

SOUTH CENTRAL CALHOUN SCHOOLS  
FLU SHOTS

Influenza ("flu") is a contagious disease that spreads around the United States every winter, usually between October and May.

Flu is caused by influenza viruses, and is spread mainly by coughing, sneezing, and close contact. Anyone can get the flu, but the risk of getting flu is highest among children. Symptoms come on suddenly and may last several days. (See attached sheet)

Flu can make some people much sicker than others. These people include young children, people 65 and older, pregnant women, and people with certain health conditions such as heart, lung and kidney disease, nervous system disorders, or a weakened immune system. Flu vaccination is especially important for these people, and anyone in close contact with them. Flu can lead to pneumonia, and make existing medical conditions worse. It can cause diarrhea and seizures in children.

Each year thousands of people in the United States die from flu, and many more are hospitalized.

Flu vaccine is the best protection against the flu and its complications. Flu vaccine also helps prevent spreading flu from person to person.

**SCC FLU SHOTS AT THE HIGH SCHOOL:**

Flu shots have been scheduled to be given here at the high school by CCPH (Calhoun County Public Health) on Wednesday, October 10<sup>th</sup>, starting at 7:30am-8:30am. This is for staff, high school students & preschool students. **PRESCHOOL STUDENTS MUST HAVE A PARENT PRESENT OR NO SHOT WILL BE GIVEN.** There is no nasal vaccination available. A consent must be completed by the parent and a copy of your insurance card or \$30.00 paid to CCPH for each shot. Insurance companies that CCPH will accept for payment of a free flu shot are BCBS, United Health Care, Medicaid and Medicare. CCPH will bring VFC for children with title 19 or no insurance.

If a parent and a preschool parent want to receive the flu vaccine, please notify the teachers, so that I have a list of the number of people interested so we have enough vaccine on hand.

If you have any questions, please call me at the high school. Thank you.

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