6727



The Top 10 Flu Vaccine Facts **YOU** Need to Know

1. **Who needs the flu vaccine?**

The Centers for Disease Control and Prevention (CDC) recommends annual flu vaccinations for everyone 6 months of age and older, with rare exceptions.

2. **Why do you need a flu vaccination every year?**

Flu strains can change from year to year, and the flu vaccine is updated annually to help protect against the anticipated circulating strains.

3. **Is the flu vaccine safe?**

Yes! The flu vaccine has been available in the US for more than 50 years. The CHD and US Food and Drug Administration (FDA) routinely monitor the safety of all vaccines.

4. **Can the flu vaccine cause the flu?**

No! The vaccine contains an inactivated virus or no flu virus at all, so it's impossible to get the flu from a vaccination.

5. **Is the flu vaccine effective?**

Yes, the flu vaccine was found to prevent death in otherwise healthy children by as much as 65%. Also, it can reduce the risk of flu illness for the general population by up to 60 % when the vaccine is well-matched to circulating strains.

6. **How does the flu vaccine work?**

The vaccine causes your body to create antibodies that fight the flu virus. It takes approximately two weeks after vaccination for your body to build up protection against the flu, so get vaccinated as early as possible.

7. **How many does of the vaccine does my child need?**

CDC recommends that children 6 months through 8 years who are receiving a flu vaccine for the first time get two does, spaced at least 28 days apart. Children who previously received a flu vaccine only require one dose.

8. **What are common side effects of the flu vaccine?**

Common side effects can include soreness, redness, and/or swelling at the injection site, fever, headache, and/or muscle aches.

9. **Is it worse to get the flu or a flu vaccination?**

Getting a flu vaccination takes minutes, but the flu can make you sick for up to two weeks and can be serious, causing hospitalization and even death.

10. **Besides vaccination, what else can I do to keep my family healthy during flu season?**

Practice healthy habits such as washing your hands often; doing the elbow cough; avoid touching your eyes, nose, or mouth to lessen the spread of germs; and stay home if you do not feel well.

