



Office of School Health

**Department of Health
& Mental Hygiene**

Oxiris Barbot, MD
Acting Commissioner

**Department of
Education**

Richard A. Carranza
Chancellor

Dear Parents or Guardians:

Winter will be here soon, and so will the flu. Influenza is a respiratory disease that can spread easily. While most people are sick for a few days and then get better, some can get very sick, even those who are perfectly healthy before getting the flu.

Vaccination is the best way to protect your child from the flu. The New York City Health Department recommends that everyone 6 months of age and older receive the flu vaccine. The New York City Department of Education recommends that every student receive the vaccine. Vaccinating your child against the flu reduces the likelihood they will get the disease. If your child receives the flu vaccine but still gets sick, it is likely their illness will be less severe.

There are several ways to get your child a flu vaccine:

- Ask your child's regular health care provider about the vaccine.
- If your child's school has a School-Based Health Center (SBHC), you can give consent for your child to receive a flu vaccine from the SBHC.
- Visit a pharmacy: pharmacists can now vaccinate children 2 years of age and older. Check with the pharmacist at your local pharmacy to see if they vaccinate children and from what age. Pharmacies offer walk-in service and evening and weekend hours.

To find a clinic or pharmacy, visit nyc.gov/health/map, call 311 or text "flu" to 877877.

If you have any questions or want more information, talk to your doctor or call 311.

Sincerely,

Principal