



Dear Parents/Guardians/Students,

We want to help you take an item off your school supply list: a flu vaccine. Influenza, commonly known as the flu is an infection of the nose, throat, and lungs caused by influenza viruses. The flu can be very dangerous, especially for children. *Each year over 125 children die from the flu; almost half of them were previously healthy children with no prior illness.* The best way to prevent the flu is by getting a flu vaccine each year. Centers for Disease Control & Prevention (CDC) recommends everyone over the age of six months to get a flu vaccine every season.

One of the most common reasons that people do not get the flu shot is because they believe it causes illness including the flu. That is a myth; the flu vaccine does not cause the flu and is safe for children and adults.

OSF HealthCare Saint Luke Medical Center will be offering **FREE** flu vaccinations for all school age youth in Kewanee during the school day. In order for your child to receive a **FREE** flu vaccine, your consent is required. Please sign and return the attached consent letter allowing your child receive a flu vaccine. When the vaccination dates are scheduled, you will be notified.

Everyday steps can be taken to help prevent the spread of germs including:

- Covering coughs and sneezes with a tissue.
- Staying away from people who are sick.
- Washing hands with soap and water. If soap and water aren't available, use an alcohol-based hand sanitizer.
- Avoiding contact with your eyes, nose and mouth. Germs spread this way.
- If someone at home is sick, keep the sick person in a separate room from others in the home.
- Keeping surfaces like tables, counters, toys and doorknobs clean by wiping them down with a household disinfectant.

We are pleased to offer a **FREE** flu vaccine for your child this school year. If you have any questions, please contact Jessica Turnbull (309) 852-7525. Together, we can give our students the very best chance to succeed and remain healthy!

Sincerely,

Jackie Kernan  
President