

**BE A FLU FIGHTER:**  
**PROTECT YOUR FAMILY AND YOUR CHILD'S SCHOOL COMMUNITY**

Dear Wayland School Families,

It's that time of year again for us to be protecting ourselves, our families and our loved ones against the flu. And what is the single best way to do that? Immunize all those in your family aged 6 months and up with the influenza (flu) vaccine this month, if not already done.

Contrary to popular belief, the flu is not simply a "bad cold", especially for children under 2 and kids with certain chronic diseases in whom the flu can bring devastating illness. Sadly, even healthy children end up critically ill from the flu-- I see this every year in my own practice.

**THIS ISSUE HITS CLOSE TO HOME:** In each of our Wayland Schools, we have a few children who have serious medical conditions. If these children get the flu they could end up hospitalized with life-threatening complications.

**BUT YOU HAVE THE POWER TO FIGHT BACK....**

1. Arrange a flu shot through your doctor's office.
2. Arrange a flu shot through the Wayland Health Department at 508-358-3617.
3. For Elementary School Students: Call the Wayland Health Department to schedule a flu shot with Ruth Mori, RN at 508-358-3617.
4. For Middle School Students: Please complete the "Flu Registration Form to be Completed" listed below and follow up with Marcia Nims, RN at 508-655-6670x3  
[http://whs.wayland.k12.ma.us/for\\_families/health\\_services](http://whs.wayland.k12.ma.us/for_families/health_services)
5. For High School Students: Please complete the "Flu Registration Form to be Completed" listed below and follow up with Amy Schoeff, RN at 508-358-3712  
[http://whs.wayland.k12.ma.us/for\\_families/health\\_services](http://whs.wayland.k12.ma.us/for_families/health_services)
6. For those 9 and older, get a flu vaccine at a local pharmacy or walk-in clinic

**For more information, see:**

**<http://www.vaccinateyourfamily.org/preteens-and-teens/>**

<https://www.cdc.gov/flu/>

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Wishing you a happy and healthy season,

Marni

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