Get your child a flu vaccine and keep our school a FLU-FREE ZONE!

- Getting your child a flu vaccine is the best way to prevent the flu.
- It is recommended that everyone 6 months old and older get a flu vaccine every year. Your child should get a flu vaccine as soon as it is available. FluMist® vaccine that is sprayed into the nose can be given to healthy children who do not like shots. New this year, all children 2 through 8 years old are recommended to get the FluMist® instead of the shot if available at the time of vaccination.
- Children with health problems like asthma and diabetes are at high risk of developing serious flu complications. If your child has a chronic illness, flu vaccines are even more important!
- Flu symptoms may include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue. If your child develops flu symptoms, keep him or her home from school for at least 24 hours after the fever is gone.

Onondaga County Health Department is offering flu vaccine clinics this fall.

Stop the spread of flu and keep our school healthy!
Visit www.onflu.net or call 435-2000 for details.

For more information ask your health care provider or school nurse

Onondaga County Health Department
www.ongov.net/health • facebook.com/ongovhealth

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