

INFLUENZA VACCINE FOR: HOUSTON ISD EMPLOYEES



Texas Vaccine Institute: Vaccination at your Location

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Certificate: 01586568 of the State of Texas, Secretary of State



EACH YEAR THOUSANDS OF PEOPLE IN THE UNITED STATES DIE FROM FLU, AND MANY MORE HOSPITALIZED

Dear Teachers and Community

The Influenza (“flu”) virus is a contagious disease that spreads around the United States every year, 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.

People working in schools or any other closed environments are more exposed than others to get infectious diseases. Flu strikes suddenly and can last several days.

Symptoms vary by age, but can include:

- fever/chills
- sore throat
- muscle aches
- fatigue
- cough
- headache

The Flu is more dangerous for some people. Infants and young children, people 65 years of age and older, pregnant women, and people with certain health conditions or a weakened immune system are at greater risk.

Public health officials are urging people to get the Influenza vaccine this year as COVID-19 threatens to overwhelm doctors and hospitals.

Texas Vaccine Institute (TVI) is going to provide the Influenza Vaccine for **HOUSTON ISD** according to the programmed schedule. TVI will use the highest-quality quadrivalent single-dose vaccine without preservatives.

Side effects from the influenza vaccine are rare, brief, and mild. However, the influenza vaccine is not recommended for people who may have a fever.

There is no live virus in the injectable flu vaccine; therefore, receiving the vaccine cannot cause the flu.

INSIDE THE ISSUE

1. The **Center for Disease and Control** recommends that everybody receive the Influenza Vaccine regardless of age (after 6 months of age), since it is the primary method of preventing the flu virus, as the change of season could bring a dangerous clash with COVID-19 and further threaten to overwhelm doctors and hospitals across the country.