



Office of School Health

**Department of Health
& Mental Hygiene**

Ashwin Vasani, MD, PhD
Commissioner

**Department of
Education**

David C. Banks
Chancellor

November 2022

Dear Families,

Winter will be here soon, and so will the flu. Influenza, or the flu, 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 Department of Health and Mental Hygiene 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 become ill. 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. You can:

- Ask your child's health care provider about the flu vaccine.
- Give consent for your child to receive a flu vaccine from their School Based Health Center.
- 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 give vaccines to children, and from what age. Pharmacies offer walk-in services, 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