

Keep Flu Out of School

As we approach the fall months, the Florida Department of Health is reminding schools and parents that influenza (flu) activity levels are expected to increase. In an effort to keep our students healthy and in school, we want to remind you that the Florida Department of Health is encouraging families to get vaccinated for influenza. Influenza vaccines are safe and the best way to protect against influenza and its potentially severe complications. Children less than 5 years old and children with chronic health problems such as asthma, diabetes, heart disease and neurologic conditions are at especially high risk for influenza-related complications. Last season six influenza-associated pediatric deaths were reported in Florida, and all six occurred in children who were not fully vaccinated.

The best way to protect your child and your family during influenza season is to:

- Get vaccinated.
- Keep sick family members home from school or work.
- Contact your healthcare provider if you or your children are experiencing flu-like symptoms (common symptoms include fever, cough, sore throat, runny or stuffy nose, headache).
- Wash your hands frequently with soap and water or use alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth as much as possible.

Collier County Public Schools will NOT be offering school-based flu vaccine clinics this year. Please contact your child's healthcare provider or the Collier County Health Department at 252-8595 for more information or to inquire about the availability of flu vaccine.