

# September Newsletter Message

## Shoo Flu:

### Get the flu vaccine at school, not the flu!

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Seasonal flu vaccination clinics will be held during the school day at the Newton Public Schools beginning in late September. Students in Kindergarten through grade 12 may receive vaccine.

The **Memorial Spaulding** clinic will be on **October 3, 2018**. Each student to be vaccinated must have a parent/guardian complete two forms:

1. Consent/Screening form
2. Vaccine administration record/Insurance form.

Forms are available in the school nurse's office, or may be downloaded at [www.newtonma.gov/flu](http://www.newtonma.gov/flu). You may electronically complete the form, print, sign and return. Forms are due to the School Nurse **October 1, 2018**.

Only the flu shot (no nasal spray) will be offered at school this year. The Vaccine Information Statement about the flu shot, and additional information for families including tips on preparing kids for a shot is available at [www.newtonma.gov/flu](http://www.newtonma.gov/flu) or in the school nurse's office. There is no cost to receive the vaccine, but insurance information is requested. All students, regardless of insurance status, are invited to receive vaccine with parent permission.

Students are not required to receive flu vaccine, however the Centers for Disease Control and Prevention (CDC) recommends flu vaccine for all people age 6 months and up. There are many places to get a flu vaccine including at school, your primary health care provider or community clinics. For additional clinic dates for the whole family, visit [www.newtonma.gov/flu](http://www.newtonma.gov/flu).

In addition to vaccination, it is important to practice good hand hygiene and cough etiquette by washing hands often; covering coughs and sneezes with a tissue or the arm; and staying home when sick.

For more flu prevention tips, talk to the school nurse or check out these websites: [www.newtonma.gov/flu](http://www.newtonma.gov/flu) and [www.cdc.gov/flu](http://www.cdc.gov/flu)