

# Parent Newsletter FLU VACCINE

Flu vaccines are safe, effective, and the best way to protect your children

**Did you know that each year as many as 1 in 5 people in the U.S. get influenza (the flu) and that school-aged children are up to 4 times more likely to be infected than adults?**

## **The flu vaccine is recommended for all school-aged children.**

Even healthy children can get very sick from the flu and miss school days. This can result in them falling behind in class. Since the flu can be serious for your children and can easily spread, it is important that they receive a flu vaccine every year.

**THE FLU VACCINE IS MANDATED BY THE STATE of NEW JERSEY FOR ALL CHILDREN WHO ARE ENROLLED IN DAYCARE, NURSERY SCHOOL and PRE-K.**

The flu vaccine is also recommended for all people 6 months of age and older. You and your family members should get vaccinated, especially if you:

- Are pregnant.
- Are over 50 years of age.
- Have long-term health issues such as diabetes, heart disease, or asthma.
- Live with or care for children under 6 months of age, adults over 50 years of age, or anyone who is more likely to have serious health problems because of the flu.
- Live in a nursing home or other long-term care home.
- Are a healthcare worker.

The flu vaccine protects against the types of flu that are the most likely to spread, including H1N1 flu. So, a separate H1N1 flu vaccine will not be needed this year.

## **Get Vaccinated!**

**THE CLIFFSIDE PARK HEALTH DEPARTMENT IS OFFERING FLU VACCINES FREE OF CHARGE FOR ALL CHILDREN FROM 6 MONTHS THROUGH 18 YEARS OF AGE. THE COST OF THE VACCINE FOR ADULTS 19 YEARS AND OLDER IS \$15.00. FOR FURTHER INFORMATION AND TO SCHEDULE AN APPOINTMENT, PLEASE CALL THE PUBLIC HEALTH NURSE @ 201-313-2049.**

## **Learn more.**

To learn more about the flu, visit <http://www.nj.gov/health/flu/index.shtml> and <http://www.flu.gov/>

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