

**GET YOUR FLU SHOT
NOW. IT'S SAFE,
CONVENIENT AND FREE.**

Protect Your Family

The best advice we can give you to protect your family from the H1N1 flu virus is free.

- Wash your hands
- Cover your coughs and sneezes
- Get your free H1N1 flu shot from your local school-based health center

The H1N1 Flu Vaccine Is Safe

The H1N1 flu vaccination is both safe and effective. Millions of Americans have already received their vaccinations with few complications and side effects.

Your School-based Health Center—Serving You and Your Family

The H1N1 flu vaccine is conveniently available at your local school-based health clinic. You won't have to drive across town or miss work. And your children can get their vaccination at school.

Your student qualifies to receive a free H1N1 flu shot and so do you and the rest of your family, including other children, parents, siblings, and extended family members. You are all eligible for the free H1N1 vaccination and other health care services.

What Are School-based Health Centers?

School-based health centers provide quality health care services to children in school. We also provide health care services to families, teachers and staff, and people in our community. Your school-based health center created this outreach campaign to protect our students, their families and our community.

This H1N1 flu vaccine program is a great opportunity to get to know your school-based health centers and utilize our other services like:

- Medicaid enrollment
- School physicals
- Vision screening
- Hearing screening
- Lead testing
- Well child visits
- TB tests

Where Can I Get More Information About H1N1 Flu?

Call 211

211 has the local information you need.

MDCH H1N1 Flu webpage

http://www.michigan.gov/mdch/0,1607,7-132-2940_2955_22779_40563-213600--,00.html

CDC H1N1 Flu webpage

<http://www.cdc.gov/h1n1flu/>

Flu.gov website

<http://www.flu.gov/>

Facebook's Fight the H1N1 Flu

<http://www.facebook.com/H1N1flu>

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IT'S NOT OVER

H1N1

FLU



**GET YOUR
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NOW**

H1N1 FLU IT'S NOT OVER.

H1N1 flu—sometimes referred to as the swine flu—is still a public health threat according to the Centers for Disease Control and Prevention (CDC).

CDC Recommends H1N1 Flu Shots

Like all flus, H1N1 is easily transmissible. Unlike most flu viruses that are usually dangerous to the very old and the very young, H1N1 has proven to be especially dangerous to healthy young people. The highest proportion of H1N1 flu infection has been recorded in those 10-19 years old.

That's why your local school-based health center is joining forces with the CDC and the Michigan Department of Community Health in recommending that all people between the ages of six months and 24 years get vaccinated to protect them from the H1N1 flu.



H1N1 is Not a Seasonal Flu

Unlike seasonal flus that tend to follow a predictable October through March calendar, H1N1 has proven again this year that it's not constrained by the season. Just like last year's spring and summer outbreak, the CDC report higher than normal levels of H1N1 flu this spring.

Flu viruses are very unpredictable. Flu pandemics often come in multiple waves of infection and it's possible we may see another spike in the summer or next school year or not at all.

Let's Keep Our Schools and Our Children Safe

While the H1N1 flu virus hasn't been as deadly as feared, it has made a lot of people very sick. Especially children. The more people who are vaccinated now, the less likely H1N1 will spread in our schools, families and communities.

School Aged Children Are at Risk

Children are 2 to 3 times more likely to be infected with influenza. It may be because they have no natural immunity and they tend to spend their days in school or classroom like settings.

Schools Can Be a Prime Breeding Ground for the H1N1 Virus

Let's keep our schools safe. Please vaccinate your child. If we all vaccinate our children, we can prevent the spread of H1N1 throughout our schools and our communities.

CDC H1N1 Flu Shot Recommendations

The CDC recommends H1N1 flu vaccine for persons six months through 24 years.

Children under nine years need two vaccines.

Protect Your Baby Under Six Months Old

Children under six months of age should NOT be vaccinated. If your baby is under six months old, make sure the people who take care of your baby and the rest of your family have been vaccinated.