NYC Public Schools | **Department of Health & Mental Hygiene**

December 2023

Dear Families,

Respiratory viruses, such as influenza (flu), are more common in fall and winter and can spread easily. Flu can cause mild to severe illness, and some people can get very sick — even people with no underlying health conditions.

Vaccination is the best way to protect your child against the flu and flu-related complications. The New York City (NYC) Department of Health and Mental Hygiene recommends that everyone age 6 months and older receive the flu vaccine. The NYC Department of Education (Public Schools) recommends that every student receive the flu vaccine. Vaccinating your child against the flu reduces the likelihood of them getting sick with the flu and can reduce severity of illness if they do get it.

There are several ways to get your child the flu vaccine. You can:

- Ask your child's health care provider.
- Give consent for your child to receive a flu vaccine at their School-Based Health Center.
- Visit a pharmacy. Pharmacies can now vaccinate children age 2 and older. Check if your local pharmacy gives vaccines to children and starting at which age. Many pharmacies offer walk-in services and evening and weekend hours.

To find a vaccination site or pharmacy, visit vaccinefinder.nyc.gov or call **311**.

If you have any questions or for more information, talk to your health care provider or call **311**. For help finding a provider, call **311** or 844-NYC-4NYC (844-692-4692).

Sincerely,

[Principal Name]